



GDA Face-to-face Learning sessions

All GDA in-person learning sessions are **completely free to attend**. They are a great way to meet other GDA members, socialise in a supported and safe environment and give you an opportunity to try something new!

Taxi transport, lunch, teas/coffees and personal support assistance are provided. To register your interest in any of these workshops get in touch:

Email: learning@gdaonline.co.uk

Call: 0141 556 7103

Text: 07958 299 496

Please note: Numbers are limited for all workshops. Please register your interest and we will be in touch to confirm your place or add you to the waiting list.

- **Summer 'Christmas' Party – by popular request!**
Wednesday 4th September, 10.30am-2.30pm
Embrace the fun of Christmas without the dreary weather at our Summer Christmas Party! We'll kick off the festivities with a silent disco, followed by crafts and games.
- **Improv Comedy Acting Workshop**
Wednesday 11th September, 10.30am-2.30pm
Join us for a fun and relaxed Improvised Comedy Workshop with Glasgow Improv Theatre. Create funny improvised group scenes – silliness encouraged!
- **Mindfulness and Meditation Day**
Wednesday 18th September, 10.30am-2.30pm
A relaxing day of mindfulness activities and meditation. Use art to explore mindfulness and take part in a guided meditation.
- **Textiles and Natural Dye workshop for ESOL Learners**
Friday 20th September, 11am-2pm
Create your own colourful dyes and use them to upcycle textiles and fabric.



- **Mini Zoo and Games/Puzzles**
Tuesday 24th September, 10.30am-2.30pm
A travelling Mini Zoo of small animals, insects and reptiles, followed by a relaxed and social afternoon of board games and group puzzles.
- **The Hidden Gardens and Tramway Gallery**
Wednesday 25th September, 10.30am-2.30pm
A tour around the Hidden Gardens, learning about the different species of plants and a visit to Tramway Gallery's bright and colourful art exhibition.
- **Hampden Football Stadium Tour**
Wednesday 2nd October, 10.30am-2.30pm
Visit the iconic home of Scottish Football, with a tour around the pitch and behind the scenes facilities. Includes a visit to the Scottish Football Museum.
- **Comedy Workshop and Zine Making**
Thursday 3rd October, 10.30am-2.30pm
Explore what makes a good story and share hilarious tales. Followed by an expressive art activity where you can continue your storytelling and laughs!
- **Performing Arts Day – Dance and Music**
Wednesday 16th October, 10.30am-2.30pm
Join us for a movement workshop with Indepen-dance, followed by a music sharing session.
- **Cookie Making**
Tuesday 22nd October, 10.30am-2.30pm
Calling all Bake-Off fans! Come along to our Cookie Making workshop and try your hand at preparing and decorating sugar cookies.
- **Accessible Golf**
Thursday 24th October, 10.30am-2.30pm
A visit to the 'Golfit' driving range. Improve your swing with the venue's golf professional before playing interactive golf games and challenges.
- **Mackintosh at the Willow Tearooms**
Tuesday 29th October, 10.30am-2.30pm
A guided tour of the Willow Tearooms and museum. Learn about the architecture, the furniture and the history. Includes tea and cakes!



- **Comic Strip Making**
Tuesday 5th November, 10.30am-2.30pm
Set your imagination free by creating characters, worlds and storylines for your very own comic strip. Learn tips, tricks and shortcuts from our artist tutor.

- **Pottery Workshop for ESOL Learners**
Wednesday 6th November, 10.30am-2.30pm
A session for disabled ESOL learners. Make your own hand-built ceramic pots that are waterproof and food safe, with this beginners Pottery workshop. Interpreters provided.

- **Italian Cooking**
Thursday 7th November, 10.30am-2.30pm
Follow a simple recipe and method to create delicious Italian dishes!

- **Puppet Making**
Tuesday 12th November, 10.30am-2.30pm
Harness your craft and making skills to design and create a puppet character out of various recycled bits and bobs, textiles and decorations.

- **Screen Printing**
Friday 15th November, 10.30am-2.30pm
Get to grips with the fun and messy world of Screen Printing - print your own design on a tote bag and more!

- **Storytelling**
Tuesday 19th November, 10.30am-2.30pm
Have a go at creating stories individually and as a group with The Storytelling Village's fun and accessible 'Story Café' workshop.

- **Kelvin Hall**
Tuesday 3rd December, 10.30am-2.30pm
A tour around the Glasgow museum artefact storage at Kelvin Hall, followed by a visit to the Moving Image Archive.

- **Experimental Music-making**
Wednesday 4th December, 11am-2.30pm
Led by Sonic Bothy's experienced musicians, use sound and music to express yourself and connect with others. No musical experience required!



Young Disabled People October holiday sessions!

➤ **Animal Day + Parents/Carers activities**

Tuesday 15th October, 10.30am-2.30pm

Ages 14-30

Meet a whole host of small animals, insects and reptiles, with the opportunity to hold them, snap a photo, and learn more about them! Followed by a creative art activity celebrating your favourite animals. A separate information and learning session for parents/carers will run at the same time, so please come along too!

➤ **Sexual Health, Relationships and Staying Safe Online**

Thursday 17th October, 10.30am-2.30pm

Ages 16-30

A chance to learn about sexual health and to discuss healthy relationships in a supportive environment. Followed by an afternoon session all about staying safe online, presented by the GDA Connects Team.

GDA Wellbeing workshops Led by the GDA Wellbeing team

➤ **Ease into Autumn**

In-person session, Tuesday 24th September, 10.30am-2.30pm

We may not have had much summer sunshine but as the seasons change and we adjust to darker, cooler days, let's look at how we can care for and nurture ourselves. You're invited to this wellbeing event to explore practical tips on preparing for autumn and winter. Together we can share ways to still be as connected as possible to the people and activities that keep us going, whatever the weather!

➤ **Mental Health Matters**

Online session, Tuesday 5th November, 2.30pm-4pm

We will explore what we can do to support our mental health. In particular we will have a look at the idea of setting goals and giving ourselves feedback. Intrigued? Join us!



➤ **Coping with Christmas**

Online session, Tuesday 3rd December, 2.30pm-4pm

Join the wellbeing team online to explore how we can cope with the pressures of Christmas and enjoy the Christmas Season on our own terms.

GDA Connects

Group digital coaching sessions!

Keen to learn more about your digital device, while making friends and having fun? The GDA Connects team can help!

We've got three fabulous sessions coming up, so bring your device – or borrow one of ours – and learn something new!

- Thursday 19 September – security and online safety.
- Thursday 24 October – staying in touch.
- Thursday 28 November – entertainment and streaming.

All sessions take place from 10.30am-2.30pm and include lunch.

To register your interest, contact 0141 556 7103 or email connect@gdaonline.co.uk. We are especially keen to hear from new learners!