



Glasgow Disability Alliance
Confident Connected Contributing

**GDA
Events &
Learning
Bulletin**
June & July
2019

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

“Voices for Change”

**Tuesday 25th June
10am - 3.45pm**

Hear how GDA supports
disabled people to have
their voices heard in budgets & services.



- Find out what disabled people told us so far.
- Tell us what support you need to get involved in decisions that affect you.
- Hear from Christina McKelvie, Minister for Older People & Equalities.
- Enjoy the latest PPP Performance.
- Meet others and take part in fun workshops.

**Many more learning courses inside >>>>
See back page for how to apply for a free place!**

Day at the Museum

Choice of Tuesday 4th
or Tuesday 11th June
10.30am-3.30pm



Have a guided tour around the fabulous Museum store.

- Discover the history and stories behind the objects.
- Have fun putting together your own museum displays.

**Open
to all
ages!**

Call: **0141 556 7103** • Text: **07958 299 496**

Email: info@gdaonline.co.uk

Art day: Portraits

Wednesday 5th June
10.30am-3.30pm



Spend a day learning how
to create portraits.

- Use different techniques, art materials and create your own designs.
- Work with an artist to learn new skills and develop your talents.
- Suitable for all abilities, including beginners.

**Open
to all
ages!**

BAME Disabled People Peer Group

Thursday 6th June
10.30am – 3.30pm



Free

Fun

Open to **Black, Asian and Minority Ethnic disabled people!**

- Have your say about things that matter to you.
- Free transport, lunch & personal assistance.
- Interpreters can be provided if needed.

To find out more, contact the GDA office on 0141 556 7103 or email Hannah@gdaonline.co.uk

Relaxing activities



Song Writing

Wednesday 12th June
10.30am - 3.30pm



Open
to all
ages!

Interactive workshop
suitable for all – no
experience needed.

- Have fun playing lyric bingo!
- Learn how to turn your thoughts into songs.
- Work with musicians to compose a new song.
- Be creative and have fun.

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Email: info@gdaonline.co.uk

Men's Health Day

Friday 14th June
10.30am-3.30pm



Open
to men
of all
ages!

Get lots of information
about men's health.

- Have a free health 'MOT' check.
- Get advice on further support if you need it.
- Enjoy some fun & gentle exercise after lunch.
- Meet new people and have fun.

Healthy Cookery & Gentle Exercise

Monday 18th June
10.30am - 3.30pm



Find out how to make healthier meal choices.

- Learn how to make some quick and easy meals.
- Try out some fun and gentle exercises.
- Suitable for beginners or experienced cooks.

**Open
to all
ages!**

Creative Writing

Friday 21st June
10.30am - 3.30pm



Work with a published author to create your own piece of writing.

- Be inspired by hearing the writing of others.
- Bring your thoughts and ideas to life.
- Discover and develop your talents.
- For all abilities - we can help with writing.
- Suitable for beginners - no experience needed.

**Open
to all
ages!**

GDA's Refugee Week Event: "Making Art, Making Home"

Thursday 27th June
10.30am - 3.30pm



Refugee Festival Scotland
refugeefestivalscotland.co.uk

20-30
JUNE
2019

Free event for **asylum seekers**
and refugees who are disabled or have
long term conditions.

- Come along to find out what support and services are available.
- Meet others and get information.
- Try out some fun and relaxing activities.
- Interpreters will be available.
- Free lunch and personal care support.

**Open
to all
ages!**

To find out more or to book a place: call the GDA office
0141 556 7103 or email nadia@gdaonline.co.uk

Happy Feet

Friday 28th June
10.30am - 3.30pm



Learn how to look after your feet.

- Get advice on common foot problems.
- Receive a free 1-2-1 appointment with a Chiropodist.

**Open
to all
ages!**

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Email: info@gdaonline.co.uk

Scottish Music

Tuesday 2nd July
10.30am - 3.30pm



Learn about traditional
Scottish Music.

- Make your own instruments and perform together.
- Learn ways to bring your thoughts and ideas to life through music and song.
- Work on your own or together to produce a piece of music.
- All ages and abilities welcome.

**Open
to all
ages!**

School holiday fun

for young disabled people aged 14 - 30!

Don't be bored in the holidays – come along to our fun days for young disabled people.

- Meet others, make new friends and have fun!
- Four fantastic days to choose from!
- Free transport, personal assistance & lunch!
- Find out more about GDA and what we do.

Age
14-30

To find out more or to book a place:

Call 0141 556 7103 or email info@gdaonline.co.uk

Outdoor Skills & Campfire Cookery

Thursday 25th July
10.30am - 3pm

Have a fun day learning
outdoor skills.



- Find out about wildlife, nature and what we can do to help the environment.
- Build a fire and try out some campfire cookery.
- Suitable for all abilities.

Drama & Dance

Tuesday 9th July
10.30am - 3.45pm



Have fun building confidence through drama.

Age
14-30

- Work together as a team to bring your ideas together.
- Work to put on your own 'show' at the end!

Arts & Crafts Day

Wednesday 31st July
10.30am - 3.45pm



Express yourself with different types of art.

- Learn some new skills and discover your talents.
- Try out drawing, crafts & cupcake decorating!

Age
14-30

Comic Book Day

Tuesday 6th August
10.30am - 3.45pm



Create your own superheroes.

- Work with an artist to design your own comic!

Computer & iPad Skills

Thursday 4th July
10.30am - 3.30pm



Learn some basic computer skills on the pc.

- Try out iPads / tablet and learn all about Apps.
- Find out how to get online, find information, do online shopping and have fun!
- Learn how to stay safe online.
- Open to all ages and abilities.

Open
to all
ages!

Free transport, lunch & personal assistance!

Cycling for all

Wednesday 10th July
Choice of 10.30am - 1pm
or 12pm - 2.30pm



Try out a range of accessible cycles!

- One of our most popular days!
- Try out some gentle exercise to motivate you to get healthier in 2019.
- Open to all ages and abilities.

Open
to all
ages!

Introduction to BSL

Tuesday 16th July
10.30am – 3.30pm



Open to all ages!

Improve your ability to communicate with Deaf and Hard of Hearing people.

- Learn the basics of British Sign Language.
- Have fun and learn a very useful skill.
- All ages and abilities welcome.

Ceramic Mosaics

Friday 19th July
10.30am – 3.30pm



Learn a new skill and explore your creative talents.

- Find ways to use everyday materials to make beautiful objects.
- Have fun and develop your creativity.
- All ages and abilities welcome.

Open to all ages!

Arts Day

Tuesday 23rd July
10.30am - 3.30pm

A fantastic day of
mindful & relaxing
drawing.



Open
to all
ages!

- Discover your talents and learn new skills.
- Learn how to make mini magazines - 'zines'!
- Be inspired and learn from fantastic artists.
- Open to all ages and abilities.

Call: **0141 556 7103** • Text: **07958 299 496**

Email: info@gdaonline.co.uk

Science Centre

Friday 26th July
10.30am-3.30pm

Enjoy a day of discovery at
Glasgow Science Centre.

- Lots of interactive, hands-on exhibits to try out.
- Learn all about the world and the universe!
- Open to all ages and abilities.



Open
to all
ages!

Relaxation Day

Tuesday 30th July
10.30am - 3.30pm

Take some time out to relax and reflect.

- Have fun taking part in guided activities and gentle movement exercises.
- Try out therapies such as Reiki, massage and aromatherapy.
- Open to all ages and abilities.



Open
to all
ages!

Free transport, lunch & personal assistance!

Fishing Day

Early August –
date to be
confirmed
10.30am - 3.30pm

Enjoy a trip to an
accessible fishery.



- Have fun learning a new skill.
- Try out fishing - suitable for all, including wheelchair users.
- Open to all ages and abilities.

Open
to all
ages!

Wellbeing Day

Thursday 8th August
10.30am – 3.30pm

A chance to learn ways to stay as well and happy as possible.



- Discuss what wellbeing means to you and what factors affect your health.
- Includes a healthy cooking demonstration.
- Open to all ages and abilities.

Open
to all
ages!

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Disabled and LGBTQIA+?

Safe space - only for disabled people who **also** identify as LGBTQIA+

- Join our safe, supportive, fully accessible community space.
- Connect, learn, speak out, have fun.
- Regular peer support meetings.



To find out more call the GDA office on 0141 556 7103
or email charlotte@gdaonline.co.uk

Care Review

Thursday 11th July • 10.30am - 3.30pm

The Independent Care Review would like to hear from people who have experience of the care system.

They want to find ways to improve the care system in Scotland and transform the wellbeing of care experienced children and young people.

If you are a disabled person or someone with a long term condition who has experience of the care system, please get in touch to book a place at this event.

- Tell us what you think about the care system in Scotland and what could be better.
- There will be discussions in the morning and relaxation sessions after lunch.

We know conversations about your experiences or issues may be difficult.

We will make sure you have the support you need to take part in a way that feels safe and right for you.



**Please
note**

This meeting is only for young people currently experiencing care and people of all ages who are care experienced / care leavers.

If you want to take part in our courses:

- ✓ Contact the GDA office - details below.
- ✓ Tell us what courses you are interested in.
- ✓ Tell us your access or support needs - we can provide transport and personal assistance.
- ✓ Your name will be added to the list of people interested in attending.
- ✓ GDA staff will allocate places - first time learners get priority.
- ✓ If you get a place we will send you a letter and/or phone you to let you know and confirm all the details.
- ✓ If the course is full you may be placed on a waiting list.
- ✓ Courses are free and lunch is provided.

To apply for a place:

Call: 0141 556 7103 Text: 07958 299 496

Email: info@gdaonline.co.uk Web: www.gda.scot

 **GDA Facebook**  **@GDA__online**



Glasgow Disability Alliance
Confident Connected Contributing

contact
SCOTLAND
BSL



LOTTERY FUNDED



3rd Party Reporting



The Scottish Government



Glasgow Community Planning Partnership
Supported by Integrated Grant Fund



Glasgow City Council



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