

What's on June 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		
Tuesday 4 June	<p>Carers Day (Booking Required)</p> <p>Join us for a Celebration of Carers. We're excited to celebrate the carers that support those living with Dementia. Join us for refreshments, a Chair Yoga Session, and some pampering.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	10:15am-12:30pm
Wednesday 5 June	<p>Music Moments</p> <p>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 5 June	<p>Carer Support Group Coatbridge</p> <p>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.</p> <p>Community Space (Next to Bakery), Tesco Coatbridge, Faraday Retail Park, Coatbridge ML5 3SQ</p>	10:00am-11:30am
Thursday 6 June	<p>Dalziel Memory Café</p> <p>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
Thursday 6 June	<p>Cumbernauld Carers Group</p> <p>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>Abronhill Health Centre, Pine Road Cumbernauld, G67 3BE</p>	10:00am – 11:30am

Friday 7 June	<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>	10:00am- 12noon
Monday 10 June	<p>Brain Health Community Café Pop in to see our centre, have some refreshments and 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
Tuesday 11 June	<p>Craft Corner <i>New</i> Explore a variety of crafts, from painting to DIY projects, over a warm cuppa. All levels of crafting abilities welcome.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	10:30am- 12noon
Wednesday 12 June	<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 12 June	<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 12 June	<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>	2:30pm– 4:00pm
Thursday 13 June	<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>	10:30am- 12noon 1:00pm- 3:00pm
Friday 14 June	<p>Quiz Master's <i>New</i> Join us for a fun and challenging quiz afternoon. Test your knowledge, learn new facts, and compete with friends over a warm cuppa.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ</p>	1:00pm- 2:30pm

Tuesday 18 June	Lesmahagow 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. The Fountain Community Centre 9 Abbeygreen, Lesmahagow, ML11 0HD	11:00am- 1:00pm
Tuesday 18 June	Football Memories <i>New</i> Relive the greatest moments in football history, share your matchday experiences, celebrate iconic goals and blether about the upcoming Euros with fellow fans. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ	1:00pm- 2:30pm
Wednesday 19 June	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 19 June	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 Craigend's, Kilsyth, G65 0PF	12noon- 2:00pm
Thursday 20 June	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
Friday 21 June	Lunch Club <i>New</i> (Booking Required) Come along for a sandwich and a warm cuppa, some entertainment and enjoy a chance to chat with others. Suggested donation £2/£3. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ	12noon- 1:30pm
Monday 24 June	Brain Health Community Café Pop in to see our centre, have some refreshments and find out more about the steps we can take to look after our own brain health. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell, ML1 1PJ	Drop in between 10:00am- 12noon
Tuesday 25 June	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 26 June	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 26 June	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
Thursday 27 June	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.	10:30am – 12noon
	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	1:00pm 2:30pm

Online Groups

Wednesday 5 June	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
Wednesday 19 June	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

Rebecca Hoolahan - Centre Activities Co-Ordinator
RHoolahan@alzscot.org - 07788 256477

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.

