

What's on April 2024

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.

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 contact details are on the back page of this guide.

In Person Group		
Wednesday 3 April	Music Moments Using the power of music to help share life's special moments and make new ones to treasure. Singing, dancing and laughter included! Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ	10.30am-12noon
Wednesday 3 April	Getting better together healthy living shotts Carers chat Drop in and speak with one of our Specialist Dementia Carer Support Link Workers. We focus on helping improve the physical and mental wellbeing of carers of people living with dementia. Getting Better Together Ltd, Shotts Healthy Living Centre, Kirk Road, Shotts, ML7 5ET	10.00am – 1.00pm
Wednesday 3 April	Carer Support group Coatbridge Peer to Peer Support and education for carers of those with Dementia. Drop by and get some information from our specialist dementia carer support link worker. Community Space (Upstairs), Tesco Coatbridge, Faraday Retail Park, Coatbridge ML5 3SQ	10.00am-11.30am
Thursday 4 April	Young Onset Morning café For people with dementia or memory loss aged 65 years and under and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa! Activities and carer space available. Young Onset Afternoon café For people with dementia or memory loss aged 65 years and under and their carers. Join us for a fun filled afternoon, socialising and catching up over a warm cuppa! Activities and carer space available. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ	10.30am – 12noon 1.00pm – 2.30pm
Thursday 4 April	Cumbernauld Carers Group For anyone supporting someone with dementia or memory loss, come chat to our specialist dementia carer support link worker and hear from regular guest speakers in the community. Abronhill Health Centre, Pine Road Cumbernauld, G67 3BE	10.00am – 11.30am

Friday 5 April	<p>Carer Support and information session For anyone supporting someone with dementia. A chance to come in, get a hot drink and chat to our specialist dementia carer support link workers whilst meeting other carers.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	10.00am- 12noon
Monday 8 April	<p>Community Café Pop in to see our centre, have some refreshments and have the opportunity to find out more about the steps we can take to look after our own brain health.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	Drop in between 10.00am- 12noon
Wednesday 10 April	<p>Music Moments Using the power of music to help share life's special moments and make new ones to treasure. Singing, dancing and laughter included!</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	10.30am – 12noon
Wednesday 10 April	<p>East Kilbride Memory Café A joint group run in partnership with East Kilbride & District Dementia Carers Group. Join us for a cuppa, activities, and a chance to chat with others.</p> <p>The Village Centre, 12 Maxwell Drive, East Kilbride, G74 4HG</p>	1.00pm – 3.00pm
Wednesday 10 April	<p>Rutherglen Past Times Café Come along for tea/coffee, activities, and a chance to chat to others in a similar situation.</p> <p>Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG</p>	2.30pm– 4.00pm
Thursday 11 April	<p>Dalziel Memory Café For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Activities and carer peer support space available.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	11.00am – 12.30pm
Tuesday 16 April	<p>Lesmahagow Memory Café A café in in the local community for people with dementia or memory loss and their carers. Come along for a chat and to meet new people.</p> <p>The Fountain Community Centre 9 Abbeygreen, Lesmahagow, ML11 0HD</p>	11.00am- 1.00pm
Wednesday 17 April	<p>Carers Drop in at Kilsyth Welcome Group For anyone supporting and caring for someone with dementia or memory loss come along and chat with one of our specialist dementia carer link workers who can advise you on range of topics.</p> <p>St Patrick's Catholic Church 30 Low Craigends, Kilsyth, G65 0PF</p>	12.00noon - 2.00pm
Wednesday 17 April	<p>Music Moments Using the power of music to help share life's special moments and make new ones to treasure. Singing, dancing and laughter included!</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	10.30am – 12noon

Thursday 18 April	<p>Young Onset Morning café For people with dementia or memory loss aged 65 years and under and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa! Activities and carer space available.</p> <p>Young Onset Afternoon café For people with dementia or memory loss aged 65 years and under and their carers. Join us for a fun filled afternoon, socialising and catching up over a warm cuppa! Activities and carer space available.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	<p>10.30am – 12noon</p> <p>1.00pm – 2.30pm</p>
Friday 19 April	<p>Carer Support and information session For anyone supporting someone with dementia or memory loss. This is a chance to come in, get a hot drink and chat to our specialist dementia carer support link workers whilst meeting other carers in a similar situation.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	<p>10.00am- 12noon</p>
Monday 22 April	<p>Community Café Pop in to see our centre, have some refreshments and speak to our staff as well as having the opportunity to find out more about the steps we can take to look after our own brain health.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	<p>Drop in between 10.00am- 12noon</p>
Tuesday 23 April	<p>Carer Academy Run in partnership with University of the West of Scotland and NHS Lanarkshire. For carers supporting someone with dementia or memory loss.</p> <p>UWS Hamilton Technology Avenue, Blantyre, G72 0LH</p>	<p>9.30am – 2.30pm</p>
Wednesday 24 April	<p>Music Moments Using the power of music to help reminisce about life's special moments and make new ones to treasure. Activities include music listening, singalongs, instrument playing and more!</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	<p>10.30am – 12noon</p>
Wednesday 24 April	<p>Green Hands Working Together An intergenerational group, working in partnership with St Aidan's Primary School, taking part in nature themed activities. Part or all of this group is held outdoors so please dress for the weather.</p> <p>St Aidan's Primary School Coltness Road, Wishaw, ML2 7EY</p>	<p>1.30pm – 2.30pm</p>
Wednesday 24 April	<p>Cumbernauld Café For anyone with dementia or memory loss and their carers. Come chat to our specialist dementia carer support link worker and socialise with other people in similar situations.</p> <p>The Carrick Stone (upstairs) 52 Teviot Walk, Cumbernauld, G67 1NG</p>	<p>10.30am- 12noon</p>

Thursday 25 April	Dalziel Memory Café For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Activities and carer peer support space available. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ	11.00am – 12.30pm
Online Group		
Wednesday 3 April	Online Carer Chat MS Teams	2.00pm – 3.00pm

For more information and to book your space for any of the groups contact:

Brain Health & Dementia Resource Centre 64 Dalziel Street Motherwell ML1 1PJ 01698 275300 Lanarkshireservices@alzscot.org	Carly Reilly, Centre Manager Motherwell, Lanarkshire creilly@alzscot.org 07771925730
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Specialist Dementia Carer Support Link Workers:

Funded by North Lanarkshire Health & Social Care Partnership, the Dementia Carer Service will have a Specialist Dementia Carer Link Worker located in each of the six localities within North Lanarkshire. For more information contact: lanarkshirecarersdlw@alzscot.org

National Dementia Advisor Service:

The National Dementia Advisor Service is available from 9am - 5pm, Monday to Friday and aims to provide a responsive, high quality information, advice and advocacy service relating to all aspects of brain health and dementia.

Call us on: **0300 373 5774** Email us at: NDAS@alzscot.org

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.justgiving.com/fundraising/>

Our **24 hour Freephone Dementia Helpline** provides information, signposting and emotional support to people with the illness, their families, friends and professionals.

