



Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

**Learning
& Events
Bulletin**
Spring 2026

"Quiz the Candidates!" Hustings Event

Friday 24th April
10.15am – 2.30pm
Hybrid – in person and online

**Come along to hear from
candidates standing for
election as your MSPs.**

- Hear what candidates have to say on issues that matter to you!
- Find out more about the voting process.
- Taxi transport, lunch, teas/coffees and personal support assistance provided.

Contact us to register your interest!

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

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



**Live
performance
of the Purple
Poncho
Players!**

**More
event
details on
page 13!**

Also inside: In person and online learning sessions
GDA AHEAD & Wellbeing Programme
EmPOWER 65+ - connect, learn, save money!
Drivers for Change • Manifesto Calls to Action

In-person Learning Sessions:

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

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

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!



Digital Skills: Learn My Way Tuesday 14th April • 10:30am – 2:30pm

Develop your digital confidence with **Learn My Way** – a learning website perfect for all levels, including complete beginners. This will be an interactive session so bring along your device to get involved.

Tuesday 21st April • 10:30am – 2:30pm Bridgeton Bus Garage Visit

Take a walk down memory lane at the Bridgeton Bus Garage, where you can learn more about vintage vehicles that are part of Glasgow's history. Followed by a special lunch in celebration of National Tea Day!



Digital Skills: Entertainment

Wednesday 22nd April
10:30am – 2:30pm

Discover the fun world of online entertainment! Learn how to stream your favourite shows, explore subscription services, and enjoy music on the web and in apps.



Thursday 23rd April,
Thursday 7th May,
Thursday 21st May
10:30am – 2:30pm

Sewing: 3-Day Course

A series of workshops where you will learn the basics of using a sewing machine and work on a small project with the support of staff.



Please note
that attendance
at all three
sessions is
required.



Spring into Summer

Thursday 30th April 10:30am – 2:30pm

Spring feels like the time to be doing a bit of a clear out, parting with thoughts and things that don't serve us and replacing them with new, supportive thoughts and things that brighten our lives. This will be a fun workshop full of ideas to take away and try.



Jewellery Making

Wednesday 6th May
10:30am – 2:30pm

Create your own unique piece of jewellery using a variety of beads and charms at this artistic workshop!

Sophrology

Tuesday 12th May

10:30am – 2:30pm:

Learn how to unwind with sophrology, a health and wellbeing technique that combines relaxation, breathing, visualisation, and simple movements.



Digital Skills: Photography

Friday 15th May

10:30am – 2:30pm

Get to know your camera app and learn how to take better photos.



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.



Radio

Tuesday 19th May
10:30am – 2:30pm

Working in small groups, create short pieces of background music, write poetry, and conduct interviews with other members, all exploring a theme of your choosing. We'll then record and piece these together to create a short radio show you can listen back to!

GDA Learning Taster Day

Friday 29th May
10:30am – 2:30pm

Calling all new members! If you've been curious about the variety of workshops GDA does, then this session is for you. Come along and try out three of our popular workshops and meet other members.



Creative Writing

Tuesday 2nd June
10:30am – 2:30pm

Get your creative juices flowing at this inspiring session, where you can explore different styles of writing and develop your very own piece.





Nature Walk and Eco Crafts

Friday 5th June
10:30am – 2:30pm

Join us for a relaxing nature walk through one of Glasgow's parks, followed by an activity in celebration of World Environment Day.



Digital Skills: Social Media

Wednesday 3rd June
10:30am – 2:30pm:

Join us for a beginner's guide to building better connections safely online.

Mackintosh Tearooms Visit

Tuesday 9th June (TBC) • 10:30am – 2:30pm

Join us for a guided tour of the historic Mackintosh at the Willow, followed by a relaxing stencilling session and lunch in the iconic tearooms.





Digital Skills: Online Security and Safety

**Friday 12th June
10:30am – 2:30pm**

Learn how to navigate the digital world, avoiding scams and online fraud.

Calligraphy and Origami

**Wednesday 17th June
10:30am – 2:30pm**

Learn the art of Japanese Calligraphy and Origami in this relaxing and creative workshop!



Mitchell Library Visit

**Friday 19th June
10:30am – 2:30pm**

Join us for a tour of the historic Mitchell Library, where you can learn about the library's extensive collection and have the opportunity to handle different artifacts.



Speaking Up, Speaking Out

Tuesday 23rd June • 10:30am – 2:30pm

- Do you ever find yourself agreeing to things when you would rather say no thank you?
- Do you ever get anxious when you need to ask for help?
- Do you ever feel uncomfortable speaking up for yourself?

This fun course looks at some strategies for communicating the right things, at the right time, to the right people, in the right way.

Come and join us as we practice our skills together!

Learning Programme evaluation and ideas session

**Wednesday 24th June
10:30am – 2:30pm**

Have your say on what GDA Learning should do next! Come along to this Feedback Session where you can share your ideas and insights.

Manifesto 2026

Disabled people should have the same freedom and opportunity as non-disabled people. Freedom to lead their own lives and contribute to families, communities and wider society.

But currently, disabled people feel dehumanised and under targeted attacks from decision-makers, and the statistics are stark.

It doesn't have to be this way. GDA's Manifesto for a Fairer Scotland sets out "5 Asks" for the next government:

1 Make ends meet for disabled people

Disabled people are twice as likely to experience poverty as non-disabled people. 79% of food bank users are disabled or have a disabled family member. Because it costs more to be disabled, it's only right that disabled people are at the heart of efforts to address poverty.

2 Ensure all disabled people who want to work can do so

Disabled people face multiple barriers to the workplace and the Disability Employment Gap in Scotland stubbornly remains at 31.5%. We need change to make work possible and sustainable for all disabled people who want to work.



3 Invest in public services which uphold disabled people's freedom and opportunities

All in Government value the concepts of prevention and early intervention. But the reality for many disabled people in Scotland is the opposite: public services that don't meet needs, long waiting lists for health services and a lack of access to appropriate, good quality support.

4 Make it possible for disabled people to participate, be visible and be represented in society

75% of disabled people responding to our 2025 Member Survey said they were rarely able to socialise outside the home. This is due to costs, inaccessible transport and venues, and unwelcoming, even hostile, attitudes. We need to create the conditions for disabled people to routinely participate and be represented in all aspects of life and society.

5 Strengthen and uphold disabled people's rights

For disabled people in Scotland, equality and human rights are key concerns. 82% of survey respondents felt they had been treated differently or unfairly because they were disabled.

Our full Manifesto can be viewed on our website
www.gda.scot

Contact us if you would like us to post or email you a copy.

GDA Drivers for Change Pre-Election Hustings Session

Come along to hear about GDA's Manifesto for the 2026 Holyrood Elections - "A Fairer Scotland for Disabled People".

This sets out our "5 Key Asks" for all candidates standing for election to ensure disabled people have the same freedom and opportunity as non-disabled people.

We will also prepare for the GDA Hustings – what do **you** want to ask the candidates?

This will be a hybrid event so you can come along in-person or join online.

To register your interest call the GDA Office on **0141 556 7103** or email **voices@gdaonline.co.uk**

Friday
17th April
10.30am –
2.30pm

PA support,
lunch transport
within Glasgow will
be provided for
those coming
in-person.



GDA Holyrood Election Hustings

Friday
24th April
10.15am –
2.30pm

Glasgow
City
Centre
Venue

This is your opportunity to put your questions to the candidates standing for election to the Scottish Parliament in May 2026.

Come along to quiz candidates from the main political parties up for election in Glasgow.

The event will include a performance of the Purple Poncho Players to highlight disabled people's issues and priorities to the candidates using drama, comedy and song.

This will be a hybrid event so you can come along in-person or join online.

PA support, lunch and transport within Glasgow will be provided for those coming in-person.



To register your interest call the GDA Office on
0141 556 7103 or email admin@gdaonline.co.uk



Calling young disabled people..!

Ages
14 - 25

We are planning our activities for the summer holidays and we want to hear from you! Tell us what activities you would be interested in, or the places in and around the city you would like to visit. Let us know what is important to you.

Sessions we ran in the past few years include:

- Speak up for yourself
- Exercise and movement
- Disability Activism
- Arts and Crafts
- Museum Visits
- Karaoke / Disco



These are only examples – nothing is planned at the moment!

Contact the learning team to pass on your ideas and to register your interest in our summer activities.

Email: Learning@gdaonline.co.uk Call: 0141 556 7103

Text: 07958 299 496 or contact us via our socials:

   @GDA__online

Parents and carers of young disabled people!

Let us know if getting together with other parents / carers is helpful to you. In the past we have offered:

- Welfare Rights
- Transitions info and support
- Relaxation
- Meeting services and supports

Tell us what information, advice and support you would like from us. Contact us using the details above to register your interest in future sessions.

EmPOWER 65+

Can help you to:

- Learn digital skills.
- Access Energy Advice.
- Save money.
- Cut your household costs.
- Take part in fun learning and activities.
- Meet others, make new friends.
- Get support and advice about debt.
- Access Welfare Rights Advice, Support and Representation.

EmPOWER 65+: Connect, Learn, and Save Wednesday 29th April • 10:30am – 2:30pm

Learn the basics of online shopping, grocery deliveries, and loyalty schemes to save money and feel more confident in the digital world.

EmPOWER 65+: Are You Being Served? Wednesday 27th May • 10:30am – 2:30pm

Meet representatives from Welfare Rights, Energy Advice, and other support services.

EmPOWER 65+: Cutting Household Costs Tuesday 30th June • 10:30am – 2:30pm

Learn how to switch energy suppliers and find better internet deals.

Contact us for more info or to get the help you need:

Call: 0141 556 7103

Freephone: 0800 432 0422

Email: JB@gdaonline.co.uk

Text: 07958 299 496



GDA Wellbeing

GDA wellbeing team offer three strands of support and a dedicated project for people waiting on social care or health services:



- Workshops to improve wellbeing and help us navigate life challenges are provided in collaboration with the learning team. These are in-person and online.
- One-to-one support is usually by telephone but can be in-person or by zoom.
- “Thankful Thursday” peer support group - online every second Thursday.



To find out more about wellbeing services or register your interest
Call: **0141 556 7103** Text: **07958 299 496**
or Email: **wellbeing@gdaonline.co.uk**

AHEAD: Actions for Health, Equalities and Self - Determination

Our AHEAD Self-Management Project is for disabled people who are waiting on health interventions or social care.

It provides one to one support, a 12-week self-management programme and we are currently developing the peer support element of the project. The next course will run from 3rd June 2026 in person and from 2nd June 2026 on-line.

- Build strategies for coping with anxiety and stress.

- Learn how to be more assertive and better communicate your feelings and needs.

- Get the best out of your appointments with health and social care professionals.

- Try out new ways to relax and improve your wellbeing.

- Meet others and get peer support.



Contact us for more info or to get the help you need:

Call: 0141 556 7103 • Freephone: 0800 432 0422

Email: Wellbeing@gdaonline.co.uk • Text: 07958 299 496

Online workshops:



Online learning sessions during April to end of June - 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

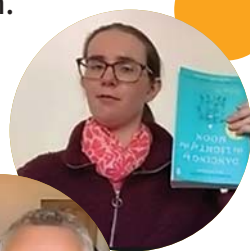
Every 2 weeks, Mondays, 11.45am-1pm

A relaxed session on guided meditative practice and mindfulness.

GDA Book Group

Last Wednesday in April, May and June • 2.30pm – 4pm

Do you love to read and discover new authors? Join our GDA book group, an inclusive space to discuss a wide range of fiction, non-fiction, poetry, and essays.



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.



Tai Chi

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

Gentle movements that focus the mind and strengthen the body.



Creative Writing

**Every 2 weeks, Thursdays,
2.30pm - 4.30pm**

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

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.

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.





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**
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Scottish Government
Riaghaltas na h-Alba
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