



**Glasgow Disability Alliance**  
Confident Connected Contributing

**GDA**  
**Events & Learning**  
**Bulletin**  
November  
2018

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

# **“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 People

## 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.
- ✓ Meet others, share experiences and be inspired!
- ✓ 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!



# People's Summit

● 10am - 4pm



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**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  
wheelchair users and those with mobility issues.

- 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](mailto: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](mailto: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](mailto: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**

**[info@gdaonline.co.uk](mailto:info@gdaonline.co.uk) • [www.gda.scot](http://www.gda.scot)**

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**SCOTLAND**  
**BSL**



**Glasgow Disability Alliance**  
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