

Glasgow Disability Alliance Learning Bulletin February – April 2020.

Welcome to our first learning bulletin of 2020!

- Lots of free, fun, accessible learning courses.
- Free Transitions event for parents/carers of young disabled people.
- Courses open to all ages and abilities.
- Meet others and make new friends.
- Learn new skills, boost your confidence.
- Free transport, lunch & personal assistance at all GDA events!

This bulletin has learning activities for all ages. How to apply for a free place is at the end of this bulletin.

Holiday Fun! For Young Disabled People Age 15 to 30.

Tuesday 11th February 10.30am – 3.30pm

Come along for a day of arts and crafts.

- Design and print your own tote bag!
- Create your own superheroes!
- Make your own comic!

Activities and support for young disabled people! (up to age 30)

- We have regular activities for young disabled people running during holidays and also occasionally at weekends.
- Register your interest now for our Easter and Summer Holiday programmes!
- Get information and support that can help you!
- Get involved in our Young Drivers for Change to find out more about your rights and get involved in campaigning and speaking out!

Courses open to all ages and abilities now follow.

Access Info Day Wednesday 19th February 10.30am - 3.30pm

Find out about Euan's Guide and their reviews by disabled people.

- Learn how to review places you visit or have always wanted to.
- Find out about the Neatebox app and how to use it.

- Feel more confident while out and about.

Scottish Music Tuesday 25th February 10.30am – 3.30pm

Learn about traditional Scottish Music and song.

- Make your own instruments.
- Work on your own or together to produce a piece of music.
- Put on your own Ceilidh and perform a party piece if you wish!
- All abilities welcome.

Creative Writing Choice of Tuesday 3rd March or Friday 24th April 10.30am - 3.30pm

Work with a published writer to develop your writing.

- Create new characters and stories.
- Learn about different styles of writing.
- No experience needed.

Puppet Making Wednesday 4th March 10.30am-3.30pm

Learn about the history of puppets.

- Discover the secrets behind this fabulous creative art form.
- Design and make your own puppet to take home with you.
- No experience needed.

Drama & Music Tuesday 10th March 10.30am - 3.30pm

Express yourself in a fun, informal environment.

- Learn about music, acting and performing.
- Work in a group and perform together.
- Learn some new skills.

Relaxation Day Friday 13th March 10.30am - 3.30pm

One of our most popular workshops.

- Try out massage and aromatherapy.

- Find out about Sophrology – a new technique for dealing with stress.
- Learn different relaxation and stress busting techniques.

Healthy Eating & Gentle Exercise Tuesday 24th March 10.30am - 3.30pm

Learn how to make better healthy eating choices.

- Enjoy a cookery demo, taste the food and take home the recipes.
- Try out some fun, gentle and accessible exercises for all abilities.

Mackintosh at the Willow Choice of Friday 27th March or Wednesday 29th April 10.30am - 3.30pm

Take a tour of the Mackintosh museum and beautiful building.

- Be inspired by the design to create your own Mackintosh inspired stencil artwork.
- Have some lunch in the famous tearoom!

Soul Moves Tuesday 31st March 10.30am - 3.30pm

Try out Tai Chi and other gentle exercises.

- Learn relaxation techniques.
- Listen to gentle music.
- Spend time being calm.

Arts & Crafts Day Friday 3rd April 10.30am - 3.30pm

Try out basic needle felting.

- Make something lovely to take home with you.
- Learn a new skill and discover a new talent!
- For all abilities.

Upcycling Craft Day Tuesday 21st April 10.30am - 3.30pm

Create beautiful original vases from recycled tins and bottles.

- Learn about the impact of climate change and what we can do to help recycle.

GDA peer support groups.

BAME Disabled People Peer Group

Open only to Black, Asian and Minority Ethnic disabled people of all ages! Regular BAME disabled people events throughout the year.

- Free transport, lunch & personal assistance.
- Interpreters can be provided if needed.

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

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

GDA event: Transitions Event For parents & carers of young disabled people and disabled parents Wednesday 18th March 10am - 3.30pm*

Come along and meet organisations that can help at times of transition - from school, college, social care, housing, and so on.

*You are welcome to drop into this event at a time that suits you, but please register in advance.

- Workshops at set times throughout the day.
- Lots of info stalls available all day.
- Chat with organisations that can help.
- Meet other parents and carers.
- Take time out and get the support you need.
- Be inspired by GDA's young members.
- Free, with lunch and refreshments provided.
- Venue is accessible and will be confirmed when you book your place.

We may be able to support with childcare and/or transport. Contact us to discuss.

Workshops & discussions at Transitions event will include:

- Rights Now - Welfare Rights Advice and Support

- Self-Directed Support
- Getting the best out of Transitions
- Independent Living Fund Transitions Fund
- Skills Development Scotland My World of Work
- Scottish Social Security Agency - new disability benefits
- Home Energy Scotland
- Aromatherapy massage

To apply for a place at any of GDA learning course, events or peer group sessions:

Contact the GDA office – Call: 0141 556 7103 or Text: 07958 299 496 or Email: info@gdaonline.co.uk

- 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.

Find out more at www.gda.scot or GDA Facebook or Twitter @GDA__online

Glasgow Disability Alliance is a registered Scottish Charity number: SC034247

Private Limited Company number: SC248467

End of bulletin.