



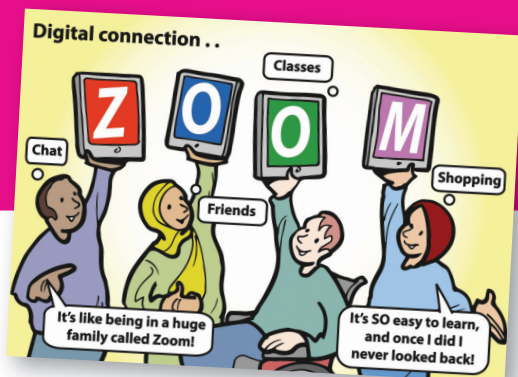
Glasgow Disability Alliance
Confident Connected Contributing

Learning Bulletin Summer 2021

"Staying Connected!"

**Meet others!
Have fun!
Get involved!**

**GDA online events,
learning sessions,
peer support
networks and opportunities to have your
say are still taking place online.**



We feel this is the best way to keep everyone safe and remain connected to others during the pandemic.

You can join some sessions by phone.

If online learning is new to you, or you need some help with digital technology, or skills to get online, contact us to find out how we can help.

We'd love you to join us!



Contact details & more info on the back page!

Join us for some free, fun

Contact us for dates and times

Express Yourself!

Song Writing

Learn how to create song lyrics and develop your musical talents.

Comedy

Do you think you're funny?
Use your experiences to make others laugh!



Drama

Fun sessions using games, role-playing & movement.

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!

- ✓ Most sessions last 2 hours.
- ✓ We may be able to supply resources for taking part.
- ✓ All physical movement sessions can be done seated or standing.

n, online learning!

es - see back page >>>

Physical Movement & Exercise

Tai Chi

Try out ways to feel better and improve your mental and physical wellbeing.

Dance

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

Seated Yoga

Learn some gentle movements to stretch, relax and improve wellbeing. Also try some laughter yoga!



Gentle keep fit and exercise

Learn how to exercise safely at home. Have fun and improve your fitness!

- ✓ 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 to receive an up-to-date calendar of dates & times for all courses.

Improve your Wellbeing

Pain Management

Learn techniques to understand and manage pain.
Dos & Don'ts top tips!

Journeys Real & Imagined

Creative and practical support strategies to plan and develop ways to re-enter the world as it opens up again.

Sleep Better

Discover ways to improve your sleep and feel better.

Coping with Anxiety

Learn ways to deal with anxiety and stress. Develop tools to help you cope.

Sophrology

Improve your health & wellbeing through movements, breathing, visualisation & relaxation.



Mindful Meditation

Relax and use techniques to improve your wellbeing, feel calmer & sleep better.



Get Crafty!

Expressive Arts

Create works of art using mixed techniques: painting, collage, drawing, printing and design.



Colour Collage

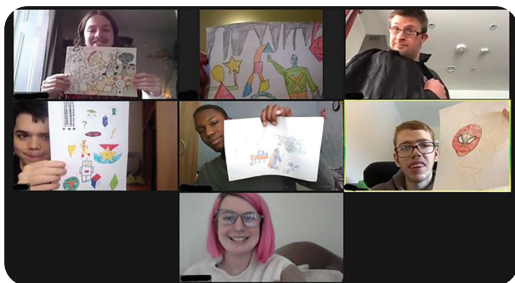
Fun, creative session playing with colours and shapes.

Photography

Improve your photography skills and work on projects together.

Mind and Draw

Relaxing and mindful drawing to create and colour on different themes.



✓ Most sessions last 2 hours.

✓ We may be able to supply resources for taking part.

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✓ 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 to receive an up-to-date calendar of dates & times for all courses.

Get Chatting!

Tea & Chat

Get together with others to discuss all sorts of topics agreed by the group.

Online Basics

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

BSL

Learn the basics for communicating in British Sign Language.

Craft & Chat

A blether with other crafters while you knit, sew, crochet, or work on whatever you're making.

Languages for Beginners

Learn some easy words, phrases and songs in Spanish, Italian or French. Have fun chatting and learning a new skill.



Other language classes planned!

- ✓ **Most sessions last 2 hours.**
- ✓ **We may be able to supply resources for taking part.**
- ✓ **All physical movement sessions can be done seated or standing.**

Expand your Horizons!

Local History

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

Book Talk

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

People & Society

Talks on human rights, disability equality, history, politics, current affairs, the arts, travel & more!

Glasgow Science Centre Workshops

A wide range of interesting and fun workshops from GSC – science, technology, nature, astronomy & more!



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Event: Out & About - Hopes and Fears

Get information, advice and support about things that may be worrying you, now that some restrictions are easing, including:

- Vaccinations facts & myths.
- Access e.g. pavements being used differently, lack of distancing in public places.
- Using public transport.
- Understanding risks and how to stay safe.
- Ways to keep calm and manage anxiety.
- Where to get information you can trust.
- Contact us to book a place - see back page!



Learning & events dates and times

Unfortunately it is not possible to give the dates and times for our learning courses, events and peer network meetings in this bulletin. The info would be out of date by the time it is printed and posted out!

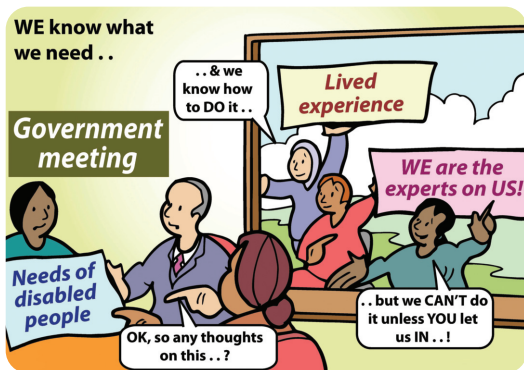
There are over 30 sessions running each week, delivered on weekday mornings and afternoons. Check out our social media and www.gda.scot for updates.

The best way to get the latest info is to contact the GDA Office - details on the back page - and a "What's On" calendar will be sent to you.

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 meet regularly to:



- ✓ Build skills, knowledge and confidence.
- ✓ Speak out against barriers & help build solutions.
- ✓ Make sure disabled people's voices and lived experiences are heard by those in power.
- ✓ Help improve services, support & communities for disabled people.

If you are not already a member of Drivers for Change, and interested in finding out how to get involved, contact us!

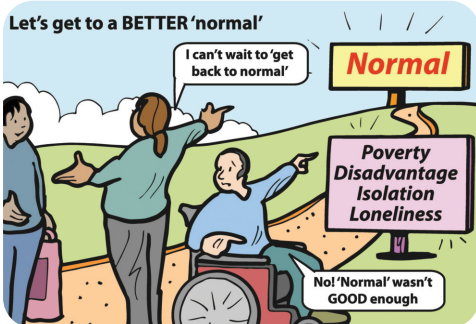
Health & Social Care

Recovery & Renewal

Climate Change

Social Security

Access in the Community



We want to hear from you! Call 0141 556 7103 or email voices@gdaonline.co.uk

LGBTQIA network

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

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 jamila@gdaonline.co.uk

Young Disabled People



Age
14-30

Our Young Disabled People Network meets regularly online. Come along to:

- ✓ Build your confidence.
- ✓ Meet new people.
- ✓ Fun learning courses.
- ✓ Try something new!
- ✓ Monthly quiz.
- ✓ Podcasting workshops.
- ✓ Young Drivers for Change - Share your experiences.
- ✓ Have your say on decisions that affect your life.

Online peer networks

Disabled parents: meet other disabled parents. Share your experiences, get information and support.



Disabled men: meet other disabled men and share your experiences. Discover ways to cope better and get the info you need.

Disabled women: meet and share your experiences with other disabled women. Get more involved. Get info and support to help you.

To find out more about all these peer networks:
Call 0141 556 7103 email voices@gdaonline.co.uk

Please contact us for the latest calendar of dates and times for learning courses and events. Loads of courses running every week!



How to join us online

You need a device with a camera, microphone and speaker so you can take part in online learning. E.g. smartphone, tablet, iPad etc.

- 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** Web: **www.gda.scot**



GDA Facebook



@GDA__online



Glasgow Disability Alliance
Confident Connected Contributing

contact
SCOTLAND
BSL



Scottish Government
Riaghaltas na h-Alba
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