



**Glasgow Disability Alliance**  
Confident Connected Contributing

# GDA Learning Bulletin

February – April  
2020

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

## 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.

**Find out about the learning courses inside >>>  
See back page for how to apply for a free place!**



# CRAFTS & COMICS

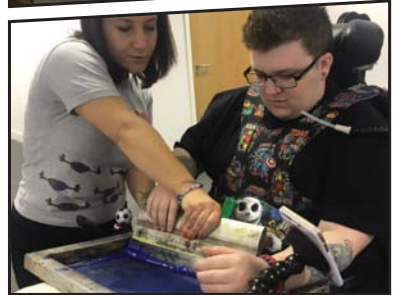
**HOLIDAY FUN!**  
FOR YOUNG  
DISABLED PEOPLE

**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!

# Access Info Day

Wednesday  
19th February  
10.30am - 3.30pm



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

Open to all ages!

- 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.

Open to all ages!

# 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.

Open  
to all  
ages!

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

# 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.

Open  
to all  
ages!

# 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.



Open  
to all  
ages!

**Free transport, lunch & personal assistance!**

# 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.



Open  
to all  
ages!

# Transitions Event

For parents & carers of young disabled

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



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**\*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.**

**To book or for more info call: 0141 556 7103 Email:**

Wednesday 18th March  
10am - 3.30pm\*

people and disabled parents

FREE!

Workshops & discussions  
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



info@gdaonline.co.uk Text: 07958 299 496

# Healthy Eating & Gentle Exercise

Tuesday 24th March  
10.30am - 3.30pm

Learn how to make better healthy eating choices.



Open  
to all  
ages!

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

**Free transport, lunch & personal assistance!**

## BAME Disabled People Peer G

Regular BAME disabled people events throughout the year.

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



- 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](mailto:hannah@gdaonline.co.uk)





# Mackintosh at the Willow

Choice of  
Friday 27th March or  
Wednesday 29th April  
10.30am - 3.30pm



Open  
to all  
ages!

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!

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

## Group



سیاہ فام، ایشیائی یا اقلیتی نسل  
سے تعلق رکھتے ہیں؟  
معذور ہیں یا دیرینہ مرض کے  
ساتھ زندگی بسر کر رہے ہیں؟

ਅਸਟੇਟ (ਕਾਲੇ)، ਏਸ਼ੀਆਈ ਜਾਂ ਘੱਟ-  
ਗਿਣਤੀ ਨਸਲ ਨਾਲ ਸਬੰਧਤ ਹੋ؟  
ਅਪਾਹਜ਼، ਜਾਂ ਲੰਬੇ ਸਮੇਂ ਦੀ ਸਿਹਤ  
ਸਮੱਸਿਆ ਨਾਲ ਜ਼ਿੰਦਗੀ ਖਿਤਾ ਰਹੇ ਹੋ؟

أسود/سوداء أو آسیوي/ة أو من  
أقلية عرقية؟  
عاجز/ة أو تعاني/ن من حالة  
صحية مزمنة؟

黑人、亚洲人或少数民族？  
残疾人，或患有长期病症？

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

ਮੁਫਤ, ਆਨੰਦਦਾਇਕ, ਆਰਾਮਦੇਹ ਗਤੀਵਿਧੀਆਂ!  
ਦੁਭਾਸ਼ੀਏ ਉਪਲਬਧ ਹਨ।  
ਮੁਫਤ ਆਵਾਜਾਈ, ਲੰਚ ਅਤੇ ਨਿੱਜੀ ਸਹਾਇਤਾ  
ਉਪਲਬਧ ਹੈ।

أنشطة مجانية وممتعة للاسترخاء! توافر  
مترجمين فوريين.  
نقل وجبات غداء ومساعدة شخصية  
مجانية.

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。

# 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.

Open  
to all  
ages!

Call: **0141 556 7103** • Text: **07958 299 496**  
Email: [info@gdaonline.co.uk](mailto:info@gdaonline.co.uk)

# 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.

Open  
to all  
ages!

# Upcycling Craft Day

Tuesday 21st April  
10.30am - 3.30pm



Open  
to all  
ages!

Create beautiful original  
vases from recycled tins  
and bottles.

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

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



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**Glasgow Disability Alliance**  
Confident Connected Contributing

contact  
**SCOTLAND**  
BSL



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The Scottish Government



GLASGOW COMMUNITY  
PLANNING PARTNERSHIP  
Supported by  
Integrated  
Grant Fund



Glasgow  
CITY COUNCIL



Glasgow City  
HSCP  
Health and Social Care Partnership



3rd Party  
Reporting



impact FUNDING PARTNERS



THIRD SECTOR INTERFACE  
Glasgow's Third Sector, working together



Wage Living Wage  
Employer



INSPIRING CITY  
AWARDS 2019  
The Herald GLASGOW  
FINALIST



The Herald Society  
FINALIST

Glasgow Disability Alliance

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Private Limited Company number: SC248467