

## Activities & Events in May 2023

### Lanarkshire

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

**We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.**

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

### In Person Groups

Dates & Times	Activity	Venue	Contact Details
01.05.23 Monday 10.30am - 12noon	Activity Group	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
02.05.23 Tuesday 11am – 1pm	Carer Drop In	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300

03.05.23 Wednesday 10.30am – 12noon	Music Moments	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
04.05.23 Thursday 10.30am – 12noon	Young Onset Café (Morning Session)	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
04.05.23 Thursday 1pm – 2.30pm	Young Onset Café (Afternoon Session)	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
04.05.23 Thursday 10.00am - 11.30am	Cumbernauld Carers Group	Abronhill Health Centre Pine Road Cumbernauld G67 3BE	Contact Suzie at <a href="mailto:SMathie@alzscot.org">SMathie@alzscot.org</a> Or on 07557498000
08.05.23 Monday 10.30am – 12noon	Activity Group	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
10.05.23 Wednesday 10.30am-12noon	Music Moments	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
10.05.23 Wednesday 1pm-3pm	East Kilbride Memory Café	The Village Centre 12 Maxwell Drive East Kilbride G74 4HG	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
10.05.23 Wednesday 2.30pm-4pm	Rutherglen Past Times Café (BOOKING REQUIRED)	Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG	Contact Janis at: <a href="mailto:info@stonelawchurch.org">info@stonelawchurch.org</a>
10.05.23 Wednesday 1.30pm-3pm	Strathaven Memory Club	Trinity Church 13 Lethame Road Strathaven ML10 6AD	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
11.05.23 Thursday 11am – 12.30pm	Dalziel Memory Café	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300

15.05.23 Monday 10.30am-12noon	Activity Group	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
17.05.23 Wednesday 10.30am-12noon	Music Moments	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
18.05.23 Thursday 10.30am – 12noon	Young Onset Café (Morning Session)	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
18.05.23 Thursday 1pm – 2.30pm	Young Onset Café (Afternoon Session)	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
22.05.23 Monday 10.30am – 12noon	Activity Group	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
24.05.23 Wednesday 10.30am – 12noon	Music Moments	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
24.05.23 Wednesday 1.30pm-3pm	Strathaven Memory Club	Trinity Church 13 Lethame Road Strathaven ML10 6AD	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
24.05.23 Wednesday 10.30am-12noon	Cumbernauld Café	The Carrick Stone (upstairs) 52 Teviot Walk Cumbernauld G67 1NG	Contact Suzie at <a href="mailto:SMathie@alzscot.org">SMathie@alzscot.org</a> Or on 07557498000
25.05.23 Thursday 11am – 12.30pm	Dalziel Memory Café	Lanarkshire DRC 64 Dalziel Street Motherwell ML1 1PJ	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300
30.05.23 Tuesday 9.30am – 2.30pm	Carers Academy	UWS International Technology Park Hamilton G72 1NG	Contact either Lindsay or Alana at: <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> Or on 01698 275300

<b>31.05.23</b> <b>Wednesday</b> <b>10.30am – 12noon</b>	<b>Music Moments</b>	<b>Lanarkshire DRC</b> <b>64 Dalziel Street</b> <b>Motherwell</b> <b>ML1 1PJ</b>	<b>Contact either Lindsay or Alana at:</b> <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> <b>Or on 01698 275300</b>
<b>31.05.23</b> <b>Wednesday</b> <b>1.30pm – 2.45pm</b>	<b>Green Hands Working Together</b>	<b>St Aidans Primary School</b> <b>Coltness Road</b> <b>Wishaw</b> <b>ML2 7EY</b>	<b>Contact either Lindsay or Alana at:</b> <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> <b>Or on 01698 275300</b>
<b>01.06.23</b> <b>Thursday</b> <b>10.30am – 12noon</b>	<b>Young Onset Café (Morning Session)</b>	<b>Lanarkshire DRC</b> <b>64 Dalziel Street</b> <b>Motherwell</b> <b>ML1 1PJ</b>	<b>Contact either Lindsay or Alana at:</b> <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> <b>Or on 01698 275300</b>
<b>01.06.23</b> <b>Thursday</b> <b>1pm – 2.30pm</b>	<b>Young Onset Café (Afternoon Session)</b>	<b>Lanarkshire DRC</b> <b>64 Dalziel Street</b> <b>Motherwell</b> <b>ML1 1PJ</b>	<b>Contact either Lindsay or Alana at:</b> <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> <b>Or on 01698 275300</b>

**P.T.O**

**For Online Groups/Chats**

# Online Groups

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Monday 1 <sup>st</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>rd</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>
8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
		Online Carer Chat MS Teams 2pm-3pm Contact Lindsay or Alana for joining details. (Times subject to change)		
15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>
22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>
		Online Carer Chat MS Teams 2pm-3pm Contact Lindsay or Alana for joining details. (Times subject to change)		
29 <sup>th</sup>	30 <sup>th</sup>	31 <sup>st</sup>		

Please note that if there is an in-person group that you would like to attend but are unable to get to, please get in touch and we may be able to offer the chance to join it online. Similarly, if there is an online group you would like to join but you are unable to get online, we may be able to link you into the group from the Dementia Resource Centre.

**Our support and activities are only possible thanks to the donations we gratefully receive.**

**There are many ways to support our groups, please speak to any member of staff detailed above for more details.**

**To make a donation, please consider donating to our local Just Giving page.**

**<https://www.alzscot.org/support-us/donate>**

**Or by putting money in our donation tins when you attend any of our groups.**