



Glasgow Disability Alliance
Confident Connected Contributing



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

General Election: "Question Time"

Thursday 28th
November
10am - 3.45pm



- Hear what the candidates have to say.
- Ask questions of the party candidates.
- Tell candidates what matters to disabled people.
- Meet others in the same boat who understand.
- Join us for lunch and fun workshops.

Find out how to register to vote in the General Election inside on pages 2 and 3.

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

General Election -

Your vote matters – don't miss out!



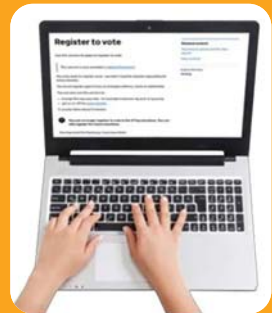
Register by midnight on 26th November to vote in the General Election on 12th December.

You only need to register once, not for every election. Registering to vote is quick and easy.

Register Online: www.gov.uk/register-to-vote

The online form asks where you live in the UK, your address and your date of birth.

It is helpful if you know your National Insurance Number. You can check all your answers before you click to send your application.



Register by post:

You can also get a **register to vote** form to fill in and send by post.

The form is available to download from the web address www.gov.uk/register-to-vote



Register to Vote!

Postal Voting:

If you cannot get to your polling station you can vote by post.

You must apply to vote by post by **5pm on 26th November** for the 12th December General Election.

You can register to vote by post on the web address www.gov.uk/register-to-vote



If you are not sure if you are registered, check with your local Electoral Registration Office (ERO).

If you live in Glasgow, ERO details are on the Glasgow City Council website: glasgow.gov.uk

Check on www.gov.uk/register-to-vote for ERO details in other areas.



There are Easy Read Guides to voting and registering to vote on the GDA website www.gda.scot and GDA Facebook page.

If you would like us to send you a copy of the guide, please call the GDA office on **0141 556 7103** or email info@gdaonline.co.uk



Soul Moves

November
date to be confirmed
10.30am - 3.30pm

A day of activities for the
mind and body.

- Try out Tai Chi and other gentle exercises.
- Learn relaxation techniques.
- Listen to gentle music.
- Spend time being calm.



Open
to all
ages!

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

Mindfulness and Meditation

Wednesday 13th
November
10.30am-3.30pm



Open
to all
ages!

Learn about mindfulness and how it can help.

- Try out different ways to use meditation.
- Practise techniques you can use in daily life.
- Meet new people and have fun.

Relaxation Day

Tuesday 19th November
10.30am - 3.30pm



Learn some relaxing self-care techniques.

Open to all ages!

- Try out some fun and gentle exercises.
- Receive some Reiki, massage and aromatherapy treatments.

First Aid and Home Energy advice & support

Thursday 21st November
10.30am - 3.30pm



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

Open to all ages!

- Try out first aid basics - a useful life skill!
- Meet Home Energy Scotland for advice on how to better manage your home energy bills.
- Get information that may save you money!

BAME Disabled People Peer Group Kelvin Hall Discovery Day

Wednesday 20th November
10.30am - 3.30pm

Open
to all
ages!

Open only to Black, Asian and
Minority Ethnic disabled people of all ages!

- Join us for a day exploring the museum store at Kelvin Hall.
- Find out what this magnificent building has to offer!
- Free! Fun!
- Free transport, lunch & personal assistance.
- Interpreters can be provided if needed.



سياه فام، ايشيائي يا اقليتي نسل
سے تعلق رکھتے ہیں؟
معذور ہیں یا دیرینہ مرض کے
ساتھ زندگی بسر کر رہے ہیں؟

مفت، تفریح، فرحت بخش سرگرمیاں!
ترجمان (انٹریپرٹرز) دستیاب ہیں۔
مفت ٹرانسپورٹ، دوپہر کا کھانا اور ذاتی
سطح پر مدد۔

Regular BAME disabled
people events
throughout the year.

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

اگر آپ (کالے)، ایشیائی یا
گیتائی نسل نال سبب سے
آپنا، یا لہجے سے لے کر
سہارا نال سبب سے
سہارا نال سبب سے

مذکورہ، آئینہ دار، آہستہ آہستہ
دعا کیے ہوئے ہیں۔
مذکورہ آہستہ، لہجے اور
تعمیر سے

اسود/سوداء او اسیوی/ة او من
اقلية عرقية؟
عاجز/ة او تعالیٰ ن من
صحة مزمنة؟

انشطه مجانيه و ممتعه للاسترخاء! توافر
مترجمين فوريين.
نقل و وجبات غذاء و مساعدة شخصية
مجانیه.

黑人、亚洲人或少数民族？
残疾人，或患有长期病症？

免费、有趣、轻松的活动！可提供
口译员。
免费交通、午餐和个人协助。

Scottish Music

Tuesday 26th November
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!**

Kelvin Hall Activity Day

Tuesday 3rd December
10.30am - 3.30pm



**Celebrate International Day of
Disabled People at the Kelvin Hall!**

- Try out a range of accessible sports and dance activities.
- Enjoy the Sing and Sign Choir.
- BSL interpreted Museum store talks.
- Meet others and have fun!
- Organised by Glasgow Life

**Open
to all
ages!**

Creative Writing

Thursday 5th
December

10.30am - 3.30pm



Work with an experienced writer 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!**

Free transport, lunch & personal assistance!

Christmas Crafts & Disco

Wednesday

11th December

10.30am - 3.30pm



**Open
to all
ages!**

Make some great Christmas decorations to take home

- Have fun with our "Silent" Disco.
- Lots of fun props and dressing up bits & pieces!

Christmas Dance & Film Day

Thursday 19th December

10.30am - 3.30pm



Have fun with our dance tutor!

Open to all ages!

- Try out some party dance moves.
- Have fun and develop your creativity.
- Relax and enjoy a classic Christmas movie - popcorn provided!

New Year, New You!

Thursday 16th January
10.30am – 3.30pm



Kick start the New Year with healthy eating and exercises.

- Learn how to make better healthy eating choices and cook healthy meals.
- Try out some fun, gentle and accessible exercises.
- For all ages and abilities.

Open to all ages!

Confidence Booster

Tuesday 21st January
10.30am - 3.30pm

Start the New Year with a boost!



- Build your confidence and have fun.
- Learn ways to speak up and have your say.
- Feel more able to give your views and say what you need.
- Practise your skills and set goals for 2020!

Open
to all
ages!

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

Happy Feet

Wednesday
29th January
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!

Dear Diary...
Friday 31st January
10.30am - 3.30pm



Work with a published writer to develop creative ways to record your thoughts, feelings and ideas.

**Open
to all
ages!**

- Learn how to use your writing – e.g. blogging, journals, inspiration for storytelling.
- For all abilities - we can help with writing.
- No experience needed.

Free transport, lunch & personal assistance!

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 hannah@gdaonline.co.uk

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 City
HSOP
Health and Social Care Partnership



impact FUNDING
PARTNERS



THIRD SECTOR INTERFACE
Glasgow
Glasgow's Third Sector, working together



Widening
Living Wage
Employer



INSPIRING CITY
AWARDS 2019
The Herald GLASGOW
FINALIST



The Herald Society
FINALIST

Glasgow Disability Alliance

is a registered Scottish Charity number: SC034247

Private Limited Company number: SC248467