

## **Glasgow Disability Alliance.**

### **Learning Bulletin Spring 2021.**

#### **“Join Us!”**

GDA learning, events, opportunities to connect and have your say are still taking place online. If you need help to join us online, please get in touch to find out if we can help you. You can also join in some sessions by phone. Contact us for details. We'd love you to join us!

#### **See inside for details of:**

- Lots of fun online learning
- Drivers for Change
- LGBTQIA+ network
- Young Disabled People
- Events
- Have your say!
- BAME network
- Getting involved!

#### **Join us for some free, fun, online learning!**

- Most sessions last 2 hours.
- We may be able to supply resources needed for taking part.
- All physical movement sessions can be done seated or standing.
- All sessions are suitable for beginners.
- Open to all ages and abilities!
- Try out something new!
- All sorts of themes to suit everyone.
- Contact us for dates and times – details at the end.

#### **Express yourself!**

**Song Writing:** Learn how to create song lyrics and develop your musical talents.

**Creative Writing:** Learn how to bring your imagination to life through stories and poetry!

**Singing:** Do fun vocal warm up exercises, learn some popular songs and have fun singing together!

**Comic Books:** Develop superhero characters and design your own comic book!

## **Get crafty!**

**Printing Techniques:** Learn ways to design and print your own artworks!

**Photography:** Improve your photography skills and work on some projects together.

**Recycled Crafts:** Create gifts and works of art using bits and pieces found around the home!

**Creativity:** Explore your creative potential. Discover ways to express yourself with new techniques.

## **Improve your wellbeing.**

**Effective Thinking:** Learn ways to deal with anxiety and stress. Develop tools to help you cope.

**Relaxation:** Learn how to de-stress, try new ways to feel calmer, keep well and sleep better.

**Coping well:** Learn ways to help you cope with anxiety, pain or sleep problems.

**Mind and Draw:** Have fun and relax with mindful drawing.

**Mindful Meditation:** Discover ways to relax and new techniques to improve your wellbeing.

## **Physical movement and exercise.**

**Tai Chi:** Try out a different new way to feel better and improve your mental and physical wellbeing.

**Seated Yoga:** Learn some gentle movements to stretch, relax and improve wellbeing.

**Dance:** Have fun, feel better and show off your dance moves to great music!

**Gentle keep fit and exercise:** Learn how to exercise safely at home. Have fun and improve your fitness!

## **New learning!**

**Book talk:** Discover different styles of writing from classics to modern. Find out about authors and their lives.

**Local History:** Find out about local landmarks, how streets got their names and about key moments in the history of Glasgow.

**Astronomy for beginners:** Join the team at the Planetarium for a journey around the stars, planets and universe!

**Glasgow Science Centre workshops:** A wide range of interesting and fun workshops from GSC - science, technology, nature, and much more!

## **Get chatting!**

**Online basics:** Lots of topics including how to run your own Zoom meetings, discovering the internet and online safety.

**Tea & Chat:** Get together with others to discuss all sorts of topics agreed by the group.

**Spanish for beginners:** Learn some easy words, phrases and songs in Spanish. Have fun chatting and learning a new skill. Other language classes planned!

**Games & Quiz:** Have fun taking part in a variety of themed quizzes and games!

**Craft & Chat:** A blether with other crafters while you knit, sew, crochet, or work on whatever you're making.

## **Drivers for Change.**

Over 150 GDA members are actively involved in championing disabled people's rights and lived experiences through our Drivers for Change (DfC) Network. DfC come together to speak out against barriers and help build solutions.

## **DfC had a very busy 2020:**

- Meeting regularly online.
- Supporting disabled people by phone and online.
- Making sure that disabled people's voices and experiences were heard by those in power. (picture description) Christina McKelvie MSP, Minister for Older People & Equalities hears from DfC.

Get involved in 2021 as we continue to amplify disabled people's ideas and expertise for post-Covid recovery, across Glasgow and nationally, and launch our Manifesto for the Holyrood elections in May!

There are lots of ways to get involved and share your experiences to help improve services, support and communities for disabled people.

**If you are interested in any of these topics and not already involved with Drivers for Change – Get in Touch!**

- Health Services
- Social Care Services
- Access in the Community
- Social Security
- Recovery & Renewal
- Climate Change
- Scottish Parliament Elections
- Education

We want to hear from you! Call 0141 556 7103 or email [voices@gdaonline.co.uk](mailto:voices@gdaonline.co.uk)

**Get involved!**

**Consultation event: Social Security Disability Assistance (online).  
Wednesday 3<sup>rd</sup> March 10am - 1.30pm.**

- Share your experiences about Social Security.
- Help shape the new Scottish Disability Assistance. (PIP, Child DLA, Attendance Allowance)
- Have your say on decisions that affect you!
- Optional learning workshops in afternoon.
- To book a place call 0141 556 7103 [admin@gdaonline.co.uk](mailto:admin@gdaonline.co.uk)

**BAME network.**

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

- Have your say about things that matter to you.
- Fun and relaxing activities taking place online.
- Chats on the phone if you are not online.
- Interpreters can be provided if needed.

To find out more: call on 0141556 7103 or email [voices@gdaonline.co.uk](mailto:voices@gdaonline.co.uk)

### **LGBTQIA network online.**

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

- Join our safe, supportive, fully accessible community space – now meeting online!
- Connect, learn, speak out, have fun.
- Regular online peer support meetings in the evenings as well as daytime.

To find out more call the GDA office on 0141 556 7103 or email [charlotte@gdaonline.co.uk](mailto:charlotte@gdaonline.co.uk)

### **Young Disabled People Network.**

Our Young Disabled People Network now meets regularly online.

Join us online for discussions, podcasting workshops, and the return of our monthly quiz run by young people for young people! Age 14-30.

Come along to:

- Meet new people.
- Have fun!
- Build your confidence.
- Try something new!
- Have your say on decisions that affect your life.

Find out more by calling 0141 556 7103 or email [voices@gdaonline.co.uk](mailto:voices@gdaonline.co.uk)

**Our Easter holiday programme** will have lots of fun events, like these and much more. Book now! Age 14-30.

- Arts & Crafts
- Meet the Animals
- Comic Books
- Music
- Games
- Getting a job - Young Person's guarantee
- Transitions event - coming soon!

### **How to join us online:**

- You need a device with a camera, microphone and speaker so you can take part fully in online learning. This could be a smartphone, tablet, iPad, or similar device.
- If you do not have a camera or microphone on your device, you can still watch the session.

- We can help you download Zoom, learn how to use it and gain confidence before you join in the learning.
- If you do not have a device or Wi-Fi, please contact us to find out if we can help.

For more info or to book a place: Call: 0141 556 7103 Text: 07958 299 496.

Email: [admin@gdaonline.co.uk](mailto:admin@gdaonline.co.uk)

Web: [www.gda.scot](http://www.gda.scot)

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