



Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

**Learning
& Events
Bulletin**
Autumn 2025

Challenge Poverty Week Event!

Tuesday 7th October
10.15am - 2.30pm (hybrid)

Join us in **Challenge Poverty Week** to hear about disabled people's poverty and how to campaign together to demand the change we need.

Tell the Scottish Government how poverty impacts on disabled people and what needs to be done to Challenge Poverty.

**Use your
Voice to
Challenge
Poverty!**

Watch a
brand new
performance
of the
Purple Poncho
Players.

Meet and
connect
with
others.

Get advice
and information
from support
organisations.



Inside: Lots of in-person and online learning!
New project launch! • Drivers for Change
Social Care Expert Group

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!

September



Thursday 25th
10:30am – 2:30pm:

Woodworking

- Using real woodworking tools and machinery, design and create your own decorative items.
- Cut, shape and colour what you make, all under the guidance of the Boomerang Woodworking tutors.

October

Wednesday 1st 10:30am – 2:30pm:
Online Forms and Digital Jargon

- Learn how to confidently fill out online forms and make sense of common digital jargon in everyday life.
- Feel safer online and build your skills.



Thursday 2nd
10:30am – 2:30pm:

Ease into Autumn

October

- If you are worried about the cooler, darker nights, then this is for you!
- Prepare for Autumn in a way that nurtures our wellbeing.
- Discover how to obtain, maintain and retain meaningful connections.
- Share tips about getting through the winter months.
- Take home lots of ideas about self-care.

Friday 3rd
10:30am – 2:30pm

Photography

- See the world through a new lens – literally!
 - A creative session to capture moments and make memories.
 - No prior experience necessary.





October

**Tuesday 7th
10:30am – 2:30pm:**

Songwriting

Join Music Broth for a day of songwriting. A creative and supportive space to express yourself through music. Bring your voice, your ideas and your passion!

**Friday 10th
10:30am – 2:30pm:
Mind & Draw**

Relax, unwind and reconnect with your creativity in this gentle session combining mindfulness and drawing.

**Wednesday 15th
1.20pm – 3:30pm:
Easy-Going Folk
& Pop Concert**

Join us at the Royal Concert Hall for an uplifting afternoon of folk and pop tunes in a relaxed setting.





Thursday 23rd 10:30am – 2:30pm:

Visit to the Willow Tearooms

Step into history and enjoy lunch and a tour of the iconic Willow Tearooms.



Friday 24th

10:30am – 2:30pm:

Screen Printing

- Unleash your creativity with Print Clan's screen printing class!
- Whether a total beginner or just looking to try something new, you'll learn the basics and walk away with your own custom design.



October

**Wednesday 29th
10:30am – 2:30pm:
Relaxation Day**

- Learn and try out some relaxation techniques for a variety of situations.
- Grounding techniques, breathing exercises and self-massage.
- Experience active relaxation with Mind & Draw.

**Friday 31st 10:30am – 2:30pm:
Walking Football
and Boccia**

- Enjoy the beautiful game at a gentler pace!



- Sample the basics of boccia, a Paralympic sport similar to bowls.
- Great exercise and lovely company.



**Tuesday 28th October,
and Tuesdays 11th
and 25th November
11am – 2pm:**

Sewing

(3 session course)

- Thread the needle and give it a go.
- Whether a beginner or brushing up, this sewing series is fun, social and surprisingly satisfying.
- Please note, you must attend all three dates.



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.

School/college holiday fun for young disabled people! (Age 14 – 25)

**Tuesday
14th October
10:30am – 2:30pm:**

DJing workshop

Drop the beat and learn the basics of DJing with The Sound Lab and Jonny 'Wheelman' Fernandez in this fun, relaxed workshop.

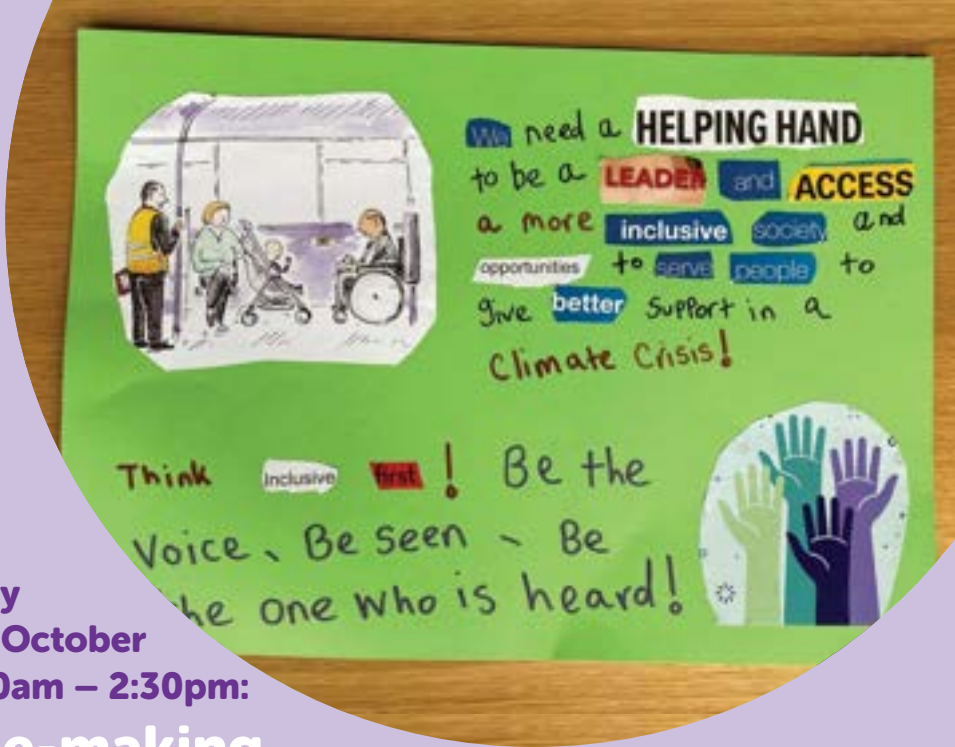


Thursday 16th October 10:30am – 2:30pm:

Fair Trade and Climate Justice at the Glasgow Science Centre

- Explore climate justice, Fair Trade and creative storytelling for young disabled people.
- Co-create impactful content ranging from videos to artwork, while building awareness of global supply chains and Scotland's role in climate resilience.





Friday
17th October
10:30am – 2:30pm:

Zine-making

- Learn how to make zines (handmade magazines) using 3 different techniques. We will cut, rip, collage and draw using a range of different materials.
- There will be lots of materials for you to work with, but you are welcome to bring any photos / tickets / artwork you would like to include.

PLUS
**parents/
carers
support
session!**

There will be a separate session for parents/carers of young disabled people – come along to get info and support around social care, transitions, welfare rights, meet other parents/carers and enjoy some relaxing activities.

November



Tuesday 4th
10:30am – 2:30pm:
Poetry

Explore your inner poet in this inspiring, gentle workshop.

Thursday 6th
10:30am – 2:30pm:
Science Centre Visit

- A day out at the Glasgow Science Centre, filled with wonder, discovery and hands-on fun.

Perfect
for curious
minds of all
ages.



Wednesday 12th 10:30am – 2:30pm:

Digital Photography Basics



- Perfect for beginners!
- Discover the essentials of digital photography.
- Learn how to take better photos, use your camera or smartphone effectively, and start capturing moments with confidence.

Tuesday 18th and Wednesday 19th 10:30am – 2:30pm:

Confidence Booster (2 days)

- A friendly and relaxed course looking at practical methods to build confidence and self-esteem.
- Please note, you must be available on both days to sign up.



December

Tuesday 2nd 10:30am – 2:30pm: Vegetarian Cookery

- Cook up something tasty and healthy!
- A fun, relaxed class full of flavour, inspiration and good company.



Thursday 4th 10:30am – 2:30pm: Band Jams

- Whether you already know an instrument or have never touched one in your life, everyone will be able to join in our big band jam session!
- Try out a few different instruments.
- Have a go at playing songs you know.
- Explore ways to quickly and easily write and perform your own music, led by creativity and a complete lack of rules!

Tuesday 9th 10:30am – 2:30pm:

Coping with Christmas

- The Christmas season can be difficult for many people for lots of reasons.
- All the seasonal messages can become overwhelming.
- This is a chance to explore how you want to spend the Christmas season while caring for your wellbeing.



**Wednesday 10th
10:30am – 2:30pm:**

Silent Disco and Christmas Party Games

- Celebrate the season with dancing, laughter and festive fun.
- A joyful day you will not want to miss.



GDA Drivers for Change and Scotland Demands Better

GDA's Drivers for Change dedicate time and energy to speaking out, campaigning, collaborating for change and supporting others to do the same. GDA is proud to be part of the Scotland Demands Better Campaign.

Scotland Demands Better is a national network of organisations, coordinated by the Poverty Alliance, who want a future beyond the injustice of poverty.

We are coming together to demand that politicians make the changes we need for a society where everyone can thrive and prosper.

We demand better investment for life's essentials - like affordable homes, good public transport, a thriving natural environment and strong public services.

We demand better social security so that all of us have a foundation for the future.



We demand better jobs for everyone who needs one, with fair conditions and wages that pay the bills.

GDA's Drivers for Change are already demanding better for disabled people!

Drivers for Change event!

Thursday 18th September, from 10.30am – 2.30pm (hybrid)

Come along to find out more about the Scotland Demands Better Campaign and how to get involved.

If you would like more information about GDA's Drivers for Change Network, email Voices@gdaonline.co.uk or call 0141 556 7103.

GDA Social Care Expert Group - SCEG

If you are a social care user, or someone who needs social care, then our Social Care Expert Group is for you!

SCEG brings disabled people together to share their experiences of using or needing social care.

The Group is supported to take part and share their lived experiences and voices to influence social care policy and decision-making in Glasgow and at a Scottish Government level.

Amplifying disabled people's voices is critical to see the change we want and need in social care to protect our

human rights and to let us live the life we want to live.

The SCEG meets monthly both in person and online via Zoom. If you are interested in hearing more about GDA's Social Care Expert Group, get in touch!

[Voices@ gdaonline.co.uk](mailto:Voices@gdaonline.co.uk)
or call 0141 556 7103



EmPOWER 65+

connect • learn • save money

We are proud to present our new project for disabled people aged 65+

New project launched!

Our caseworker Jonathan (who you might have met when he was one of our digital coaches) can help you in a range of ways:

- Advice, support and practical assistance to reduce your household costs.
- Support to learn how to save money on household bills.
- Learn digital skills like shopping, banking and staying safe online.
- Help to access grants and financial support, including debt advice.
- Energy advice and help to make your home more energy efficient.

Jonathan is running monthly **“Connect - Learn - Save Money”** sessions where you can meet others and get

practical tips and expert advice to help your money go further. Sessions run from 10.30am - 2.20pm and include lunch.

Dates planned so far include:

- Tuesday 23rd September
- Tuesday 21st October
- Wednesday 26th November

For more information or to book a place on a session, call the GDA office on 0141 556 7103, or Freephone 0800 432 0422 or email JB@gdaonline.co.uk



GDA Wellbeing:

Here to help you cope with life's challenges



GDA's Wellbeing team provides a range of 1-2-1 and group support for all ages:

- Light touch check-in calls.
- Courses to build strategies for managing stress and anxiety.
- Opportunities to learn and try out tools and techniques to improve your wellbeing.
- Sessions to try out new ways to relax.
- Communication and assertiveness skills.
- Specialised support for people waiting on professional health or social care supports.

If you feel you would benefit from some Wellbeing support, contact the GDA office, or email

Wellbeing@gdaonline.co.uk

The Wellbeing team are running two group sessions as part of the learning programme:

Ease into Autumn and **Coping with Christmas** – find out more on pages 3 and 13.

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:



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, from Monday 18th August 11.45am-1pm until 8th December.

A relaxed session on guided meditative practice and mindfulness.

Seated Yoga

Every 2 weeks, from Wednesday 20th August 10.45am – 12pm until 10th December.

A relaxed but energising yoga session.



Wellbeing Wednesday

Every 2 weeks, from Wednesday 27th August, 2:30pm – 3:15pm until 17th December.

Tune in to learn about simple, yet effective, wellbeing and wellness tips.

Tai Chi

**Every 2 weeks, starting Wednesday
27th August 11.45am – 1pm until
3rd December.**

Gentle movements that focus the mind and strengthen the body.



The Thursday Social

**Every 2 weeks,
from Thursday 11th
September 2.30pm –
4pm until 4th December.**

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

Creative Writing

**Every 2 weeks, starting
Friday 5th September
11.45am – 1pm until
17th October.**

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



Craft & Chat

**Weekly, starting Friday 5th
September, 11am – 1pm
until 12th December.**

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, 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**

 **GDA Facebook**

Text: **07958 299 496**

 **@GDA__online**

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

 **@GDA__online**

www.gda.scot



Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice



Scottish Government
Riaghaltas na h-Alba
gov.scot



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
PARTNER OF THE COAST

