

What's On:

July 2025 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 have questions about any of the groups or to book on, please let us know. All contact details are on the back page of this guide.

Centre Groups

All groups in the Centre take place at Lanarkshire Brain Health and Dementia Resource Centre: 64 Dalziel Street, Motherwell ML1 1PJ

<p><i>Various drop in opportunities or bookable appointments available throughout the month.</i></p>	<p>Brain Health Bookable appointments Improve your brain health Never too early, never too late! Start your Brain Health journey today!</p> <p>You can:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Meet the team and learn more about brain health <input checked="" type="checkbox"/> Take our Brain Health Quiz <input checked="" type="checkbox"/> Make a Pledge to boost your well-being <input checked="" type="checkbox"/> Book a Personalised Action Plan <input checked="" type="checkbox"/> Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health! <p>Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing. It's never too early or too late to look after your brain health.</p> <p>Contact our Centre Manager: creilly@alzscot.org for more information.</p>	<p>Contact our Centre Manager for available times</p>
<p>Tuesday 1 July</p>	<p>Men's Morning Join our Men's Morning- a welcoming space to connect, share stories and enjoy engaging activities.</p> <p>Motherwell Carer Support Café For anyone supporting someone with dementia or memory loss, come chat to our specialist dementia carer support link worker and get some information and support.</p>	<p>10.30am– 12.00noon</p> <p>10.30am– 12.00noon</p>
<p>Wednesday 2 July</p>	<p>Music Moments Using music to share and create special memories. With a new theme each week, this group offers a relaxing time to listen, reminisce, and sing along to classic tunes</p>	<p>10:30am– 12.00noon</p>

	Carers Peer Support Space A carer-led group, offered alongside Music Moments, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.	10.30am– 12.00noon
Thursday 3 July	Dalziel Memory Café For people with dementia or memory loss and their carers. Come along for a friendly morning of socializing over a warm cuppa, with activities and a dedicated space for carer support. Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required* A group for those with memory loss, giving carers time for self-care. Social Circle provides a supportive environment for your loved one, so you can enjoy much needed "me time." This session will include a movie and snacks. Please contact Carly to reserve your space: creilly@alzscot.org	11.00am– 12.30pm 2.00pm– 4.00pm
Friday 4 July	Feel Good Friday End your week the right way! Come along, switch off, and take a breath. Relax, connect, and speak to our team about brain health, dementia, or carer support. This is your space to feel good.	11.00am – 12.00noon
Monday 7 July	Brain Health Awareness Drop in Café Drop in and have a cuppa and learn about ways we can look after you and your families brain health. Contact creilly@alzscot.org for more information. Mindfulness Monday: Creative Calm Part of our Mindfulness Monday series, our <i>Creative Calm</i> session focuses on how taking time for art and creativity can support your brain health, reduce stress, and lift your mood. Let's keep your brain amazing—one mindful moment at a time!	10.00am– 12.0noon 1.00pm – 2.00pm
Tuesday 8 July	Bingo Come and join us for a game of Bingo. Enjoy a chance to socialise with others and some friendly competition over a cuppa. Bring along your favourite Bingo dabber! Information Café - See Our Centre Drop in and chat with a member of our team, see our centre, and find out more about the support we provide from groups and services, information on brain health, digital support and much more	11.00am– 12.00noon 1.00pm– 3.00pm
Wednesday 9 July	Music Moments Using the power of music to help share life's special moments and make new ones to treasure. With a different theme each week, you will be able to sing, dance and reminisce with your favourite music! Carers Peer Support Space A carer led group, run in tandem with the music moments group that allows carers to have a safe space to chat over a tea or coffee and provide peer support to one another. Social Circle: A Respite Opportunity for Carers *Booking required* Bring your own Lunch! A group for individuals living with memory loss, designed to give carers the time	10:30am– 12.00noon 10.30am– 12.00noon 12.00noon – 2.00pm

	<p>they need for self-care and relaxation. Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Please contact Carly to reserve your space: creilly@alzscot.org</p>	
Thursday 10 July	<p>Young Onset Café For people with dementia or memory loss aged 65 years and under and their carers. Come along for a friendly morning of socializing over a warm cuppa, with activities and a dedicated space for carer support.</p> <p>Young Onset Café For people with dementia or memory loss aged 65 years and under and their carers. Come along for a friendly morning of socializing over a warm cuppa, with activities and a dedicated space for carer support.</p>	<p>10:30am– 12:00noon</p> <p>1.00pm– 2.30pm</p>
Friday 11 July	<p>Mindful Melodies A feel-good singing group where music lifts your mood, connects people, and helps keep the mind active. Sing, smile, and share the power of song for better brain health.</p> <p>Nature Clicks Bring along your camera and join us for a peaceful walk-through nature, followed by a warm cuppa in the centre for a chance to share your photography. No photography skills required – just a desire to explore.</p>	<p>11.00am– 12.00noon</p> <p>1.00pm– 2.00pm</p>
Monday 14 July	<p>Mindfulness Mondays: Let's eat healthy Our Let's Eat Healthy session focuses on exploring new healthy choices and meals to make together. Let's keep your brain amazing.</p>	11.00am– 12.00noon
Tuesday 15 July	<p>Mens Morning Join our Mens Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p>Carers Peer Support Space A carer-led group, offered alongside Mens Morning, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p>	<p>10.30am– 12.00noon</p> <p>10.30am– 12.00noon</p>
Wednesday 16 July	<p>Music Moments Using the power of music to help share life's special moments and make new ones to treasure. With a different theme each week, you will be able to sing, dance and reminisce with your favourite music!</p> <p>Carers Peer Support Space A carer led group, run in tandem with the music moments group that allows carers to have a safe space to chat over a tea or coffee and provide peer support to one another.</p>	<p>10:30am– 12.00noon</p> <p>10.30am– 12.00noon</p>
Thursday 17 July	<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>Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required* A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest,</p>	<p>11.00am– 12.30pm</p> <p>2.00pm– 4.00pm</p>

	<p>run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Please contact Carly to reserve your space: creilly@alzscot.org</p>	
Friday 18 July	<p>Lunch Club: Summer Tea Party *Booking required*</p> <p>Celebrate the summer with an afternoon of music, lunch, and fun! Everyone is welcome to this relaxed and friendly gathering - a lovely opportunity to socialise and enjoy time together.</p> <p>Suggested donation £2 per person - book your table place today and join us for tea, music, and good company.</p>	12.30pm– 2.00pm
Monday 21 July	<p>Brain Health Awareness Drop in Café</p> <p>Drop in and have a cuppa and learn about ways we can look after you and your families brain health. Contact creilly@alzscot.org for more information.</p> <p>Mindfulness Mondays: Let's unwind *Booking required*</p> <p>Our Let's Unwind sessions are open for all who want to switch off and relax. Cat will join us to lead the group through chair yoga. Let's keep your brain amazing!</p> <p>Please contact Carly to book creilly@alzscot.org or 07771925730</p>	10.00am– 12.00noon 1.00pm– 2.00pm
Tuesday 22 July	<p>Bingo</p> <p>Come and join us for a game of Bingo. Enjoy a chance to socialise with others and some friendly competition over a cuppa. Bring along your favourite Bingo dabber!</p> <p>Information Café - Solicitors for Older People</p> <p>A chance to chat with a dedicated legal team who provide advice and representation specialising in Power of Attorney, Guardianships and Wills.</p>	11.00am– 12.00noon 1.00pm– 3.00pm
Wednesday 23 July	<p>Music Moments</p> <p>Using the power of music to help share life's special moments and make new ones to treasure. With a different theme each week, you will be able to sing, dance and reminisce with your favourite music!</p> <p>Carers Peer Support Space</p> <p>A carer led group, run in tandem with the music moments group that allows carers to have a safe space to chat over a tea or coffee and provide peer support to one another.</p> <p>Social Circle: A Respite Opportunity for Carers *Booking required*</p> <p>Bring your own Lunch!</p> <p>A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Please contact Carly to reserve your space: creilly@alzscot.org</p>	10:30am– 12.00noon 10.30am– 12.00noon 12.00noon– 2.00pm
Thursday 24 July	<p>Young Onset Café</p> <p>For people with dementia or memory loss aged 65 years and under and their carers. Come along for a friendly morning of socializing over a warm cuppa, with activities and a dedicated space for carer support.</p> <p>Young Onset Café</p> <p>For people with dementia or memory loss aged 65 years and under and their carers. Come along for a friendly morning of socializing over a warm cuppa, with activities and a dedicated space for carer support.</p>	10:30am– 12:00noon 1.00pm– 2.30pm

Friday 25 July	Mindful Melodies A feel-good singing group where music lifts your mood, connects people, and helps keep the mind active. Sing, smile, and share the power of song for better brain health.	11.00am- 12.00noon
	Nature Clicks Bring along your camera and join us for a peaceful walk-through nature, followed by a warm cuppa in the centre for a chance to share your photography. No photography skills required – just a desire to explore.	1.00pm- 2.00pm
Monday 28 July	Parkinson's related Dementia Support Group A space for people living with parkinson's related dementia and their family, friends or carers to come and meet other people and gather info from Alzhiemer Scotland and Parkinsons UK. Contact Carly for more info: creilly@alzscot.org	10.30am- 12.00noon
Tuesday 29 July	Men's Morning Join our Men's Morning – a welcoming space to connect, share stories and enjoy engaging activities.	10.30am– 12.00noon
	Carers Peer Support Space A carer-led group, offered alongside Men's Morning, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.	10.30am– 12.00noon
Wednesday 30 July	Music Moments Using the power of music to help share life's special moments and make new ones to treasure. With a different theme each week, you will be able to sing, dance and reminisce with your favourite music!	10.30am– 12.00noon
	Carers Peer Support Space A carer led group, run in tandem with the music moments group that allows carers to have a safe space to chat over a tea or coffee and provide peer support to one another.	10.30am– 12.00noon
Thursday 31 July	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.	11.00am– 12.30pm
	Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required* A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time." Please contact Carly to reserve your space: creilly@alzscot.org	2.00pm– 4.00pm

**All groups in the Centre take place at Lanarkshire Brain Health and Dementia Resource Centre
64 Dalziel Street, Motherwell ML1 1PJ**

Community Groups

Tuesday 1 July	Wishaw Carers Support and Information Session For anyone supporting someone with dementia or memory loss, come chat to our specialist dementia carer support link worker and get some information while socialising with others in similar situations Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU	11.00am- 12.30pm
Wednesday 2 July	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 the bakery) Tesco Faraday Retail Park, Coatbridge ML5 3SQ	10.30am– 12.00noon
Wednesday 2 July	Carer Academy Run in partnership with University of the West of Scotland and NHS Lanarkshire. A full day of education for carers supporting someone with dementia, memory loss or a cognitive impairment. UWS Hamilton, Technology Avenue, Blantyre, G72 0LH	9:30am- 2:30pm
Wednesday 9 July	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. The Village Centre, 12 Maxwell Drive, East Kilbride, G74 4HG	1.00pm- 3.00pm
Wednesday 9 July	Rutherglen Past Times Café (Booking Required) Come along for tea/coffee, activities, and a chance to chat to others in a similar situation. Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG	2.30pm- 4.00pm
Friday 11 July	Chapelhall Dementia Café A relaxed and informal setting for people living with dementia and their carers to meet in person, enjoy some social time together and obtain information, support and advice. Chapelhall Library, 2 Honeywell Crescent, Chapelhall, ML6 8XE	2.00pm- 3.00pm
Monday 14 July	Shotts Carer Support 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. 13 Mornay Way, Nithsdale Sheltered Housing Complex, Shotts, ML7 4EG	10.30am- 12.00pm
Tuesday 15 July	Auchlochan Memory Café (Booking Required) 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. Garden Village, New Trows Road, Lesmahagow, Auchlochan, ML11 0GH	11.00am- 1.00pm
Friday 25 July	Tannochside Dementia Café A relaxed and informal setting for people living with dementia and their carers to meet in person, enjoy some social time together and obtain information, support and advice. Tannochside Miners Welfare Club, 438 Old Edinburgh Road, Tannochside, G716PJ	11.00am- 12.30pm

Tuesday 29 July	Airdrie Dementia Café A relaxed and informal setting for people living with dementia and their carers to meet in person, enjoy some social time together and obtain information, support and advice. Salvation Army, Airdrie Corps, 30 Hallcraig Street, Airdrie, ML6 6AH	10.00am- 12.00noon
Wednesday 30 July	Carer Academy Run in partnership with University of the West of Scotland and NHS Lanarkshire. A full day of education for carers supporting someone with dementia, memory loss or a cognitive impairment. UWS Hamilton, Technology Avenue, Blantyre, G72 0LH	9:30am- 2:30pm
Wednesday 30 July	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- 12.00noon
Online Groups		
Tuesday 22 July	Turning Pages Together <i>New</i> Join us online for a relaxing and friendly book club. Bring along your favourite stories, share memories and enjoy some company. Please contact rhoolahan@alzscot.org for details. MS Teams	2.00pm- 3.00pm
Wednesday 23 July	Online Carer Chat Join us online for an informal chat with past and present carers. A great way to socialise without having to leave the comfort of your home. 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 CReilly@alzscot.org - 07771925730 Rebecca Hoolahan - Centre Activities Co-Ordinator RHoolahan@alzscot.org - 07788 256477
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For support and advice please contact the following services:

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.

