

What's On:

September 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>Various drop in opportunities or bookable appointments available throughout the month.</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>Monday 1 September</p>	<p>Brain Health Awareness Drop in A chance for professionals and community group leaders to drop in and hear more about the awareness sessions we can offer. It's never too early or too late to look after your brain health!</p> <p>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!</p>	<p>10.30am-12.00noon</p> <p>1.00pm-2.00pm</p>
<p>Tuesday 2 September</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>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!</p> <p>Time to Talk Drop-in Café Come along and enjoy a cuppa and a chat. You can also find out more about the support we provide from groups and services, information on brain health, digital support and much more.</p>	<p>11.00am-12.00noon</p> <p>2.00pm-3.00pm</p>
Wednesday 3 September	<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>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 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: creilly@alzscot.org</p>	<p>10:30am-12.00noon</p> <p>10.30am–12.00noon</p> <p>12.00noon – 2.00pm</p>
Thursday 4 September	<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 5 September	<p>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.</p>	<p>10.00am-12.00noon</p>
Monday 8 September	<p>Monday Morning Brain Boost Café Join us for a cuppa, a fun quiz, and simple tips to support brain health. Open to anyone living with or recovering from a brain injury, cognitive changes, or caring for someone who is.</p> <p>Mindfulness Mondays: Let's unwind *Booking required* 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 creilly@alzscot.org or 07771925730</p>	<p>10.30am-12.00pm</p> <p>1.00pm-2.00pm</p>

Tuesday 9 September	<p>Men's Morning Join our Men's Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p>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.</p> <p>Time to Talk Drop-in Café Come along and enjoy a cuppa and a chat. You can also find out more about the support we provide from groups and services, information on brain health, digital support and much more.</p>	<p>10.30am– 12.00noon</p> <p>10.30am– 12.00noon</p> <p>2.00pm– 3.00pm</p>
Wednesday 10 September	<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 11 September	<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, 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: creilly@alzscot.org</p>	<p>11.00am– 12.30pm</p> <p>2.00pm– 4.00pm</p>
Friday 12 September	<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>11.00am– 12.00noon</p>
Monday 15 September	<p>Brain Health Awareness Session *Booking required* Join us for a one-hour interactive session to learn simple ways to care for you and your families brain health and leave feeling empowered to make positive changes. Please contact Carly for more information & to book: creilly@alzscot.org 07771925730</p>	<p>11.00pm– 12.00noon</p>
Tuesday 16 September	<p>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!</p>	<p>11.00am– 12.00noon</p>

	Time to Talk Drop-in Café Come along and enjoy a cuppa and a chat. You can also find out more about the support we provide from groups and services, information on brain health, digital support and much more.	2.00pm-3.00pm
Wednesday 17 September	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 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: creilly@alzscot.org	10:30am-12.00noon 10.30am-12.00noon 12.00noon-2.00pm
Thursday 18 September	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. 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. Evening Carer Information Course Session 1 *Booking required* For unpaid carers supporting someone with dementia or cognitive impairment. Learn about dementia, share practical tips, connect with others, and discover ways to look after your own brain health. A comfortable, supported space is also available if you'd like to bring the person you care for. To book your space, please contact Lanarkshireservices@alzscot.org or 01698 275300	10:30am-12:00noon 1.00pm-2.30pm 6.00pm-7.30pm
Friday 19 September	Calming Craft NEW 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.	10.30am-11.30am
Tuesday 23 September	Men's Morning Join our Men's Morning – a welcoming space to connect, share stories and enjoy engaging activities.	10.30am-12.00noon

	<p>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.</p> <p>Time to Talk Drop-in Café Come along and enjoy a cuppa and a chat. You can also find out more about the support we provide from groups and services, information on brain health, digital support and much more.</p>	<p>10.30am–12.00noon</p> <p>2.00pm–3.00pm</p>
<p>Wednesday 24 September</p>	<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>
<p>Thursday 25 September</p>	<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, 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</p> <p>Evening Carer Information Course Session 2 *Booking required* For unpaid carers supporting someone with dementia or cognitive impairment. Learn about dementia, share practical tips, connect with others, and discover ways to look after your own brain health. A comfortable, supported space is also available if you'd like to bring the person you care for. To book your space, please contact Lanarkshireservices@alzscot.org or 01698 275300</p>	<p>11.00am–12.30pm</p> <p>2.00pm–4.00pm</p> <p>6.00pm–7.30pm</p>
<p>Friday 26 September</p>	<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>Lunch Club *Booking required* 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: rhoolahan@alzscot.org</p>	<p>11.00am–12.00noon</p> <p>12.30pm–2.00pm</p>

Monday 8 September	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 9 September	Coatbridge Memory 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. In collaboration with Kirkshaws Neighbourhood Centre. Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF	11.00am-12.30pm
Wednesday 10 September	Muirhead Memory 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. St Barbara's Chapel Hall Elmira Road, Muirhead G69 9EJ	10.30am-12.00noon
Wednesday 10 September	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 10 September	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
Tuesday 16 September	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
Tuesday 16 September	Coatbridge Memory 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. In collaboration with Kirkshaws Neighbourhood Centre. Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF	11.00am-12.30pm
Wednesday 17 September	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	12.30pm-2.00pm
Tuesday 23 September	Coatbridge Memory 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. In collaboration with Kirkshaws Neighbourhood Centre. Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF	11.00am-12.30pm

Wednesday 24 September	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 24 September	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
Friday 26 September	Tannochside Memory 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, G716PJ	11.00am- 12.30pm
Tuesday 30 September	Airdrie Memory 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
Tuesday 30 September	Coatbridge Memory 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. In collaboration with Kirkshaws Neighbourhood Centre. Kirkshaws Neighbourhood Centre, Community House, 5 Haddington Way, Coatbridge, ML5 5BF	11.00am- 12.30pm
Online Groups		
Wednesday 17 September	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: advice@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.

