



Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

Event: Disabled People and the National Care Service

Friday 14th March
10am – 2.30pm

Hear from
Maree Todd,
Minister for
Social Care.

Share your
experiences
of using or
needing
social care.

Find out
'What's Next?'
for the
National Care
Service.

Enjoy a new
performance
of the PPPs.

Explore our
Photo Voice
Exhibition – GDA
members artwork
and photos about
their social care
experiences.

Meet others,
make friends
and enjoy a
lovely lunch
together.

Hybrid
event: attend
in-person or
online!

**Contact us
to register
your interest!**



Join in
some fun
activities.

Learning & Events Bulletin March 2025

To register your interest in our event and/or learning sessions:

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

Email: **learning@gdaonline.co.uk** BSL users:



Taxi transport, lunch, teas/coffees and
personal support assistance are provided.

In-person Learning Sessions:

All GDA in-person learning sessions are completely free to attend.

They are a great way to meet other GDA members and socialise in a supported environment - and of course to try a fun activity at the same time!



Mitchell Library Tour

Wednesday 5th March
10.30am – 2.30pm

See behind the scenes at the various storage and cataloguing rooms in the Mitchell Library. Old books, décor from years gone by and books so big they're referred to as 'elephant' books!

Confidence Booster

2-day course (2 options)

Friday 7th and Tuesday 11th March • 10.30am – 2.30pm
or

Tuesday 18th and Friday 21st March • 10.30am – 2.30pm

A short course spread over 2 days that focuses on ways we can build our confidence and self-esteem.

Singing and Songwriting

Wednesday 12th March • 10.30am – 2.30pm

Led by two musicians, take part in some fun and light-hearted singing, playing of percussion and have a go at writing your own songs as a group.



Painting and Drawing

**Tuesday 25th March
10.30am – 2.30pm**

A mindful, relaxing and sociable art workshop. Have a go at a range of different styles of painting, drawing and colouring.



First Aid Introductory Workshop

Wednesday 26th March • 10.30am – 2.30pm

Learn all about CPR, using a defibrillator, the recovery position, and how to react to different health emergencies. We will cover how everyone can have a role to play in first aid, and will include ways to assist that take into account impairments and support needs.





Walking Football

Friday 28th March
10.30am – 2.30pm

A fun introduction to Walking Football, a sport that promotes cardiovascular fitness whilst producing the least stress on the body. Enjoy the active and social benefits of a good old fashioned kick about!

Mask & Puppet Centre

Date to be confirmed, but register now!
10.30am – 2.30pm

A visit to the Scottish Mask and Puppet Centre where puppeteers will talk about the long history of puppet making all over the world, before taking in a show and having a go at animating a puppet yourself!



Jewellery Making

Date to be confirmed, but register now!
10.30am – 2.30pm

Choose from a range of beads, stones, gems and other decorations to create personalised bracelets, earrings and broaches, all while having a good chat and a catch up.



Wellbeing: Fresh Start for Spring

Online



Wednesday 12th March
2pm – 3.30pm

Join the GDA Wellbeing Team for a workshop designed to help us 'spring clean' our thoughts to make them work for us! Swap tips on fresh ways of managing our self-care routines. Learn easy decluttering hacks to give us more room to breathe.

Plant the seeds for simple wellbeing in our daily lives.

To register your
interest in our event and/or
learning sessions:

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

Email: **learning@gdaonline.co.uk**

BSL users: 

Taxi transport, lunch, teas/coffees and
personal support assistance are provided.

Online workshops:

Our programme of regular online learning sessions are all free to attend via Zoom.

A great way to meet other GDA members without the pressures or barriers of coming along in person.

Mindful Meditation

**Every 2 weeks,
Mondays, 11.45am-1pm**

A relaxed session on guided meditative practice and mindfulness.

Tea & Chat

**Every 2 weeks
Tuesdays, 2.30pm – 4pm**

A relaxed social meet up with GDA members – make new friends and discuss all matters of the day!

Seated Yoga

**Every 2 weeks, Wednesdays,
10.45am – 12pm**

A relaxed but energising yoga session which can be done from a seated position or standing.

The GDA Playlist

**Monthly, Thursdays,
11am – 12.30pm**

Explore important artists and music through history, share favourite songs, and enjoy the playlist we create together!



Creative Writing

**Every 2 weeks, Fridays,
11.45am – 1pm**

Try your hand at poetry and creative prose, looking at some famous writers and influential styles for inspiration.



Craft & Chat

**Weekly, Fridays,
11am – 1pm**

Bring along whatever craft project you are working on – knitting, crochet, sewing or anything else – to swap tips and advice and enjoy some general chat.



To register your interest in any of these sessions, email learning@gdaonline.co.uk or call 0141 556 7103 or text 07958 299 496.

If you need some assistance getting online, learning how to use Zoom, or building confidence using your smartphone, tablet or computer, our Connects team can help! Get in touch via connect@gdaonline.co.uk for more information.

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: learning@gdaonline.co.uk

www.gda.scot



GDA Facebook



@GDA__online



@GDA__online



Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

contact
SCOTLAND
BSL



Scottish Government
Riaghaltas na h-Alba
gov.scot

