# Glasgow Disability Alliance. “Staying Connected!” Learning Bulletin, Summer 2021.

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## 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!

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

* 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.
* All sessions are suitable for beginners.
* Open to all ages and abilities!
* Try out something new!
* All sorts of themes to suit everyone.

## 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 The info would be out of date by the time it is printed and posted out!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 and a “What’s On” calendar will be sent to you.

Call: 0141 556 7103. Text: 07958 299 496. Email: admin@gdaonline.co.uk

## Express Yourself themed sessions.

**Drama:** Fun sessions using games, role-playing & movement.

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

**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!

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

## Physical Movement & Exercise themed sessions.

**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!

## Improve your Wellbeing themed sessions.

**Pain Management:** Learn techniques to understand and manage pain. Dos & Don’ts top tips!

**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.

**Journeys Real & Imagined:** Creative and practical support strategies to plan and develop ways to re-enter the world as it opens up again.

**Mindful Meditation**: Relax and use techniques to improve your wellbeing, feel calmer & sleep better.

## Get Crafty themed sessions.

**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.

**Mind and Draw**: Relaxing and mindful drawing to create and colour on different themes.

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

## Get Chatting themed sessions.

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

**BSL**: Learn the basics for communicating in British Sign Language.

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

**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!

## Expand your Horizons themed sessions.

**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.

**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.

**Contact us to receive an up-to-date calendar of dates & times for all courses and events.** Call: 0141 556 7103. Text: 07958 299 496. Email: admin@gdaonline.co.uk

## Drivers for Change (DfC) Network.

Over 150 GDA members are actively involved in championing disabled people's rights and lived experiences through our Drivers for Change 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. For example:
* Health & Social Care.
* Recovery & Renewal.
* Climate Change.
* Social Security.
* Access in the Community.

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

Our Young Disabled People Network for ages 14 to 30, meets regularly online. Come along to:

* Build your confidence.
* Fun learning courses.
* Monthly quiz.
* Meet new people.
* Try something new!
* 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

## How to join us online.

• 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.

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

## For more info or to book a place at any GDA learning session or event:

Call: 0141 556 7103. Text: 07958 299 496.

Email: admin@gdaonline.co.uk

Website: www.gda.scot GDA Facebook Twitter @GDA\_ \_online

Please contact us for the latest calendar of dates and times for learning courses and

events. Loads of courses running every week!

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