



Glasgow Disability Alliance
Confident Connected Contributing

**Autumn
2022**

Learning & Events Bulletin

Cost of Living Crisis Event

Tuesday 29th November 2022 • 10am - 3pm
In-person and online (hybrid event)

Disabled people are facing a “dire situation” in relation to the cost of living crisis, according to Joseph Rowntree Foundation's 'Poverty in Scotland' report, (Oct 2022).



Come along to this event and tell the Scottish Government and Glasgow Council what actions you think they should take to help disabled people cope, especially as winter is fast approaching.

- Watch a new PPP live performance.
- Hear from Scottish Government and Glasgow City Council.
- Meet others and share your experience and ideas.
- Take part in person, or online.
- Get information and support to help you cope.

Also inside this bulletin:

- Online learning.
- Menopause support group.
- Social Care Expert Group.
- Important info about COVID-19 & flu vaccines.
- New in-person learning.
- GDA Peer Networks.
- Drivers for Change.

Join us for some free, fun, online learning!

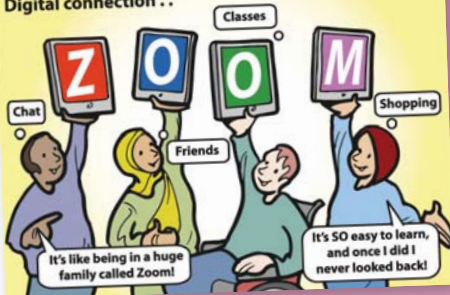
Mindful Meditation

**Mondays from
12pm - 2pm**

Help reduce stress and tension by using different breathing methods, guided imagery and other practices to relax body and mind.



Digital connection . .



All the learning sessions on pages 2 to 7 take place online using Zoom.

We can help you learn how to get online and build your digital skills.

If you do not have access to digital equipment or internet we may be able to help you.

Contact the GDA Office for more information - details are on the back page.

✓ **All physical movement sessions can be done seated or standing.**

✓ **All sessions are suitable for beginners.**

Contact us to book a place - see back page!

Online learning: Tuesdays

Book Talk

11am - 1pm

Do you love to read, or want to read more and discover new authors? Then join GDA's online book group for stimulating discussions on a wide range of fiction, poetry and essays.



Tea & Chat 2.30pm - 4pm



Make yourself a cuppa and log on for some interesting and fun conversation with other GDA members.

✓ Open to all ages and abilities!

✓ Contact us to receive the latest calendar of dates & times for all courses.

Online learning: Wednesdays

Seated Yoga 11am - 1pm

A relaxing blend of stretching movements and breathing exercises to ease your body and mind.



Tai Chi 11am - 1pm

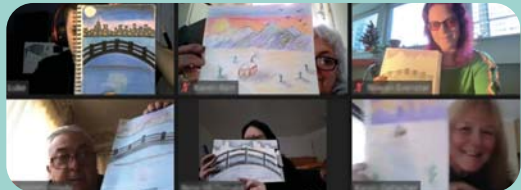
A combination of gentle movements and stretching with mindfulness to help release any physical and mental tension.

Dance 2pm - 3.30pm

Whether standing up or sitting down, you won't be able to resist moving to an infectious mix of old and new music!

Mind and Draw 2pm - 4pm

Follow step-by-step instructions to create a colourful picture of different scenes every time in these fun, relaxing sessions.



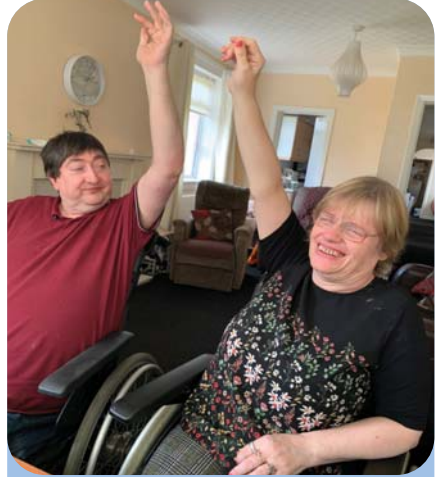
- ✓ We may be able to supply resources for taking part.
- ✓ All physical movement sessions can be done seated or standing.

Online learning: Thursdays

The GDA Playlist

11am - 12.30pm

A monthly music club, exploring important artists and music through history, sharing songs, and enjoying performances from live guest musicians!



Gentle Keep Fit

2pm - 3pm

Gentle aerobic and mobility exercises and stretching to increase fitness levels, strength and stamina.

Photography

2pm - 3.30pm

A chance to swap tips and techniques as you share and discuss photos taken across different themes.

- ✓ All sessions are suitable for beginners.
- ✓ Open to all ages and abilities!
- ✓ Try out something new!
- ✓ We may be able to supply resources for taking part.
- ✓ More courses being added every week!

Online learning: Fridays

Creative Writing

11am – 1pm

Use your imagination to create and share your own stories, prompted by suggestions from the tutor, or focussing on different themes.



Craft & Chat 11am – 1pm

Bring along whatever craft project you are working on – knitting, crochet, sewing or anything else – to swap tips and advice on where to get materials and patterns, as well as just enjoy some general chat.



Contact us to receive the latest calendar of dates & times for all courses!

Meno-PAUSE

II

GDA Wellbeing advisor Tracy Rodger is hitting the pause button to take time out to share tips on managing menopause.



The causes of mood swings are generally hormonal.....

Our fortnightly Zoom group takes place on Tuesday mornings, 11am - 12.30pm, where disabled women at any stage of menopause are welcome to meet.

Everyone's experience and suggestions are valuable and important. It is crucial to know that we are not alone in feeling overwhelmed at times by the ups and downs of this major transition in our lives, and its impact upon existing health conditions and disabilities.

We also make time for humour, encouragement and a few choice expletives where necessary!

We promise a warm welcome (hot flushes optional!) to disabled women at any stage of menopause.

For details or to let us know you are interested please contact Tracy Rodger on 0793 303 4057 or tracyrodger@gdaonline.co.uk

Face to face learning sessions

We have a busy calendar of face to face learning activities scheduled for the coming months. If you are interested in taking part of any of these or would like more info, get in touch - **details on back page.**

Comedy Workshop

Thursday 20th
October

Have a laugh and tell your story through comedy.



4-Day Confidence Building Course

Tuesdays & Fridays 18th,
21st, 25th + 28th October

Discover ways to increase confidence and feel more able to speak up.

Drama Workshop

Wednesday 23rd November

Have fun learning how to express yourself using drama techniques.



Screen Printing

Wednesday 26th
October

Create an artwork and learn a new skill.



Digital Music-Making & Silent Disco

Wednesday 2nd November

Have fun making music, then show off your best moves to great tunes!

Job Seeking Skills

Wednesday 9th
November

Increase your knowledge, skills and confidence for job seeking. More info on page 12.

Kelvingrove Art Gallery Tour

Thursday 10th November

Explore the wonderful Kelvingrove museum and gallery with an expert guide.

Zine making
(mini-magazines)
Tuesday 15th
November

Make a mini magazine and share your story.

Samba Drumming

Friday 25th
November

Enjoy this physical and fun way to make music.



Hate Crime Awareness Week events

GDA will be running 3 events about hate crime, with guests including Police Scotland, GCC's Hate Crime Policy Officer and Disability Equality Scotland. Find out about Hate Crime, what it is and how to get support to report it. Give your views on Scotland's Hate Crime Strategy.

Tuesday 18th October 2pm - 4pm online

Thursday 20th October (hybrid) 11am - 2pm

and Wednesday 26th Oct (hybrid) 10am - 3pm.

Important notes for in-person sessions.

- ✓ Timings are usually 10am - 2.30pm. We will confirm the times when you contact us to book.
- ✓ To protect our members we require all participants to take a lateral flow test prior to attending. We can help with this if necessary.

GDA Drivers for Change

Our **Drivers for Change Network** steers GDA's collective voice.

DFC members help us identify priority issues for us to focus on, like social care, climate change and the cost of living crisis.

DFC members contribute time, lived experience

expertise and passion for finding solutions through working with others including policy and decision makers.



✓ GDA's Drivers for Change network is made up of nearly 200 GDA members who dedicate time and energy to speaking out, collaborating for change and supporting others to do the same.

✓ Drivers for Change members represent and support our wider membership to know their rights, claim these rights and campaign to challenge discrimination and inequality.

Welcome to Sophie Lawson, our new Policy and Participation Manager!

Sophie oversees GDA's Voices Team, and supports and facilitates GDA's Social Care Expert group. She has a background in mental health advocacy and peer support and is passionate about lived experience being central in decision making. Sophie loves tending to her houseplants, enjoys reading and all things related to political history!



Social Care Expert Group

GDA's Social Care Expert Group brings GDA members together to speak out and share lived experience of needing or using social care, to help make these rights a reality for disabled people in Glasgow and beyond.



GDA Social Care Expert Group's next meetings will take place on:

- **Tuesday 11th October** – Online and in person
- **Friday 28th October** – Online and in person

Come along to:

Share your experiences of social care and how you would want this to change.

Hear more about the Scottish Government's plans to improve social care and help influence social care policy at a National level.

Have your voice heard on what matters to you about the support you need and how you get it.

For more information about these meetings or to find out how to become a member of Drivers for Change or the Social Care Expert Group, get in touch with Sophie: sophielawson@gdaonline.co.uk

GDA's Digital Employability Project

Would you like help and advice around skills and discovering opportunities for learning, training, volunteering or employment?



Digital Employability Coordinator **Alison** is here to assist disabled people to access coaching and support that will open up employment opportunities that match your skills and interests. Get help to increase your digital employability skills, look for job vacancies, build your CV, find and apply for online learning courses, and access job application support. This can be done on the phone, over Zoom or face-to-face.

Alison can provide ongoing support and coaching to build your confidence to get the best use of digital technology. If you do not have the equipment you need - talk to Alison as we may be able to help!

Job Seeking Skills Workshop

Wednesday 9th November 10am - 3.30pm (in person)

This in-person session will help you build skills around employability, with a focus on personal statements, CVs, searching for the right opportunities and how to boost your employability skills.

To find out more about this workshop and how the project could support you, please contact GDA on 0141 556 7103 or email Alison on: alisonmclcluskey@gdaonline.co.uk

GDA Connects Team

Do you need individual support to learn to use your digital equipment confidently?

The Connects Team would love to help! We can support you over the phone and we have bookable in-person coaching sessions available.



For more information, call the GDA Office on 0141 556 7103 or email connect@gdaonline.co.uk

Staff Changes

Welcome to our new Learning Coordinator, Kenny Bates.

Kenny's background is in music and arts learning. He's already been meeting groups at our learning sessions and is looking forward to meeting more of you soon. In his spare time Kenny enjoys playing music with friends, and going on outdoor adventures with his daft dog Roy! Thanks to GDA Member Karen Gallagher for the fab photo.



In recent months we said goodbye to Ruth Hart who moved on to a new job and Brian Scott, who retired in September. We wish them both well.

LGBTQIA network

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



- Regular online and in-person meetings
- Have your say on things that matter to you.
- Meet other LGBTQIA disabled people and support each other.
- Raise awareness and celebrate LGBTQIA identities.

To find out more call the GDA office on **0141 556 7103** or email charlotte@gdaonline.co.uk

Young Drivers for Change

Our youth-led network for young disabled people!

We meet regularly online and in person to:

✓ Share our experiences and support each other.

✓ Join in with new activities and learning.

✓ Champion the voices of young disabled people on the issues that matter to us.

✓ And most importantly - have fun!

Age
14-30

Our next meet is **Wednesday 19th October** – if you are interested in attending email: charlotte@gdaonline.co.uk

BAME Network

GDA's BAME Network is a safe space for disabled people who are Black, Asian or Minority Ethnic.

A recent community mapping session with GDA's BAME Disabled Network and Scottish Civic Trust invited members to share their memories,



textures, sensations, and the stories that define our experience of the world. Participants produced an art piece which tells the stories of BAME disabled people.

On 12th October, during Black History Month, we'll host an event to unveil the final completed artwork at GDA offices, and to share thoughts and reflections on important discussions on inclusion, race, and disability in Scotland.

To find out more about GDA's BAME network and this event email: jamila@gdaonline.co.uk

Winter Vaccines Information

This winter the NHS will be offering free vaccines to protect people who are at risk of getting seriously ill from flu and Covid-19. Most GDA members will be able to get both of these vaccinations.

To check to see if you are eligible, visit www.nhsinform.scot and search 'Self-help guide: Winter vaccines', or speak to your local pharmacist, or GP Surgery.

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 dates, times, 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



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