

# What's On:

## August 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><b>Various drop in opportunities or bookable appointments available throughout the month.</b></p>	<p><b>Brain Health Bookable appointments</b> Improve your brain health Never too early, never too late! Start your Brain Health journey today!</p> <p><b>You can:</b></p> <ul style="list-style-type: none"> <li>✓ Meet the team and learn more about brain health</li> <li>✓ Take our Brain Health Quiz</li> <li>✓ Make a Pledge to boost your well-being</li> <li>✓ Book a Personalised Action Plan</li> <li>✓ Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health!</li> </ul> <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: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> for more information.</p>	<p><b>Contact our Centre Manager for available times</b></p>
<p><b>Friday 1 August</b></p>	<p><b>Feel Good Friday</b> 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.</p>	<p><b>11.00am- 12.00noon</b></p>
<p><b>Monday 4 August</b></p>	<p><b>Mindfulness Monday: Creative Calm</b> 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!</p>	<p><b>10.30am- 12.00noon</b></p>
<p><b>Tuesday 5 August</b></p>	<p><b>Bingo</b> 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><b>11.00am- 12.00noon</b></p>

	<b>Motherwell Carer Support Café</b> 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.	<b>10.30am-12.00noon</b>
<b>Wednesday 6 August</b>	<b>Music Moments</b> 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!  <b>Carers Peer Support Space</b> 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.  <b>Social Circle: A Respite Opportunity for Carers *Booking required*</b> <b>Bring your own Lunch!</b> 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." Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>	<b>10:30am-12.00noon</b>   <b>10.30am–12.00noon</b>   <b>12.00noon – 2.00pm</b>
<b>Thursday 7 August</b>	<b>Young Onset Café</b> 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.  <b>Young Onset Café</b> 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.	<b>10:30am–12:00noon</b>   <b>1.00pm-2.30pm</b>
<b>Friday 8 August</b>	<b>Mindful Melodies</b> 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.  <b>Nature Clicks</b> 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.	<b>11.00am-12.00noon</b>   <b>1.00pm-2.00pm</b>
<b>Monday 11 August</b>	<b>Brain Health Awareness Drop in Café</b> Drop in and have a cuppa and learn about ways we can look after you and your families brain health. Contact <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> for more information.  <b>Mindfulness Mondays: Let's Cook *Booking required*</b> Our Let's Cook sessions are open for all who want to learn about healthy choices while cooking and eating. Find new recipes and ways to keep your brain amazing! This months theme is fruit – make a fruit salad with us. Please contact Carly to book <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> or 07771925730	<b>10.00am-12.00noon</b>   <b>1.00pm - 2.00pm</b>
<b>Tuesday 12 August</b>	<b>Mens Morning</b> Join our Mens Morning – a welcoming space to connect, share stories and enjoy engaging activities.	<b>10.30am–12.00noon</b>

	<b>Carers Peer Support Space</b> 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.	<b>10.30am– 12.00noon</b>
<b>Wednesday 13 August</b>	<b>Music Moments</b> 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!	<b>10:30am– 12.00noon</b>
	<b>Carers Peer Support Space</b> 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.	<b>10.30am– 12.00noon</b>
<b>Thursday 14 August</b>	<b>Dalziel Memory Café</b> 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.	<b>11.00am– 12.30pm</b>
	<b>Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required*</b> 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, do 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: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>	<b>2.00pm– 4.00pm</b>
<b>Friday 15 August</b>	<b>Lunch Club *Booking required*</b> Come join us for lunch! A relaxed café setting within the centre with healthy lunch options available as well as a chance to socialise and enjoy some time out together. Please let us know of any allergies and/or dietary requirements. Please contact Rebecca to book: <a href="mailto:rhoolahan@alzscot.org">rhoolahan@alzscot.org</a>	<b>12.30pm– 2.00pm</b>
<b>Tuesday 19 August</b>	<b>Bingo</b> 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!	<b>11.00am– 12.00noon</b>
<b>Wednesday 20 August</b>	<b>Music Moments</b> 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!	<b>10:30am– 12.00noon</b>
	<b>Carers Peer Support Space</b> 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.	<b>10.30am– 12.00noon</b>
	<b>Social Circle: A Respite Opportunity for Carers *Booking required* Bring your own Lunch!</b> 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." Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>	<b>12.00noon– 2.00pm</b>

<b>Thursday 21 August</b>	<b>Young Onset Café</b> 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.	<b>10:30am– 12:00noon</b>
	<b>Young Onset Café</b> 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.	<b>1.00pm– 2.30pm</b>
<b>Friday 22 August</b>	<b>Mindful Melodies</b> 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.	<b>11.00am– 12.00noon</b>
	<b>Nature Clicks</b> 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.	<b>1.00pm– 2.00pm</b>
<b>Monday 25 August</b>	<b>Parkinson’s related Dementia Support Group</b> 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 Alzheimer Scotland and Parkinsons UK. Contact Carly for more info: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>	<b>10.30am– 12.00noon</b>
	<b>Mindfulness Mondays: Let’s unwind *Booking required*</b> 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! Please contact Carly to book <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> or 07771925730	<b>1.00pm - 2.00pm</b>
<b>Tuesday 26 August</b>	<b>Men’s Morning</b> Join our Men’s Morning – a welcoming space to connect, share stories and enjoy engaging activities.	<b>10.30am– 12.00noon</b>
	<b>Carers Peer Support Space</b> 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.	<b>10.30am– 12.00noon</b>
<b>Wednesday 27 August</b>	<b>Music Moments</b> 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!	<b>10.30am– 12.00noon</b>
	<b>Carers Peer Support Space</b> 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.	<b>10.30am– 12.00noon</b>
<b>Thursday 28 August</b>	<b>Dalziel Memory Café</b> 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.	<b>11.00am– 12.30pm</b>

	<b>Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required*</b> 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: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>	<b>2.00pm–4.00pm</b>
<b>Friday 29 August</b>	<b>Calming Craft</b> A craft workshop using art therapy to help encourage creativity, reduce stress and socialise with other people. Come along and join in themed activities and feel free to bring your own ideas to the group.	<b>11.00am–12.00noon</b>

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

## Community Groups

<b>Tuesday 5 August</b>	<b>Wishaw Carers Support and Information Session</b> 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. <b>Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU</b>	<b>11.00am–12.30pm</b>
<b>Tuesday 5 August</b>	<b>Coatbridge Dementia Café</b> 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. In collaboration with Kirkshaws Neighbourhood Centre. <b>Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF</b>	<b>11.00am–12.30pm</b>
<b>Wednesday 6 August</b>	<b>Carer Support Group Coatbridge</b> 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. <b>Community Space (Next to the bakery) Tesco Faraday Retail Park, Coatbridge ML5 3SQ</b>	<b>10.30am–12.00noon</b>
<b>Wednesday 6 August</b>	<b>Carers Drop in at Kilsyth Welcome Group</b> 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. <b>St Patrick's Catholic Church 30 Low Craigends, Kilsyth, G65 0PF</b>	<b>12.30pm–2.00pm</b>
<b>Friday 8 August</b>	<b>Chapelhall Dementia Café</b> 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. <b>Chapelhall Library, 2 Honeywell Crescent, Chapelhall, ML6 8XE</b>	<b>2.00pm–3.00pm</b>
<b>Monday 11 August</b>	<b>Shotts Carer Support Group</b> 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. <b>13 Mornay Way, Nithsdale Sheltered Housing Complex, Shotts, ML7 4EG</b>	<b>10.30am–12.00pm</b>

<b>Tuesday 12 August</b>	<b>Coatbridge Dementia Café</b> 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. In collaboration with Kirkshaws Neighbourhood Centre. <b>Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF</b>	<b>11.00am- 12.30pm</b>
<b>Wednesday 13 August</b>	<b>East Kilbride Memory Café</b> 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. <b>The Village Centre, 12 Maxwell Drive, East Kilbride, G74 4HG</b>	<b>1.00pm- 3.00pm</b>
<b>Wednesday 13 August</b>	<b>Rutherglen Past Times Café (Booking Required)</b> Come along for tea/coffee, activities, and a chance to chat to others in a similar situation. <b>Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG</b>	<b>2.30pm- 4.00pm</b>
<b>Tuesday 19 August</b>	<b>Auchlochan Memory Café (Booking Required)</b> 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. <b>Garden Village, New Trows Road, Lesmahagow, Auchlochan, ML11 0GH</b>	<b>11.00am- 1.00pm</b>
<b>Tuesday 19 August</b>	<b>Coatbridge Dementia Café</b> 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. In collaboration with Kirkshaws Neighbourhood Centre. <b>Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF</b>	<b>11.00am- 12.30pm</b>
<b>Tuesday 26 August</b>	<b>Airdrie Dementia Café</b> 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. <b>Salvation Army, Airdrie Corps, 30 Hallcraig Street, Airdrie, ML6 6AH</b>	<b>10.00am- 12.00noon</b>
<b>Tuesday 26 August</b>	<b>Coatbridge Dementia Café</b> 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. In collaboration with Kirkshaws Neighbourhood Centre. <b>Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF</b>	<b>11.00am- 12.30pm</b>
<b>Wednesday 27 August</b>	<b>Carer Academy</b> 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. <b>UWS Hamilton, Technology Avenue, Blantyre, G72 0LH</b>	<b>9:30am- 2:30pm</b>
<b>Wednesday 27 August</b>	<b>Cumbernauld Café</b> 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. <b>The Carrick Stone (upstairs), 52 Teviot Walk, Cumbernauld, G67 1NG</b>	<b>10.30am- 12.00noon</b>

<b>Friday 29 August</b>	<b>Tannochside Dementia Café</b> 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. <b>Tannochside Miners Welfare Club, 438 Old Edinburgh Road, Tannochside, G716PJ</b>	<b>11.00am- 12.30pm</b>
<b>Online Groups</b>		
<b>Tuesday 19 August</b>	<b>Turning Pages Together</b> Join us online for a relaxing and friendly book club. Bring along your favourite stories, share memories and enjoy some company. Please contact <a href="mailto:rhoolahan@alzscot.org">rhoolahan@alzscot.org</a> for details. <b>MS Teams</b>	<b>2.00pm- 3.00pm</b>
<b>Wednesday 20 August</b>	<b>Online Carer Chat</b> 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. <b>MS Teams</b>	<b>2.00pm- 3.00pm</b>

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

<b>Brain Health &amp; Dementia Resource Centre</b> 64 Dalziel Street, Motherwell, ML1 1PJ <b>01698 275300</b> <a href="mailto:Lanarkshireservices@alzscot.org">Lanarkshireservices@alzscot.org</a>	<b>Carly Reilly – Centre Manager</b> <a href="mailto:CReilly@alzscot.org">CReilly@alzscot.org</a> - 07771925730  <b>Rebecca Hoolahan - Centre Activities Co-Ordinator</b> <a href="mailto:RHoolahan@alzscot.org">RHoolahan@alzscot.org</a> - 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](mailto:lanarkshirecarersdlw@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.

