

What's on May 2024

Lanarkshire



Dementia Awareness Week – 27th May – 2nd June ***Your voice, your choice, your future***

Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers. Each person living with dementia has their own unique story, and their needs, preferences and aspirations are as diverse as they are. At Alzheimer Scotland, we advocate for care approach that enables people with dementia to live as well as they can for as long as they can. We care about your care. We believe that good care respects and embraces diversity, giving people the power and control to make choices that reflect who they are and what matters most to them - now and in the future. Good care looks different for everyone, and the best care is one that is tailored to the individual - your voice, your choice and your future.

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 | | |
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| Wednesday 1 May | 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 1 May | 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 1 May | 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 (Next to Bakery), Tesco Coatbridge, Faraday Retail Park, Coatbridge ML5 3SQ | 10.00am- 11.30am |

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| Thursday 2 May | <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> |
| Thursday 2 May | <p>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.</p> <p>Abrohill Health Centre, Pine Road Cumbernauld, G67 3BE</p> | <p>10.00am – 11.30am</p> |
| Friday 4 May | <p>Carer Support & 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> | <p>10.00am- 12noon</p> |
| Monday 6 May | <p>Brain Health Community Café Pop in to see our centre, have some refreshments and celebrate brain awareness week by finding 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> |
| Wednesday 8 May | <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> | <p>10.30am – 12noon</p> |
| Wednesday 8 May | <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> | <p>1.00pm – 3.00pm</p> |
| Wednesday 8 May | <p>Rutherglen Past Times Café (Booking Required) 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> | <p>2.30pm– 4.00pm</p> |
| Thursday 9 May | <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> | <p>11.00am – 12.30pm</p> |

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| Wednesday 15 May | <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. St Patrick's Catholic Church 30 Low Craigends, Kilsyth, G65 0PF</p> | 12.00noon - 2.00pm |
| Wednesday 15 May | <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! Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p> | 10.30am – 12noon |
| Thursday 16 May | <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. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p> | 10.30am – 12noon 1.00pm – 2.30pm |
| Monday 20 May | <p>Monday 20th May Epilepsy Scotland Information Drop-In Community Café Epilepsy Scotland is visiting with their information stall, providing a great opportunity to meet them, ask questions, and pick up some leaflets. All welcome – light refreshments available. <i>Any queries/for more information contact Epilepsy Scotland directly on contact@epilepsyscotland.org.uk</i> Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p> | Drop in between 10.00am- 12noon |
| Tuesday 21 May | <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. The Fountain Community Centre 9 Abbeygreen, Lesmahagow, ML11 0HD</p> | 11.00am- 1.00pm |
| Wednesday 22 May | <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! Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p> | 10.30am – 12noon |
| Thursday 23 May | <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. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p> | 11.00am – 12.30pm |

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| Tuesday 28 May | Carer Academy Run in partnership with University of the West of Scotland and NHS Lanarkshire. For carers supporting someone with dementia or memory loss. UWS Hamilton, Technology Avenue, Blantyre, G72 0LH | 9.30am – 2.30pm |
| Wednesday 29 May | 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! Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ | 10.30am – 12noon |
| Wednesday 29 May | 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. The Carrick Stone (upstairs) 52 Teviot Walk, Cumbernauld, G67 1NG | 10.30am – 12noon |
| Wednesday 29 May | 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. St Aidan's Primary School Coltness Road, Wishaw, ML2 7EY | 1.30pm – 2.30pm |
| Thursday 30 May | 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 1P | 10.30am – 12noon 1.00pm – 2.30pm |

Online Groups

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| Friday 3 May | Online Carer Chat MS Teams | 2.00pm – 3.00pm |
| Wednesday 15 May | Online Carer Chat MS Teams | 2.00pm – 3.00pm |
| Wednesday 29 May | 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

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.

Please contact us on:

Telephone: 01698 539787 Email: 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.

Please contact us on:

Telephone: 0300 373 5774 Email: 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.

