

What's on September 2024

Lanarkshire



**Alzheimer
Scotland**
Action on Dementia

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.

In Person Group		
Monday 2 September	Monday morning drop in Drop by our centre to talk to our team to gain information on support and services we can offer for people pre and post diagnosis.	10.00am-11.00am
	Community Café: Welcome Back to the Centre Come in and see our recent refurbishments, gain information on brain health and dementia and find out what information and support we can offer whilst having some afternoon tea! Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ	2.00pm-3.30pm
Tuesday 3 September	Craft Corner A Therapeutic group 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-12.00noon
	1-1 Chats Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact lanarkshireservices@alzscot.org to book a time suitable for you. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ	1.00pm-4.00pm
Wednesday 4 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, this group will allow you to relax and enjoy listening, reminiscing and singing along to well-known 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. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ	10.30am-12.00noon

<p>Wednesday 4 September</p>	<p>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</p>	<p>10:00am- 11:30am</p>
<p>Thursday 5 September</p>	<p>Young Onset Café: Stress and Distress/ Memory Management A dual group for carers and people living with dementia under the age of 65. These sessions will be run in conjunction with the Young Onset Dementia Team in Lanarkshire. *Booking Required*</p> <p>Young Onset Café: Stress and Distress/ Memory Management A dual group for carers and people living with dementia under the age of 65. These sessions will be run in conjunction with the Young Onset Dementia Team in Lanarkshire. *Booking Required* Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10:00am – 12:00noon</p> <p>1.00pm- 3.00pm</p>
<p>Thursday 5 September</p>	<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. Abronhill Health Centre, Pine Road Cumbernauld, G67 3BE</p>	<p>10:00am – 11:30am</p>
<p>Friday 6 September</p>	<p>Friday Fitness Come along for a Friday morning fitness class. Using gentle exercises and movements to keep active. For all interested in looking keeping fit and being active to help look after our brain health.</p> <p>Games Afternoon A relaxed afternoon in the centre playing games, including the Nintendo switch, interactive games and board games. Why not bring your favourite along and have some fun? Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>11am – 12noon</p> <p>1.00pm – 2.30pm</p>
<p>Monday 9 September</p>	<p>Community Café Start your Monday morning the right way! Come and get your morning cuppa whilst gaining information on brain health and dementia.</p> <p>Walk and Talk with me A chance to chat whilst getting some exercise. We will leave from the centre and walk near the centre looking at places of interest and come back to the centre to have some refreshments. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10.00am- 11.00am</p> <p>1.00pm- 2.00pm</p>
<p>Tuesday 10 September</p>	<p>1-1 Chats Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact lanarkshireservices@alzscot.org to book a time suitable for you.</p>	<p>9.30am – 12.00noon</p>

	<p>Football Memories A group focussed on one of our favourite sports- football! Come and join the discussions and fun whilst getting some football themes refreshments.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>1.00pm- 2.30pm</p>
<p>Tuesday 10 September</p>	<p>Carers Café For people living with dementia and their carers. Come talk to one of our Specialist Dementia Carer Support Link Workers who will offer support and advice. This is a great opportunity to meet people who are in similar situations.</p> <p>Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU</p>	<p>11:00am- 12:30pm</p>
<p>Wednesday 11 September</p>	<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>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>Green Hands Table Top Garden Are you green thumbed or have an interest in gardening? Come take part in some planting and gardening activities whilst socialising and having a chat over a cuppa.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10:30am- 12noon</p> <p>10.30am – 12noon</p> <p>1.30pm- 2.30pm</p>
<p>Wednesday 11 September</p>	<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>
<p>Wednesday 11 September</p>	<p>Bellshill Dementia Café A chance to come along and get some support and advice from our Specialist Dementia Carer Support Link Worker whilst meeting new people and socialising.</p> <p>The Salvation Army, Gladstone Street, Bellshill, ML4 1AT</p>	<p>2:00pm- 3:00pm</p>
<p>Wednesday 11 September</p>	<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>
<p>Wednesday 11 September</p>	<p>Muirhead 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.</p> <p>St Barbara’s Chapel Hall Elmira Road, Muirhead G69 9EJ</p>	<p>10.30am- 12.00noon</p>

<p>Thursday 12 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>Movie Afternoon Lights, Camera, Action!! Gather your snacks, we'll supply the popcorn. Come along and join us for a movie afternoon showing some old and modern classic films!</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>11.00am-12.30pm</p> <p>2.00pm – 4.00pm</p>
<p>Friday 13 September</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. Suggested donation £2/£3. Please let us know of any allergies and/or dietary requirements.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>12noon – 1.30pm</p>
<p>Tuesday 17 September</p>	<p>Craft Corner A Therapeutic group 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.</p> <p>1-1 Chats Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact lanarkshireservices@alzscot.org to book a time suitable for you.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10.30am-12.00noon</p> <p>1.00pm-4.00pm</p>
<p>Tuesday 17 September</p>	<p>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</p>	<p>11.00am-1.00pm</p>
<p>Wednesday 18 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, this group will allow you to relax and enjoy listening, reminiscing and singing along to well-known 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>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10.30am-12.00noon</p> <p>10.30am-12.00noon</p>

Wednesday 18 September	<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>	12noon - 2.00pm
Thursday 19 September	<p>Young Onset Café: Stress and Distress/ Memory Management A dual group for carers and people living with dementia under the age of 65. These sessions will be run in conjunction with the Young Onset Dementia Team in Lanarkshire. *Booking Required*</p> <p>Young Onset Café: Stress and Distress/ Memory Management A dual group for carers and people living with dementia under the age of 65. These sessions will be run in conjunction with the Young Onset Dementia Team in Lanarkshire. *Booking Required* Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	10:00am – 12:00noon 1.00pm- 3.00pm
Friday 20 September	<p>Friday Fitness Come along for a Friday morning fitness class. Using gentle exercises and movements to keep active. For all interested in looking keeping fit and being active to help look after our brain health. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	2.00pm – 3.00pm
Monday 23 September	<p>Monday morning drop in Drop by our centre to talk to our team to gain information on support and services we can offer for people pre and post diagnosis.</p> <p>Walk and Talk with me A chance to chat whilst getting some exercise. We will leave from the centre and walk near the centre looking at places of interest and come back to the centre to have some refreshments. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	10.00am- 11.00am 1.00pm- 2.00pm
Tuesday 24 September	<p>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</p>	9:30am- 2:30pm
Tuesday 24 September	<p>1-1 Chats Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact lanarkshireservices@alzscot.org to book a time suitable for you.</p> <p>Football Memories A group focussed on one of our favourite sports- football! Come and join the discussions and fun whilst getting some football themes refreshments. Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	9.30am – 12.00noon 1.00pm- 2.30pm

<p>Wednesday 25 September</p>	<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>Carers Peer Support Space A carer led group, run in tandem with music moments that allows carers to have a safe space to chat over a tea or coffee and provide peer support to one another.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10.30am- 12.00noon</p> <p>10.30am- 12.00noon</p>
<p>Wednesday 25 September</p>	<p>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.</p> <p>St Aidan's Primary School Coltness Road, Wishaw, ML2 7EY</p>	<p>1.00pm- 2.30pm</p>
<p>Wednesday 25 September</p>	<p>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.</p> <p>The Carrick Stone (upstairs), 52 Teviot Walk, Cumbernauld, G67 1NG</p>	<p>10:30am – 12noon</p>
<p>Thursday 26 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>Brain Health Open Day We're having an open day in the Centre all about brain health – it's never too early and never too late to look after your brain and we are looking forward to sharing information with anyone who is interested in coming along and finding out more. Refreshments Included.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>11:00am - 12:30pm</p> <p>12.30pm – 3.30pm</p>
<p>Friday 27 September</p>	<p>Reminiscence Session *Booking required* Step back in time and rediscover how life has changed. Join us for a chat about the past and share your stories of events, toys and more.</p> <p>Lanarkshire Brain Health & Resource Centre 64 Dalziel Street, Motherwell ML1 1PJ</p>	<p>10.30am- 12noon</p>

Online Groups

<p>Wednesday 25 September</p>	<p>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.</p> <p>MS Teams</p>	<p>2.00pm – 3.00pm</p>
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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

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.

