

What's on April 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

Tuesday 1 April	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
	Information Café - See Our Centre Drop in 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.	2.00pm- 4.00pm
Wednesday 2 April	Music Moments *Booking required* Using the power of 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.	10.30am- 12.00noon
	Carers Peer Support Space *Booking required* 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.	10.30am- 12.00noon
	Social Circle: A Respite Opportunity for Carers *Booking required* 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 light lunch. Please contact Carly to reserve your space: creilly@alzscot.org	12.00noon- 2.00pm
Thursday 3 April	Young Onset Café 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.	10:30am- 12:00noon
	Young Onset Café 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.	1.00pm- 2.30pm

<p>Friday 4 April</p>	<p>Music Moments Using the power of 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>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>Bingo Come and join us for a game of Bingo. Enjoy a chance to socialise with others and some friendly competition over a cuppa. Bring along your favourite Bingo dabber!</p>	<p>10.30am- 12.00noon</p> <p>10.30am- 12.00noon</p> <p>1.00pm- 2.00pm</p>
<p>Monday 7 April</p>	<p>STARS: My Amazing Brain (For ages 7-12) <i>New</i> Join us for a 90-minute <i>STARS: My Amazing Brain</i> session, where children will learn key ways to keep their brains healthy, like spending time with friends, protecting their heads, and getting enough sleep. Children must be accompanied by an adult. Booking required: creilly@alzscot.org.</p> <p>Mindfulness Mondays: Let's eat healthy <i>New</i> Our Let's Eat Healthy session focuses on exploring new healthy choices and meals to make together. Let's keep your brain amazing!</p> <p>Brain Health Bookable appointments 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. Contact creilly@alzscot.org</p>	<p>10.30am- 12.00noon</p> <p>1.00pm- 2.00pm</p> <p>Contact for available times</p>
<p>Tuesday 8 April</p>	<p>Mens Morning Join our Mens Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p>Carers Peer Support Space 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>10.30am– 12.00noon</p> <p>10.30am– 12.00noon</p>
<p>Wednesday 9 April</p>	<p>Music Moments <i>*Booking required*</i> 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>Carers Peer Support Space <i>*Booking required*</i> 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>10:30am- 12.00noon</p> <p>10.30am– 12.00noon</p>
<p>Thursday 10 April</p>	<p>Dalziel Memory Café 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>11.00am– 12.30pm</p>

	<p>Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required*</p> <p>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.</p> <p>Please contact Carly to reserve your space: creilly@alzscot.org</p>	2.00pm– 4.00pm
Friday 11 April	<p>Music Moments</p> <p>Using the power of 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>Carers Peer Support Space</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>Nature Clicks New</p> <p>Bring along your camera and join us for a peaceful walk through nature, followed by a warm cuppa in the centre for a chance to share your photography. No photography skills required – just a desire to explore.</p>	10.30am– 12.00noon 10.30am– 12.00noon 1.00pm– 2.00pm
Monday 14 April	<p>STARS: My Amazing Brain (For ages 7-12)</p> <p>Join us for a 90-minute <i>STARS: My Amazing Brain</i> session, where children will learn key ways to keep their brains healthy, like spending time with friends, protecting their heads, and getting enough sleep. Children must be accompanied by an adult. Booking required: creilly@alzscot.org.</p> <p>Brain Health Bookable appointments</p> <p>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. Contact creilly@alzscot.org</p>	10.30am– 12.00noon Contact for available times
Wednesday 16 April	<p>Music Moments *Booking required*</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>Carers Peer Support Space *Booking required*</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>Social Circle: A Respite Opportunity for Carers *Booking required*</p> <p>A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Please contact Carly to reserve your space: creilly@alzscot.org</p>	10:30am– 12.00noon 10.30am– 12.00noon 12.00noon– 2.00pm
Thursday 17 April	<p>Young Onset Café</p> <p>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>	10:30am– 12:00noon

	<p>Young Onset Café 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>1.00pm-2.30pm</p>
<p>Friday 18 April</p>	<p>Music Moments Using the power of 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>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>Easter Lunch Club *Booking required* Come join us for an easter themed 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. Please let us know of any allergies and/or dietary requirements. Please contact Rebecca to book: rhoolahan@alzscot.org</p>	<p>10.30am-12.00noon</p> <p>10.30am-12.00noon</p> <p>12.30pm-2.00pm</p>
<p>Monday 21 April</p>	<p>Your Brain is Amazing: Awareness Session (For ages 16+) Join us for a 90-minute <i>Brain Awareness</i> session for adults (16+), focusing on simple ways to protect and maintain brain health, including stress management, staying active, and getting enough sleep. Booking required: creilly@alzscot.org.</p> <p>Brain Health Bookable appointments 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. Contact creilly@alzscot.org</p>	<p>10.30am – 12.00noon</p> <p>Contact for available times.</p>
<p>Tuesday 22 April</p>	<p>Men's Morning Join our Men's Morning – a welcoming space to connect, share stories and enjoy engaging activities.</p> <p>Carers Peer Support Space 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>Carer Information Course Session 1 *Booking required* 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. Please contact Grace to reserve your space: GCallaghan@alzscot.org or 07350374783</p>	<p>10.30am-12.00noon</p> <p>10.30am-12.00noon</p> <p>2.00pm-3.30pm</p>
<p>Wednesday 23 April</p>	<p>Music Moments *Booking required* 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>10:30am-12.00noon</p>

	<p>Carers Peer Support Space *Booking required* 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>10.30am– 12.00noon</p>
<p>Thursday 24 April</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>Social Circle: A Respite Opportunity for Carers (Movie Afternoon) *Booking required* 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." Please contact Carly to reserve your space: creilly@alzscot.org</p>	<p>11.00am– 12.30pm</p> <p>2.00pm– 4.00pm</p>
<p>Friday 25 January</p>	<p>Music Moments Using the power of 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>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>Nature Clicks New Bring along your camera and join us for a peaceful walk through nature, followed by a warm cuppa in the centre for a chance to share your photography. No photography skills required – just a desire to explore.</p>	<p>10.30am- 12.00noon</p> <p>10.30am- 12.00noon</p> <p>1.00pm- 2.00pm</p>
<p>Monday 28 April</p>	<p>Parkinson’s related Dementia Support Group A drop-in support session for people living with parkinson’s related dementia and their family, friends or carers.</p> <p>Mindfulness Mondays: Let’s unwind Our Let’s Unwind sessions are open for all who want to switch off and relax. Cat will join us to lead the group through chair yoga. Let’s keep your brain amazing! Please contact Carly to book creilly@alzscot.org or 07771925730</p>	<p>10.30am- 12.00noon</p> <p>1.00pm- 2.00pm</p>
<p>Tuesday 29 April</p>	<p>Information Café - See Our Centre Drop in 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>Carer Information Course Session 2 *Booking required* This course is for unpaid carers in North Lanarkshire supporting a family member or friend with dementia. During the course you’ll learn how to help them live well with dementia and connect with others in similar situations. Contact Grace to reserve your space: GCallaghan@alzscot.org or 07350374783</p>	<p>10.00am- 12.00noon</p> <p>2.00pm- 3.30pm</p>

Wednesday 30 April	Music Moments *Booking required* 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!	10:30am- 12.00noon
	Carers Peer Support Space *Booking required* 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.	10.30am- 12.00noon
	Social Circle: A Respite Opportunity for Carers *Booking required* A group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time." Please contact Carly to reserve your space: creilly@alzscot.org	12.00noon- 2.00pm

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

Community Groups

Tuesday 1 April	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 Wishaw Old Parish Church, 110 Main Street, Wishaw, ML2 7LU	11.00am- 12.30pm
Wednesday 2 April	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	10.30am- 12.00noon
Wednesday 9 April	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. The Village Centre, 12 Maxwell Drive, East Kilbride, G74 4HG	1.00pm- 3.00pm
Wednesday 9 April	Rutherglen Past Times Café (Booking Required) Come along for tea/coffee, activities, and a chance to chat to others in a similar situation. Stonelaw Church, 2 Dryburgh Avenue, Rutherglen, G73 3EG	2.30pm- 4.00pm
Wednesday 9 April	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. St Barbara's Chapel Hall Elmira Road, Muirhead G69 9EJ	10.30am- 12.00noon

Friday 11 April	Chapelhall 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. Chapelhall Library, 2 Honeywell Crescent, Chapelhall, ML6 8XE	2.00pm- 3.00pm
Monday 21 April	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. Food for Thought Cafe and Wellbeing Centre, 57 Kirk Road, Wishaw, ML2 7BL	10.30am- 12.00noon
Tuesday 15 April	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 16 April	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
Tuesday 29 April	Airdrie 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. Salvation Army, Airdrie Corps, 30 Hallcraig Street, Airdrie, ML6 6AH	10.00am- 12.00noon
Wednesday 30 April	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
Wednesday 30 April	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
Online Groups		
Wednesday 23 April	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

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.

