

# What's on February 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

<p><b>Tuesday</b> <b>4 February</b></p>	<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>Carer Information Course</b> <b>Session 1 *Booking required*</b> This course is aimed at unpaid carers in North Lanarkshire, who are caring for a family member or friend diagnosed with dementia. During the course, you will learn more about supporting someone to live well with dementia and meet other carers who are experiencing something similar to you. <b>Please contact Grace to reserve your space: <a href="mailto:GCallaghan@alzscot.org">GCallaghan@alzscot.org</a> or 07350374783</b></p>	<p><b>10.30am-12.00noon</b></p> <p><b>2.00pm-3.00pm</b></p>
<p><b>Wednesday</b> <b>5 February</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>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>This session will include a light lunch.</b> <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>6 February</b></p>	<p><b>Young Onset Café</b> For people with dementia or memory loss aged 65 years and under 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>10:30am-12:00noon</b></p>

	<p><b>Young Onset Café</b> For people with dementia or memory loss aged 65 years and under 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>1.00pm-2.30pm</b></p>
<p><b>Monday 10 February</b></p>	<p><b>Mindfulness Mondays: Let's get walking <i>New</i></b> Part of our Mindfulness Monday series, our lets get walking session focuses on how exercise can protect brain health and reduce risks. Let's keep your brain amazing!</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. <b>Please contact Carly to book <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> or 07771925730</b></p>	<p><b>10.30am-12.00noon</b></p> <p><b>From 12noon-4.00pm (Each session lasts 1 hour)</b></p>
<p><b>Tuesday 11 February</b></p>	<p><b>Mens Morning <i>New</i></b> Join our Mens Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p><b>Carers Peer Support Space</b> A carer-led group, offered alongside Mens Morning, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p> <p><b>Carer Information Course Session 2 <i>*Booking required*</i></b> This course is aimed at unpaid carers in North Lanarkshire, who are caring for a family member or friend diagnosed with dementia. During the course, you will learn more about supporting someone to live well with dementia and meet other carers who are experiencing something similar to you. <b>Please contact Grace to reserve your space: <a href="mailto:GCallaghan@alzscot.org">GCallaghan@alzscot.org</a> or 07350374783</b></p>	<p><b>10.30am–12.00noon</b></p> <p><b>10.30am–12.00noon</b></p> <p><b>2.00pm-3.00pm</b></p>
<p><b>Wednesday 12 February</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 13 February</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 <i>*Booking required*</i></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." This session will include a movie and snacks. <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 14 February</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 <i>New</i></b> Join our Ladies Afternoon – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p><b>Carers Peer Support Space</b> A carer-led group, offered alongside Ladies Afternoon, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p>	<p><b>10.00am– 11.00am</b></p> <p><b>12.30pm– 2.00pm</b></p> <p><b>12.30pm– 2.00pm</b></p>
<p><b>Monday 17 February</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><i>Mindfulness Mondays: Let's eat healthy <i>New</i></i></b> Part of our Mindfulness Monday series, our <i>Let's Eat Healthy</i> session focuses on exploring new healthy choices and meals to make together. Let's keep your brain amazing! <b>Please contact Carly to book <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> or 07771925730</b></p>	<p><b>Between 9am and 12noon (Each session lasts 1 hour)</b></p> <p><b>12.00noon– 1.30pm</b></p>
<p><b>Tuesday 18 February</b></p>	<p><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.</p> <p><b>Carer Information Course Session 3 <i>*Booking required*</i></b> This course is aimed at unpaid carers in North Lanarkshire, who are caring for a family member or friend diagnosed with dementia. During the course, you will learn more about supporting someone to live well with dementia and meet other carers who are experiencing something similar to you. <b>Please contact Grace to reserve your space: <a href="mailto:GCallaghan@alzscot.org">GCallaghan@alzscot.org</a> or 07350374783</b></p>	<p><b>10.00am– 12.00noon</b></p> <p><b>2.00pm– 3.00pm</b></p>
<p><b>Wednesday 19 February</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 <i>*Booking required*</i></b> A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation.</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>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 Carly to reserve your space: <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a></b></p>	
<b>Thursday 20 February</b>	<p><b>Young Onset Café</b> For people with dementia or memory loss aged 65 years and under 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>	<b>10:30am– 12:00noon</b>
	<p><b>Young Onset Café</b> For people with dementia or memory loss aged 65 years and under 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>	<b>1.00pm– 2.30pm</b>
<b>Friday 21 February</b>	<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>	<b>10.00am– 11.00am</b>
	<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>	<b>12.30pm– 2.00pm</b>
	<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>	<b>1.00pm – 3.00pm</b>
<b>Monday 24 February</b>	<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>	<b>10.00am– 12.00noon</b>
	<p><b>Mindfulness Mondays: Let's unwind New</b> Part of our Mindfulness Monday series, our <i>Let's Unwind with Yoga</i> session focuses on using gentle movement to help you switch off and relax. Cat will join us to lead the group. Let's keep your brain amazing! Open for all. <b>Please contact Carly to book <a href="mailto:creilly@alzscot.org">creilly@alzscot.org</a> or 07771925730</b></p>	<b>1.00pm – 2.00pm</b>
<b>Tuesday 25 February</b>	<p><b>Men's Morning <i>New</i></b> Join our Men's Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p>	<b>10.30am– 12.00noon</b>
	<p><b>Carers Peer Support Space</b> A carer-led group, offered alongside Mens Morning, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p>	<b>10.30am– 12.00noon</b>
	<p><b>Carer Information Course Session 4 *Booking required*</b> This course is aimed at unpaid carers in North Lanarkshire, who are caring for a family member or friend diagnosed with dementia. During the course,</p>	<b>2.00pm– 3.00pm</b>

	<p>you will learn more about supporting someone to live well with dementia and meet other carers who are experiencing something similar to you.  <b>Please contact Grace to reserve your space: <a href="mailto:GCallaghan@alzscot.org">GCallaghan@alzscot.org</a> or 07350374783</b></p>	
<p><b>Wednesday 26 February</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 27 February</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 28 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 <i>New</i></b> Join our Ladies Afternoon – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p><b>Carers Peer Support Space</b> A carer-led group, offered alongside Ladies Afternoon, providing a supportive and confidential space for carers to connect, share experiences, and offer peer support over tea or coffee.</p>	<p><b>10.00am– 11.00am</b></p> <p><b>12.30pm– 2.00pm</b></p> <p><b>12.30– 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

<p><b>Tuesday 4 February</b></p>	<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>	<p><b>11.00am– 12.30pm</b></p>
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<b>Wednesday 5 February</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)</b> <b>Tesco Faraday Retail Park, Coatbridge ML5 3SQ</b></p>	<b>10.30am– 12.00noon</b>
<b>Wednesday 12 February</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 12 February</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 12 February</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>Monday 17 February</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 18 February</b>	<p><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.</p> <p><b>Garden Village, New Trows Road, Lesmahagow, Auchlochan, ML11 0GH</b></p>	<b>11.00am– 1.00pm</b>
<b>Wednesday 19 February</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>Tuesday 25 February</b>	<p><b>Airdrie 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>Salvation Army, Airdrie Corps, 30 Hallcraig Street, Airdrie, ML6 6AH</b></p>	<b>10.00am– 12.00noon</b>
<b>Wednesday 26 February</b>	<p><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.</p> <p><b>UWS Hamilton, Technology Avenue, Blantyre, G72 0LH</b></p>	<b>9:30am– 2:30pm</b>

<b>Wednesday 26 February</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>
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**Online Groups**

<b>Wednesday 19 February</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.

