

Learning Bulletin

November 2016 to January 2017

Inside this issue: Lots of FREE learning courses for all age groups!

- First Aid Certificate** • Tuesday 15th November
- Urban Roots Open Day** • Wednesday 16th November
- Happy Feet Day** • Thursday 17th November
- CSI Glasgow** • Thursday 17th & Friday 18th November
- iPad/tablet for beginners** • Wednesday 30th November
- Trash to Treasures** • Friday 2nd December
- Disability Benefits & SDS info** • Monday 5th December
- Super Saturday** • Saturday 10th December
- Local History Day** • Monday 12th December
- Happiness** • Tuesday 17th January
- Relaxation Day** • Friday 27th January
- Sports Day** • January date tbc

Some of these sessions may run more than once if there is enough demand.

Contact us asap - details on back page!



GDA wins two awards!

We are delighted to announce that GDA won the National UK Diversity Award in the 'Disability' category. In October we were thrilled to win the Scottish Self Management 'Supporting Community of the Year' Award.



These prestigious awards recognise the work we do – supporting our 3500 members to build confidence, connections and make contributions to their own lives and that of their communities.

You can read more about these awards on our website www.gdaonline.co.uk or on our Facebook page.



First Aid Certificated Course

Tuesday 15th November • 10am - 4pm

Have fun learning some very useful skills.

Learn what to do - and what not to do - in an emergency.

Learn and practice the basics for dealing with:

- Burns and scalds
- Breathing difficulties
- Open wounds
- Suspected heart attacks
- Injuries to bones and joints
- Seizures

You will be assessed throughout the course and will be awarded a certificate if you pass to the required standard.

Open to all age groups. Lunch provided.



All ages!

If you go down to the woods today...

Urban Roots Open Day

Wednesday 16th November • 10.30am - 2.30pm

For all ages • Lunch included

Come and see Malls Mire, Glasgow's newest and most central Local Nature reserve, tucked away in Toryglen. A mosaic of woodlands and wildlife all connected by a network of accessible paths, home to deer, foxes, lots of birds and interesting insects like dragon flies. Urban Roots, a small environment charity, have transformed Malls Mire from little more than a bit of un-kept waste ground.

- **Explore the park**
- **Learn some outdoor skills**
- **Chop wood and build a bonfire**
- **Campfire cooking**
- **The paths in the Nature Reserve are wheelchair accessible.**
- **The day involves being outdoors so dress accordingly!**

All ages!



Happy Feet Day!

Thursday 17th November • 10am - 4pm • For all ages • Lunch included

Led by an expert in foot care.

- Hear all about how to keep your feet in good shape.
- Learn how to prevent problems arising.
- Try some gentle exercises which can improve your circulation.
- Get a free “foot MOT” on the day!



All ages!

CSI: Glasgow! Crime Scene Investigation Workshops at Glasgow Science Centre.

**Thursday 17th & Friday 18th November
10am - 4pm (2 day course)**

Discover the secrets of the crime lab!

This workshop explores the techniques and skills used by forensic scientists.

You will get the chance to:

- Solve puzzles through science
- Use fingerprinting techniques
- Produce DNA samples
- Gather evidence to solve a case

Transport and lunch will be provided. For all age groups.

All ages!

Super Saturday!

for young disabled people

Saturday 10th December • 10am - 4pm

- Come along, meet new people, make new friends!
- Have fun and learn new skills!
- Help us explore new campaign ideas!
- Find out about organisations that support young people!
- Get a free goodie bag!

Learn Zone

- Police Scotland
- Clearer Choices
- Young Scot

Info Zone

- Glasgow Life
- Volunteer Glasgow
- Glasgow Sport

Chill Zone

- Aromatherapy
- Massage

Art & Music Zone

- Paragon Music
- Badges & banners
- Graffiti wall

Campaign Zone

- Better than Zero
- GDA Young Drivers for Change



Transport, lunch, & personal assistance will be provided.

Open to disabled people aged 16 - 30. Contact us as soon as possible to book a place: call **0141 556 7103** or email **admin@gdaonline.co.uk**

iPad / tablet for beginners

Wednesday 30th November • 10am - 3pm • Lunch included.

Did you know that you can use an iPad or tablet to:

- Shop online.
- Find out information.
- Speak to your friends on voice and video calls.
- Have fun and play games
- Access thousands of free books to read at your leisure.

This course will teach you the basics of how to do all of this and more!

Bring your own iPad or tablet along, or borrow one of ours for the day.



All ages!

Trash to Treasure

Friday 2nd December • 10.30am – 3.30pm

Come along and find out how to turn all sorts of ordinary bits and pieces into beautiful artworks and useful objects!

Tutors from “Rags to Riches” will bring along stuff we all have lying around, such as:

- Clothes and fabrics
- Bottle tops, cardboard, and plastics
- Furniture, wood and metals

Learn how to turn all this unloved trash into treasures to be enjoyed and used again!

Find out how you can get involved with “Rags to Riches” and their community based learning programmes.



All ages!



Disability Benefits and Self Directed Support (SDS)

information & support workshop (all ages)

Monday 5th December • 10am - 3pm • Lunch included

Come along to this information session if you are:

- soon to be transferring from DLA to PIP
- making a PIP or ESA application
- appealing an ESA or PIP decision
- wishing to find out more about the SDS process for social care

This information session will be led by a solicitor who will give you 'top tips' for completing ESA and PIP applications.

Learn the basics about SDS and how to begin the SDS journey.

Find out where and how to get legal help and advocacy support.

Meet others who have gone through these processes and learn from their experiences.

All ages!

If you need help now – please contact us so we can signpost you to sources of support. Call **0141 556 7103**.

Glasgow Green Boathouse Local History Day

Monday 12th December • 10am - 3.30pm

Open to all ages • Lunch included

Come along for a day of fun, local history and chat.

The historic Glasgow Boathouse, on the Clyde within Glasgow Green, will be undergoing a dramatic renovation and the owners / trustees are looking for the involvement of disabled people to make sure access needs are taken into consideration.

- **Learn about the history of the local area**
- **Give your views**
- **Find out about how to get involved with the Boathouse**

All ages!



Photo: www.clydesdalearc.org.uk: credit: Alisdair Woodburn

Happiness – an introductory workshop!

Tuesday 17th January • 10.00am – 3.30pm

For all ages • Lunch included

- Are you Happy?
- Would you like to be Happy (or Happier) and what does that mean? Is this even possible?
- Come and find out what scientists from several different areas of research are learning about this topic.
- The day will be a mix of talks, groups discussions and trying out various techniques such as 'Mindfulness' breathing.



**All
ages!**

Relaxation Day

Friday 27th January • 10am - 3.30pm

For all ages • Lunch will be provided

Come along to learn about:

- Chair-based Yoga
- Mindfulness meditation
- Aromatherapy oils
- Gentle massage techniques
- Essential oils to suit your needs
- Make your own special blend of oils or cream to use at home

**All
ages!**



Coming soon... Inclusive Sports Day!

All
ages!

January date to be confirmed • 10am - 4pm

Come along for a day of fun filled activity, plus a fabulous lunch! Meet some fantastic sports coaches who will teach and support you to try out a range of all-inclusive sports such as:

- Boccia
- Sitting Volleyball
- Football
- Tennis
- Rugby
- Curling
- ...and more!



Suitable for everyone, including wheelchair users.

How to apply for a place on our free learning courses

Call: 0141 556 7103 or Email: info@gdaonline.co.uk

All GDA Learning is Free and Accessible to disabled people.

- Come along to have fun and learn something new.
- Meet others and make new friends.
- Find out about GDA and other free opportunities we can offer you!
- GDA will provide free transport, lunch and personal support assistance if required.

We expect all our learning sessions to be very popular so please contact us asap to apply for a free place!

Places are limited and priority is given to first time learners.

Everyone who is allocated a place will receive a confirmation letter and/or phone call.

Please note: we sometimes receive so many applications that unfortunately we cannot notify each person who has not been allocated a place.



Glasgow Disability Alliance is a registered Scottish Charity number: SC034247
Private Limited Company number: SC248467