

# What's on December 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.

**Our Motherwell Centre will be closed from Wednesday 25<sup>th</sup> December and will reopen Friday 3<sup>rd</sup> January. We would like to take this opportunity to wish you a Merry Christmas and a joyous festive period. We look forward to seeing you in the New Year.**

### Centre Groups

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

<b>Monday 2 December</b>	<p><b>Brain Health Bookable appointments</b> 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>	<b>10.00am- 12.00noon</b>
<b>Tuesday 3 December</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.</p> <p><b>Christmas Craft</b> 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>	<b>10.30am- 12.00noon</b>  <b>1.00pm- 2.30pm</b>
<b>Wednesday 4 December</b>	<p><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, this group will allow you to relax and enjoy listening, reminiscing and singing along to well-known music!</p> <p><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.</p>	<b>10.30am- 12.00noon</b>  <b>10.30am- 12.00noon</b>
<b>Thursday 5 December</b>	<p><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.</p> <p><b>Social Circle: A Respite Opportunity for Carers</b></p>	<b>11.00am- 12.30pm</b>

	<p><b>(Movie Afternoon) *Booking required*</b></p> <p>A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation.</p> <p>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."</p> <p><b>Please contact the centre manager to reserve your space.</b></p> <p><a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></p>	<p><b>2.00pm – 4.00pm</b></p>
<p><b>Friday 6 December</b></p>	<p><b>Information Café – See Our Centre</b></p> <p>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.</p> <p><b>Lunch Club *Booking required*</b></p> <p>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.</p> <p><b>Please let us know of any allergies and/or dietary requirements.</b></p>	<p><b>10.00am-12.00noon</b></p> <p><b>12.00noon – 1.30pm</b></p>
<p><b>Monday 9 December</b></p>	<p><b>Brain Health Bookable appointments</b></p> <p>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><b>10.00am-12.00noon</b></p>
<p><b>Tuesday 10 December</b></p>	<p><b>1-1 Chats</b></p> <p>Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> to book a time suitable for you.</p> <p><b>Information Café - Solicitors for Older People</b></p> <p>A chance to chat with a dedicated legal team who provide advice and representation specialising in Power of Attorney, Guardianships and Wills.</p> <p><b>Football Memories</b></p> <p>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><b>9.30am – 12.00noon</b></p> <p><b>10.00am – 12.00noon</b></p> <p><b>1.00pm-2.30pm</b></p>
<p><b>Wednesday 11 December</b></p>	<p><b>Music Moments</b></p> <p>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><b>Carers Peer Support Space</b></p> <p>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><b>Social Circle: A Respite Opportunity for Carers</b></p> <p><b>*Booking required*</b></p>	<p><b>10:30am-12.00noon</b></p> <p><b>10.30am – 12.00noon</b></p> <p><b>12.00noon – 2.00pm</b></p>

	<p>A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation.</p> <p>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."</p> <p><b>Please contact the centre manager to reserve your space.</b>  <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></p>	
<b>Thursday 12 December</b>	<p><b>Young Onset Café</b>  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><b>Young Onset Café</b>  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><b>10:30am – 12:00noon</b></p> <p><b>1.00pm- 2.30pm</b></p>
<b>Monday 16 December</b>	<p><b>Brain Health Bookable appointments</b>  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><b>10.00am- 12.00noon</b></p>
<b>Tuesday 17 December</b>	<p><b>1-1 Chats</b>  Bookable appointments are available to come in and talk to one of our team members to gain more information and support. Contact <a href="mailto:lanarkshireservices@alzscot.org">lanarkshireservices@alzscot.org</a> to book a time suitable for you.</p> <p><b>Christmas Craft</b>  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><b>9.30am – 12.00noon</b></p> <p><b>1.00pm- 2.30pm</b></p>
<b>Friday 20 December</b>	<p><b>Christmas Movie Afternoon</b>  Lights, Camera, Action!! Gather your snacks, we'll supply the popcorn. Come along and join us for a movie afternoon showing some classic Christmas films!</p>	<p><b>1.00pm – 3.00pm</b></p>
<b>Monday 23 December</b>	<p><b>Christmas Brunch Club *Booking required*</b>  Come along to the centre for a chilled-out morning before the madness of the festivities begins filled with hot rolls, tea, coffee, pastries and Christmas music. Suggested donation £2.  Booking required by contacting Carly: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a>  <b>Please let us know of any allergies and/or dietary requirements.</b></p> <p><b>Brain Health Bookable appointments</b>  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><b>10.00am – 11.30am</b></p> <p><b>1.00pm – 3.00pm</b></p>
<b>Tuesday 24 December</b>	<p><b>Information Drop In</b>  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</p>	<p><b>10.00am- 12.00noon</b></p>

services, information on brain health, digital support and much more.

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

64 Dalziel Street, Motherwell ML1 1PJ

Our Motherwell Brain Health and Dementia Resource Centre will be closed from Wednesday 25<sup>th</sup> December and will reopen Friday 3<sup>rd</sup> January. We would like to take this opportunity to wish you a Merry Christmas and a joyous festive period. We look forward to seeing you in the New Year.

Support is still available via our 24-hour helpline and the National Dementia Advisor Service  
Telephone: 0300 373 5774 Email: [NDAS@alzscot.org](mailto:NDAS@alzscot.org)

Support is available throughout the festive period by contacting our 24 hour freephone dementia helpline by phone on 0808 808 3000 or by emailing [helpline@alzscot.org](mailto:helpline@alzscot.org)

## Community Groups

<b>Tuesday 3 December</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- 12.30noon</b>
<b>Wednesday 4 December</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 – 12.00pm</b>
<b>Thursday 5 December</b>	<b>Cumbernauld Carers Group</b> 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. <b>Abronhill Health Centre, Pine Road Cumbernauld, G67 3BE</b>	<b>10.00am- 11.30am</b>
<b>Wednesday 11 December</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 11 December</b>	<b>Bellshill Dementia Café</b> 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. <b>The Salvation Army, Gladstone Street, Bellshill, ML4 1AT</b>	<b>2.00pm- 3.00pm</b>
<b>Wednesday 11 December</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>Wednesday 11 December</b>	<b>Muirhead 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. <b>St Barbara's Chapel Hall Elmira Road, Muirhead G69 9EJ</b>	<b>10.30am- 12.00noon</b>
<b>Monday 16 December</b>	<b>Wishaw 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>Food for Thought Cafe and Wellbeing Centre, 57 Kirk Road, Wishaw, ML2 7BL</b>	<b>10.30am – 12.00noon</b>
<b>Tuesday 17 December</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>Wednesday 18 December</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>

### Online Groups

<b>Wednesday 18 December</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>
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For more information and to book your space for any of the groups contact:

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

