

# What's on January 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

<b>Friday</b> <b>3 January</b>	<b>Information Café – See Our Centre</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 services, information on brain health, digital support and much more.	<b>10.00am –</b> <b>12.00noon</b>
<b>Monday</b> <b>6 January</b>	<b>New Year Walk and Talk</b> Start 2025 with a walk around the local area, followed by brunch and socialising at the centre. Join us to stay active, eat healthy, connect with others, and support brain health in a fun and friendly group.	<b>10.00am-</b> <b>12.00noon</b>
<b>Tuesday</b> <b>7 January</b>	<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.	<b>10.30am-</b> <b>12.00noon</b>
	<b>Craft Corner</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.	<b>1.00pm –</b> <b>2.30pm</b>
<b>Wednesday</b> <b>8 January</b>	<b>Music Moments</b> Using music to share and create special memories. With a new theme each week, this group offers a relaxing time to listen, reminisce, and sing along to classic tunes	<b>10.30am-</b> <b>12.00noon</b>
	<b>Carers Peer Support Space</b> A carer-led group, offered alongside Music Moments, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.	<b>10.30am-</b> <b>12.00noon</b>
	<b>Social Circle: A Respite Opportunity for Carers *Booking required*</b> A group for those with memory loss, giving carers time for self-care. Social Circle provides a supportive environment for your loved one, so you can enjoy much needed "me time." <b>Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></b>	<b>12.00noon –</b> <b>2.00pm</b>

<p><b>Thursday 9 January</b></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>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>
<p><b>Friday 10 January</b></p>	<p><b>Friday Fitness</b> Come along for a Friday morning fitness and relaxation class. Using gentle exercises and movements to keep active. For all interested in keeping fit and being active to help look after our brain health.</p> <p><b>Lunch Club *Booking required*</b> 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. <b>Please let us know of any allergies and/or dietary requirements.</b></p>	<p><b>10.00am – 11.00am</b></p> <p><b>12.30pm – 2.00pm</b></p>
<p><b>Monday 13 January</b></p>	<p><b>Brain Health Bookable appointments</b> Meet with our Centre Manager to discuss ways to care for your brain health and create a personalised action plan. It's never too early or too late to look after your brain health.</p>	<p><b>10.00am- 12.00noon</b></p>
<p><b>Tuesday 14 January</b></p>	<p><b>Mens Morning</b> Join our Mens Morning – a welcoming space for men living with dementia to connect, share stories and enjoy engaging activities.</p> <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>10.30am – 12.00noon</b></p> <p><b>1.00pm – 4.00pm</b></p>
<p><b>Wednesday 15 January</b></p>	<p><b>Music Moments</b> Using music to share and create special memories. With a new theme each week, this group offers a relaxing time to listen, reminisce, and sing along to classic tunes</p> <p><b>Carers Peer Support Space</b> A carer-led group, offered alongside Music Moments, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p>	<p><b>10:30am- 12.00noon</b></p> <p><b>10.30am – 12.00noon</b></p>
<p><b>Thursday 16 January</b></p>	<p><b>Dalziel Memory Café</b> For people with dementia or memory loss 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><b>Social Circle: A Respite Opportunity for Carers *Booking required*</b> A group for those with memory loss, giving carers time for self-care. Social Circle provides a supportive environment for your loved one, so you can enjoy much needed "me time." <b>Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></b></p>	<p><b>11.00am – 12.30pm</b></p> <p><b>2.00pm – 4.00pm</b></p>

<p><b>Friday</b> <b>17 January</b></p>	<p><b>Friday Fitness</b> Come along for a Friday morning fitness and relaxation class. Using gentle exercises and movements to keep active. For all interested in keeping fit and being active to help look after our brain health.</p> <p><b>Ladies Afternoon</b> Join our Ladies Afternoon – a welcoming space for ladies living with dementia to connect, share stories and enjoy engaging activities.</p>	<p><b>10.00am – 11.00am</b></p> <p><b>12.30pm-2.00pm</b></p>
<p><b>Monday</b> <b>20 January</b></p>	<p><b>Brain Health Bookable appointments</b> Meet with our Centre Manager to discuss ways to care for your brain health and create a personalised action plan. It's never too early or too late to look after your brain health.</p>	<p><b>10.00am-12.00noon</b></p>
<p><b>Tuesday</b> <b>21 January</b></p>	<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>Craft Corner</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>
<p><b>Wednesday</b> <b>22 January</b></p>	<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, you will be able to sing, dance and reminisce with your favourite 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> <p><b>Social Circle: A Respite Opportunity for Carers</b> <b>*Booking required*</b> 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." <b>Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></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><b>Thursday</b> <b>23 January</b></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>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>

<p><b>Friday</b> <b>24 January</b></p>	<p><b>Friday Fitness</b> Come along for a Friday morning fitness and relaxation class. Using gentle exercises and movements to keep active. For all interested in keeping fit and being active to help look after our brain health.</p> <p><b>Information Café - Solicitors for Older People</b> 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>10.00am – 11.00am</b></p> <p><b>1.00pm – 3.00pm</b></p>
<p><b>Monday</b> <b>27 January</b></p>	<p><b>Brain Health Bookable appointments</b> Meet with our Centre Manager to discuss ways to care for your brain health and create a personalised action plan. It's never too early or too late to look after your brain health.</p>	<p><b>10.00am-12.00noon</b></p>
<p><b>Tuesday</b> <b>28 January</b></p>	<p><b>Men's Morning</b> Join our Men's Morning – a welcoming space for men living with dementia to connect, share stories and enjoy engaging activities.</p> <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>10.30am – 12.00noon</b></p> <p><b>1.00pm – 4.00pm</b></p>
<p><b>Wednesday</b> <b>29 January</b></p>	<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, you will be able to sing, dance and reminisce with your favourite 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>	<p><b>10:30am-12.00noon</b></p> <p><b>10.30am – 12.00noon</b></p>
<p><b>Thursday</b> <b>30 January</b></p>	<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 (Movie Afternoon) *Booking required*</b> 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." <b>Please contact Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></b></p>	<p><b>11.00am – 12.30pm</b></p> <p><b>2.00pm – 4.00pm</b></p>
<p><b>Friday</b> <b>31 January</b></p>	<p><b>Friday Fitness</b> Come along for a Friday morning fitness and relaxation class. Using gentle exercises and movements to keep active. For all interested in keeping fit and being active to help look after our brain health.</p> <p><b>Ladies Afternoon</b> Join our Ladies Afternoon – a welcoming space for ladies living with dementia to connect, share stories and enjoy engaging activities.</p>	<p><b>10.00am – 11.00am</b></p> <p><b>12.30pm – 2.00pm</b></p>

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

## Community Groups

<b>Tuesday 7 January</b>	<p><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</p> <p><b>Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU</b></p>	<b>11.00am- 12.30noon</b>
<b>Wednesday 8 January</b>	<p><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.</p> <p><b>Community Space (Next to the bakery) Tesco Faraday Retail Park, Coatbridge ML5 3SQ</b></p>	<b>10.30am – 12.00pm</b>
<b>Wednesday 8 January</b>	<p><b>East Kilbride Memory Café</b> A joint group run in partnership with East Kilbride &amp; District Dementia Carers Group. Join us for a cuppa, activities, and a chance to chat with others.</p> <p><b>The Village Centre, 12 Maxwell Drive, East Kilbride, G74 4HG</b></p>	<b>1.00pm- 3.00pm</b>
<b>Wednesday 8 January</b>	<p><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.</p> <p><b>The Salvation Army, Gladstone Street, Bellshill, ML4 1AT</b></p>	<b>2.00pm- 3.00pm</b>
<b>Wednesday 8 January</b>	<p><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.</p> <p><b>Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG</b></p>	<b>2.30pm- 4.00pm</b>
<b>Wednesday 8 January</b>	<p><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.</p> <p><b>St Barbara's Chapel Hall Elmira Road, Muirhead G69 9EJ</b></p>	<b>10.30am- 12.00noon</b>
<b>Wednesday 15 January</b>	<p><b>Carers Drop in at Kilsyth Welcome Group</b> 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><b>St Patrick's Catholic Church 30 Low Craigends, Kilsyth, G65 0PF</b></p>	<b>1.00pm – 3.15pm</b>
<b>Monday 20 January</b>	<p><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.</p> <p><b>Food for Thought Cafe and Wellbeing Centre, 57 Kirk Road, Wishaw, ML2 7BL</b></p>	<b>10.30am – 12.00noon</b>

<b>Tuesday 21 January</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 29 January</b>	<b>Carer Academy</b> 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. <b>UWS Hamilton, Technology Avenue, Blantyre, G72 0LH</b>	<b>9:30am- 2:30pm</b>
<b>Wednesday 29 January</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>
<b>Wednesday 29 January</b>	<b>Green Hands Working Together</b> 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. <b>St Aidan's Primary School Coltness Road, Wishaw, ML2 7EY</b>	<b>1.30pm- 2.30pm</b>

### Online Groups

<b>Wednesday 22 January</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:

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

