



Glasgow Disability Alliance
Confident Connected Contributing

**November
2023 –
February
2024**

Learning & Events Bulletin



Celebrating Community:

Rescuing Progress for Disabled People
Wednesday 6th December
10.30am – 2.30pm (Hybrid)

**Come
and celebrate
'International
Day of Disabled
People
2023!'**

- Meet and hear from Emma Roddick MSP, Minister for Equalities.
- Share your experience about how disabled people's lives and rights have changed since the pandemic and through the Cost of Living Crisis.
- Tell us what works and what needs to change so disabled people can live the lives they want to live.
- Celebrate your history as part of a disabled people's movement and reflect on your achievements.

Inside this bulletin:

New in-person learning courses and programmes

Helpful Numbers for the Festive Season

GDA Multiply

A new programme of activities and workshops to build your confidence using numbers and counting.

Do you struggle with numbers and counting?

Numbers are everywhere! GDA's new Multiply project is a programme of workshops and classes aimed at increasing your confidence and your knowledge around numbers.

Whether that's one of our fun activities with a light and simple numeracy element, or one of our informal and inclusive maths learning classes – there's something for everyone!

The Multiply project is for all levels and abilities with numbers. The workshops are an understanding and judgement-free space to boost your numeracy skills.

All Multiply face-to-face activities are completely free to attend and include:



- Taxi transport within Glasgow if needed.
- Lunch.
- Personal assistant support.
- Communication / Interpreter support if needed.

If you are interested in attending any of these events, or would like more information, please contact: Email: learning@gdaonline.co.uk Telephone: 0141 556 7103
Text: 07958 299 496

Face-to-face Multiply learning sessions

Our fun, sociable group activities all involve numbers in some way – they crop up in everything!

Weekly course programmes - you will need to be able to attend all sessions for each of these programmes. All sessions run from 10am – 2.30pm.

Radio and Podcasting skills with Sunny Govan Radio

6 sessions: Tuesdays 16th January – 20th February



Build your skills, knowledge and understanding around radio and podcasting with tuition from the people behind Sunny Govan Radio.

Get to grips with interview skills, presenting skills, show planning, playlisting and broadcasting technology.

Everything you'll need to start your own podcast or pursue your passion for radio. Final session includes a visit to the Sunny Govan studios!



Please note: Numbers are limited for all programmes so we cannot guarantee everyone a place.

Art with numbers

6 sessions: Wednesdays

17th January – 21st February

Explore the fascinating world of numbers through the creative medium of art. Using art techniques such as papier mâché, clay, wires and more, we will embark on a journey to design and construct functional objects that can be used in our daily lives.

Guided by numbers, we'll unveil the magic within the ordinary, turning numbers into inspiration and practical tools for our artistic journey.



Animated film-making

4 sessions: Thursdays

18th January – 8th February

Learn stop-motion animation techniques and build your animation software skills with this creative and imaginative workshop.

Explore storyboarding and story-writing alongside this and bring it all together to create your own short film.



Please note: Numbers are limited for all programmes so we cannot guarantee everyone a place.

Music Broth presents: Band Camp

6 sessions: Starting in February

Ever wanted to try playing a musical instrument for the first time? Or write your own song in a group? This short music project from the Music Broth Instrument Library takes you from complete beginner to having your own song written, rehearsed, performed and recorded, in just 6 short weeks! All instruments provided, open to complete beginners and those with some musical skill alike.



Personal Nutrition and Fitness

12 sessions – starting in January

A course to help you improve your fitness and diet. This project includes one-to-one nutrition sessions with a qualified tutor, discussing practical and realistic ways to improve your diet and learn more about the food you eat. Other sessions explore simple exercises to increase your fitness and build strength.



Please note: Numbers are limited for all programmes so we cannot guarantee everyone a place.

One day in-person courses

Drumming and Bingo

Tuesday 19th December, 10am-2.30pm

A drumming and communication workshop. Tutors will guide you through drumming tasks and encourage the group to join in with discussion about life and wellbeing. Followed by a sociable and light-hearted game of bingo!



Coding Robots Thursday 25th January 10am-2.30pm

Learn simple coding and programming commands which control the movement of small robots! Presented by the Glasgow Science Centre. Followed by a visit to the Science Centre interactive displays.



Golden Ratio Art Workshop

Thursday 1st February 10am-2.30pm

An art workshop that explores the 'Golden' or 'Divine' mathematical ratio that has come to define beauty, celebrated by famous artists and architects. Presented by the Glasgow Science Centre. Followed by a visit to the Science Centre interactive displays.

Pond Dipping Thursday 8th February 10am -2.30pm

Investigate the marine life, flora and fauna, of the pond areas surrounding the Glasgow Science Centre, and analyse your findings by recording them as data. Presented by the Glasgow Science Centre. Followed by a visit to the Science Centre interactive displays.



One day in-person courses

Strategy Board Games

Whether it's collecting points, counting numbers on dice, buying and selling or just moving places across a board, you are counting all the time when playing board games. Learn how to play some less well known and really fun group board games that will have you laughing (and counting) out loud.



Map Reading

Take part in fun group activities to get to grip with the principles of mapping and map reading in the morning, and then put what you've learned to the test out on Glasgow Green!

Healthy Cookery

Learn how to make healthy, tasty dishes and how to maintain a well-balanced diet by following nutritious recipes which take account of portion sizes and the nutritional make-up of different ingredients.

Photography

Whether using your phone or a digital camera, learn how to identify and set up good shots; frame pictures using distance and perspective; and how to edit the final photograph. Look for symmetry, patterns or play with shapes!



One day in-person courses

Sport

Whether it is counting steps, exercising in time to music or even seeing how many keepie-uppies you can do, you'll be using numbers, adding and multiplying, without even realising it!

Woodworking

Learn basic woodworking skills and safe practices in a fully accessible woodshop. Measure up some pieces of wood and create something simple but beautiful.

Overcoming Maths Anxiety

Many people feel stressed just thinking about maths. If you feel anxious working out the cost of shopping, or calculating how long journeys will take, this session is for you! Includes crafting with numbers after lunch.



Dates and times of these one day courses to be confirmed.
Contact us to note your interest!

Numeracy courses

With our more focused numeracy learning courses you can make a more deliberate effort to increase your maths knowledge and understanding, in a supportive, informal, environment, at the maths level you're currently at.



Life Skills Maths

Dates and times to be confirmed

Gain confidence using:

- **Time:** calculating time, understanding the relationship between different units of time; and reading timetables.
- **Measurement:** working out distance, volume, area and compare these using charts and graphs.
- **Money:** doing basic calculations and comparing costs to help budget.
- **Numbers and Number Processes:** calculating with addition, subtraction, multiplication and division and recognising basic fractions.
- **Shape, Space and Data:** recognising, describing and comparing different shapes and objects and their relationship to other shapes and objects.
- **Certified courses** available from N2 to N5 levels depending on how confident you already are using numbers.

Please contact learning@gdaonline.co.uk or **0141 556 7103** to register your interest.

ESOL Learners

If you want to build up your numeracy skills and confidence in your first language, contact us for support.

We will match you up with one-to-one or group support in various languages.

Courses will range from basic numbers and understanding to certified courses depending on your needs and how confident you already are using numbers.

Please contact learning@gdaonline.co.uk or **0141 556 7103** to register your interest.

GDA Wellbeing

Men's Health Day

Tuesday 28th November, 10am – 2.30pm

Join GDA and Menself to learn how to improve your health and wellbeing in a relaxed, informal environment. We'll be speaking about mental and physical health issues experienced by men, encouraging positive conversations about men, manhood and masculinity.



'Coping with Christmas' Wellbeing Day

Tuesday 5th December,
10am – 2.30pm

The GDA Wellbeing team will lead a morning of discussion, advice and support, centred around the various reasons we might find Christmas to be a difficult time of year. The afternoon will feature a range of relaxation activities.



GDA Online Learning

Mondays

Mindful
Meditation
Relaxation
Effective Thinking

Our popular online learning sessions are ongoing – contact us to book a place! Please note – some sessions are weekly, other are fortnightly or monthly. To find out more, email

learning@gdaonline.co.uk or contact the GDA office – details on the back page.

Tuesdays

Booktalk • Keep Fit
Tea & Chat
Everyday
Philosophy
History Talks

Thursdays

Mind & Draw
Art Club • GDA Playlist
Photography



Wednesdays

Seated Yoga
Jewellery Making
Dance • Tai Chi

Fridays

Craft & Chat
Creative Writing
Song Writing • Singing



GDA Connects – get help to get online!

If you want to build your skills and confidence to use your digital equipment or want to learn how to Zoom, email or use social media, then GDA Connects are here to help!

If you don't have your own device or internet, then we may be able to help with that too! GDA Connects offer 1-to-1 digital coaching sessions online and in person, plus monthly group coaching sessions.

For more information, call **0141 556 7103** or email connect@gdaonline.co.uk



Social Care Expert Group (SCEG)

Our **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.



Come along to our next SCEG Meeting to:

- Have your say about the support you get and how you get it.
- Share your lived experience about the social care system and how it needs to change.
- Hear about the Scottish Government's Plans for a National Care Service.

Please contact voices@gdaonline.co.uk or **0141 556 7103** to register your interest.

BAME Network

GDA's BAME Network brings together Black, Asian and Minority Ethnic disabled people. It is a safe space for peer support, making connections and learning together.



Our popular learning and engagement opportunities take place online and in person. Language interpreters can be booked if needed.

Contact voices@gdaonline.co.uk to find out about the latest sessions or call **0141 556 7103**.

Drivers for Change (DfC)

Our **Drivers for Change** network brings together members who dedicate extra time and energy to speaking out, campaigning, collaborating for change and supporting others to do the same.

Friday 1st December – Drivers for Change Meeting

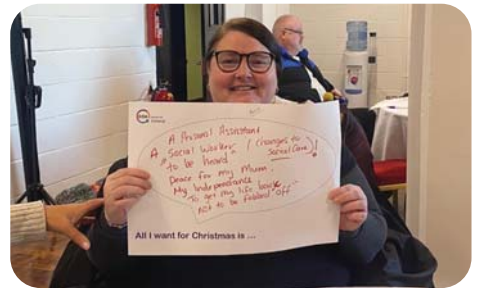
Come along to this meeting to:

- Have your say about policies and decisions that impact you.
- Prepare for GDA's International Day of Disabled People Event.
- Reflect on our work as a community of identity and plan future action!

Tuesday 19th December – Drivers for Change 'End of Year Celebration'

Come along to this meeting to:

- Celebrate your GDA achievements this year.
- Have fun and reflect on the year with other GDA Drivers for Change members.
- Set goals and plan campaign priorities for the New Year!



Please contact voices@gdaonline.co.uk or call **0141 556 7103** to register your interest.

Useful Numbers for over the Festive Holiday period

Breathing Space

– **0800 83 85 87**

A free, confidential telephone service for people who are feeling anxious or depressed and need someone to listen and talk to.

The service is open Monday to Thursday, 6pm to 2am, and Friday to Monday, 6pm to 6am.



NHS 24 - 111

NHS out of hours health professional telephone service, open 24 hours a day, 7 days a week. They will redirect you to your local GP if you have not attempted their services first.

Emergency Services – 999

If you are in need of an ambulance, the police or the fire department, contact 999 immediately.

Samaritans – 116 123

A free, confidential telephone service for people who are worried, anxious or depressed and need someone to listen and talk to. It is open 24 hours a day, 7 days a week and can be useful for crisis support during holiday periods.

Shout Text Service – 85258

Shout is a text message mental health support service for people who are feeling anxious, stressed or depressed. The service is open 24 hours a day, 7 days a week.

Glasgow Helps – 0141 345 0543

A confidential referral service to support Glasgow citizens in any areas of their life, including housing issues, food and fuel support. Open from Monday to Friday, 9am to 5pm. Note these times will vary during holiday periods.

Glasgow City Council Social Work Emergency Line – 0300 343 1505

The out of hours Social Work service is open from Monday to Friday after 5pm and any time on weekends.

Glasgow City Council Homelessness Emergency Line – 0800 838 502

The out of hours Emergency Homeless service is open from Monday to Friday after 5PM and any time on weekends.

Gas Emergency Service – 0800 111 999

If you smell gas, have a damaged pipe or feel there is a gas emergency call 24 hours a day, 7 days a week.

Scottish Water Emergency Line – 0800 0778 778

Report public and internal sewer flooding 24 / 7.

Scottish Power Faults and Emergencies Service – 105

Report power cuts 24 hours a day, 7 days a week.

Home Energy Scotland – 0800 808 2282

Home Energy Scotland is a free, impartial advice phone line on energy issues like keeping warm at home. It is open Monday to Friday from 8am to 8pm.

Please contact us for the latest calendar of dates and times for learning courses and events. Lots more sessions added regularly!



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

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@GDA__online



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