

Free transport, lunch & personal assistance at all GDA events!

GDA Events & Learning Bulletin November 2018

"A Healthier Glasgow for All"

Thursday 15th November 10am - 4pm



- ✓ Have your say on Health and Social Care in Glasgow!
- Glasgow Health and Social Care Partnership are shaping up their plan & priorities for the next 3 years.
- Come along to share your views experiences about what's working well and what needs to change.
- Hospital Transport Social Care, Telecare,
 Self-Directed Support Mental Health Services.
- Meet the people in charge and help plan how we can build a Healthier Glasgow for All.

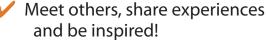
See inside for more GDA Events and Learning Programme Courses >>>>>

Young Disabled Peo Thursday 29th November

For young disabled people aged 15 - 30 and their parents/carers

Celebrate International Day of Disabled People with this year's theme: "Empowerment for Inclusion & Equality".

- ✓ Hosted by GDA's young disabled members.
- Watch our new film made with and by young disabled people.
- Hear from keynote speakers.



Information and advice from a range of organisations and services.

- ✓ Have fun in the afternoon with our "Prom"!
- ✓ Variety of workshops for parents & carers.
- Lunch and refreshments provided!



ple's Summit10am - 4pm



Glasgow Disability Alliance Confident Connected Contributing Year of Young People #YoYP18

For parents and carers - a range of free workshops including:

- Welfare Rights and Benefits Advice
- Self Directed Support
- Employability
- Independent Living Fund Scotland
- Good Transitions
- Meet other parents and carers and learn from their experience

For young disabled people - have fun in the afternoon with our "Prom" Celebration!

- Makeover zone freshen up ready to party!
- DJ and dancing
- Fun photo booth
- Silent disco and quiet chill out zone
- Goody bag to take away

To apply for a place:

Call: **0141 556 7103 •** Text: **07958 299 496** info@gdaonline.co.uk • www.gda.scot

- facebook.com/glasgow.disabilityalliance
- @GDA__online

"Meet the Author"

Thursday 22nd November 10am - 3.30pm

Meet a published author.

- Get help to develop your own stories.
- Enjoy a shared reading session with your favourite stories and poems.
- · Meet new people.
- Explore your creative side!
- A Book Week Scotland event.

GDA learning courses are open to all ages!

Stained Glass

Wednesday 28th November 10am - 3.30pm

Learn about different techniques and tools for working with glass.



- Use the copper foil technique.
- Create a beautiful wall hanging or window decoration.
- Suitable for beginners!

Zumba & Dance

Monday 3rd December 10am-3.30pm

All abilities welcome

accessible for



- Try out some Zumba moves!
- Enjoy different styles of dance.

Paisley Heritage Event Wednesday 5th December

10am-3.30pm



Visit Paisley's beautiful Town Hall.

- · Learn about local history.
- Take part in a short walking tour all abilities welcome, including wheelchair users or those with mobility problems.

Christmas Crafts

Thursday 6th December 10am - 3.30pm



Have a go at different ways of drawing.

- Use your imagination and be creative.
- Create homemade Christmas presents for you or to give as gifts.
- Try a range of craft activities learn new skills

Surviving Christmas

Tuesday 11th December 10am - 3.30pm



Many people find the festive season difficult.

- Meet others who struggle during this time and learn ways to cope better.
- Find out tips and resources for good mental health over the festive period.
- Discuss self-care techniques

Festive Fitness

Friday 7th December 10am-3.30pm



Try out different accessible sports including karate, basketball and curling.

- All abilities welcome accessible for wheelchair users and those with mobility issues.
- Have fun and learn new ways to keep fit.

New Year, New You!

Wednesday 16th January 10am-3.30pm

Feel refreshed after the holiday period!



- · Learn about healthy eating.
- Try out some gentle exercise to motivate you to get healthier in 2019.
- Open to all ages and abilities.

Song Writing

Thursday 17th January 10am-3.30pm



No experience necessary.

- Learn about chords and styles of music.
- Play "lyric bingo" and write your own song.
- Work with the tutors to create an original song.

Transport, personal assistance and lunch provided.

Call: 0141 556 7103 • Text: 07958 299 496

Email: info@gdaonline.co.uk

Computer Skills

Tuesday 22nd January 10am-3.30pm



Perfect for beginners!

- Learn how to search online, chat to friends and do some online shopping.
- Increase your confidence with computers and iPads/tablets.

Open to all ages!

Introduction to BSL

Wednesday 23rd January 10am - 3.30pm

Learn how to sign the BSL alphabet and some basic helpful phrases.



- Learn how to be more deaf aware and how to support Deaf or Hard of Hearing People better.
- · Have fun learning a new and useful skill.

Men's Health Day

Thursday 24th January 10am-3.30pm



Lots of information and advice about men's health.

- Get a free "MOT" health check.
- Try out some gentle, fun exercise to help you get fit and stay fitter.
- Open to all ages and abilities. For men only.

Have your say...

...on the Mental Health Act

The Scottish
 Government has
 set up an
 independent
 review of the
 Mental Health Act.



- This Law says professionals can make a person take certain medications or stay in hospital if they are unwell, even if they disagree and do not want to.
- This law can apply to people who have a mental health condition or a learning difficulty/learning disability or Autism.

If you have experience of the Mental Health Act, the review wants to hear from you.

To apply for a place at a "Have your Call 0141 556 7103 or text 07958 299

Have your say...

...on Advocacy

 Scotland's New Social Security Act means more disabled people could be entitled to advocacy support when applying for benefits.



 The Scottish Government wants to hear from people who have used Advocacy services, or may use them in the future when applying for benefits.

Dates
for these
"Have Your Say"
events to be
confirmed.

 If you want to have your say, get in touch with GDA!

Say" event, get in touch with GDA: 496 or email info@gdaonline.co.uk

Disabled and LGBTQIA+?

Saturday 1st December 5pm - 9pm

- Join our safe, supportive, fully accessible community space.
- Connect, learn, speak out, have fun.
- Welcome event to celebrate International Day of Disabled People.
- To book a place contact the GDA office or email charlotte@gdaonline.co.uk.



- ✓ Learning open to disabled people of all ages
- ✓ Free transport, personal assistance and lunch.
- ✓ BSL signers and Note Takers at events.
- Contact us to apply for a free place!
- ✓ Priority given to first time learners.

To apply for a place:

Call: **0141 556 7103**

Text: 07958 299 496



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Glasgow Disability Alliance

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