

What's on November 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.

Centre Groups

All groups in the Centre take place at Lanarkshire Brain Health and Dementia Resource Centre

64 Dalziel Street, Motherwell ML1 1PJ

Friday 1 November	Information Café – See Our Centre Come along 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.	10.00am - 12.00noon
	Friday Fitness Come along for a Friday Afternoon 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.	1.30pm – 2.30pm
Monday 4 November	Brain Health Bookable appointments Book a 1-1 appointment with our centre manager to discuss ways to look after your brain health and create a personalised action plan. It's never too early and never too late to look after your brain health!	10.00am- 12.00noon
	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.	2.00pm – 3.00pm
Tuesday 5 November	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.	10.30am- 12.00noon
	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.	1.00pm- 2.30pm
Wednesday 6 November	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	10.30am- 12.00noon

	<p>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>Social Circle *Booking required* This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others and giving the carers some respite. This will be a fun afternoon with the team and those attending.</p>	<p>10.30am-12.00noon</p> <p>1.00pm-4.00pm</p>
<p>Thursday 7 November</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>11.00am-12.30pm</p> <p>2.00pm – 4.00pm</p>
<p>Friday 8 November</p>	<p>Games Morning A relaxed morning in the centre playing games, including the Nintendo switch, interactive games and board games. Why not bring your favourite along and have some fun?</p> <p>Friday Fitness Come along for a Friday Afternoon 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>10.30am-12.00noon</p> <p>1.30pm – 2.30pm</p>
<p>Monday 11 November</p>	<p>Brain Health Bookable appointments Book a 1-1 appointment with our centre manager to discuss ways to look after your brain health and create a personalised action plan. It's never too early and never too late to look after your brain health!</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.</p>	<p>10.00am-12.00noon</p> <p>2.00pm – 3.00pm</p>
<p>Tuesday 12 November</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>Football Memories A group focussed on one of our favourite sports- football! Come and join the discussions and fun whilst getting some football themed refreshments.</p>	<p>9.30am – 12.00noon</p> <p>1.00pm-2.30pm</p>

<p>Wednesday 13 November</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>Social Circle *Booking required* This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others and giving the carers some respite. This will be a fun afternoon with the team and those attending.</p>	<p>10:30am-12.00noon</p> <p>10.30am – 12.00noon</p> <p>1.00pm-4.00pm</p>
<p>Thursday 14 November</p>	<p>Young Onset Café 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.</p> <p>Young Onset Café 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.</p>	<p>10:30am – 12:00noon</p> <p>1.00pm-2.30pm</p>
<p>Friday 15 November</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>Information Café - Solicitors for Older People A chance to chat with a dedicated legal team who provide advice and representation specialising in Power of Attorney, Guardianships and Wills.</p> <p>Friday Fitness Come along for a Friday Afternoon 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>12.00noon – 1.30pm</p> <p>1.00pm – 3.00pm</p> <p>1.30pm – 2.30pm</p>
<p>Tuesday 19 November</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>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>9.30am – 12.00noon</p> <p>1.00pm-2.30pm</p>
<p>Wednesday 20 November</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</p>	<p>10.30am-12.00noon</p>

	<p>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>Social Circle *Booking required* This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others and giving the carers some respite. This will be a fun afternoon with the team and those attending.</p>	<p>10.30am-12.00noon</p> <p>1.00pm-4.00pm</p>
<p>Thursday 21 November</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>Information Café – Home Energy Scotland A chance to chat with a dedicated team who offer free, impartial advice on energy saving, keeping warm at home, renewable energy, cutting water waste and more.</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>11:00am - 12:30pm</p> <p>12.00noon-2.00pm</p> <p>2.00pm-4.00pm</p>
<p>Friday 22 November</p>	<p>Games Morning A relaxed morning in the centre playing games, including the Nintendo switch, interactive games and board games. Why not bring your favourite along and have some fun?</p> <p>Friday Fitness Come along for a Friday Afternoon 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>10.30am-12.00noon</p> <p>1.30pm – 2.30pm</p>
<p>Monday 25 November</p>	<p>Brain Health Bookable appointments Book a 1-1 appointment with our centre manager to discuss ways to look after your brain health and create a personalised action plan. It's never too early and never too late to look after your brain health!</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.</p>	<p>10.00am-12.00noon</p> <p>2.00pm – 3.00pm</p>
<p>Tuesday 26 November</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>1.00pm-2.30pm</p>
<p>Wednesday 27 November</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>Social Circle *Booking required* This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others and giving the carers some respite. This will be a fun afternoon with the team and those attending.</p>	<p>10.30am-12.00noon</p> <p>10.30am-12.00noon</p> <p>1.00pm-4.00pm</p>
<p>Thursday 28 November</p>	<p>Young Onset Café 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.</p> <p>Young Onset Café 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.</p>	<p>10.30am-12.00noon</p> <p>1.00pm-2.30pm</p>
<p>Friday 29 November</p>	<p>Reminiscence *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>Friday Fitness Come along for a Friday afternoon 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>10.30am-12.00noon</p> <p>1.30pm – 2.30pm</p>

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

Community Groups

<p>Tuesday 5 November</p>	<p>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</p> <p>Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU</p>	<p>11.00am-12.30noon</p>
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Wednesday 6 November	<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.</p> <p>Community Space (Next to the bakery) Tesco Faraday Retail Park, Coatbridge ML5 3SQ</p>	10.00am- 11.30am
Wednesday 6 November	<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.</p> <p>UWS Hamilton, Technology Avenue, Blantyre, G72 0LH</p>	9:30am- 2:30pm
Thursday 7 November	<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.</p> <p>Abronhill Health Centre, Pine Road Cumbernauld, G67 3BE</p>	10.00am- 11.30am
Wednesday 13 November	<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 13 November	<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>	2.00pm- 3.00pm
Wednesday 13 November	<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
Wednesday 13 November	<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>	10.30am- 12.00noon
Wednesday 13 November	<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.</p> <p>St Patrick's Catholic Church 30 Low Craigends, Kilsyth, G65 0PF</p>	1.00pm - 3.15pm
Monday 18 November	<p>Wishaw 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.</p> <p>Food for Thought Cafe and Wellbeing Centre, 57 Kirk Road, Wishaw, ML2 7BL</p>	10.30am – 12.00noon

Tuesday 19 November	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
Wednesday 13 November	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	1.00pm – 3.15pm
Wednesday 27 November	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
Wednesday 27 November	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. St Aidan's Primary School Coltness Road, Wishaw, ML2 7EY	1.30pm- 2.30pm
Wednesday 27 November	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

Online Groups

Wednesday 20 November	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
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For more information and to book your space for any of the groups contact:

<p>Brain Health & Dementia Resource Centre</p> <p>64 Dalziel Street, Motherwell, ML1 1PJ 01698 275300 Lanarkshireservices@alzscot.org</p>	<p>Carly Reilly – Centre Manager CReilly@alzscot.org - 07771925730</p> <p>Rebecca Hoolahan - Centre Activities Co-Ordinator RHoolahan@alzscot.org - 07788 256477</p>
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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.

