



# PINE PATTERN

Issue 11  
October 2013

Charity Partner of

YOUR M&S

East Kilbride  
Town Centre

## Carers Support Group

Meets at 7pm  
on the first  
Tuesday of  
every month.

In a change to  
the advertised  
programme,  
there will be no  
guest speaker  
at the meeting  
in October.

We are  
delighted to  
confirm that Dr  
Ashling Mooney  
will be guest  
speaker at our  
meeting on  
November 5th.

All welcome.

## PLEASE HELP US WIN £3,000

Four local groups have been shortlisted for a grant from the Bank of Scotland Community Fund.

The two groups with the most public votes will each get **£3,000** ... the other two, £300.

**Please vote for EK Dementia Carers Group.  
Your vote could make all the difference!**

## How to Vote

### ONLINE

- Go to [www.bankofscotland.co.uk/communityfund](http://www.bankofscotland.co.uk/communityfund)
- In "Search for local good cause" type "**dementia**"
- From shortlist, vote for **East Kilbride & District Dementia Carers Group**
- Enter your name and e-mail address then click "**vote**"
- You will receive a validation e-mail... you **must** click on the link for your vote to count.

### BY TEXT

- Text **VOTE MFRA** to **82332** (standard text rate applies)

### IN THE LOCAL BRANCH

- In Bank of Scotland, Princes Mall, East Kilbride.
- Ask a member of the bank staff for a Community Fund token.
- Put token in our compartment of voting stand at bank entrance.

Note...

Only one online vote per e-mail address is allowed.

You must click the link on the validation e-mail for your vote to register.

Only one text vote per phone number is allowed.

Thank you for your support. Without it, we simply cannot survive.

**Voting closes on Friday 1<sup>st</sup> November 2013**

## Active Ageing Festival— Wednesday 9th October

A number of free events will take place throughout the day in Low Parks Museum; Hamilton Water Palace; and Hamilton Town House. Free shuttle buses will run between each venue. Reminiscence Kits; Beauty Treatments; Dancing; Health Checks; Swim Activities; Music Memories; Tai Chi; and much more.

[www.forward-at-50.org.uk](http://www.forward-at-50.org.uk)

**Seniors Together: 01698 454105**

*You don't stop having fun because you grow old; you grow old because you stop having fun!*

## Couldn't Care Less - The Play

*"Elspeth comes and goes through windows into another world. Her school of dance lies empty. The doctors say it's Alzheimer's. Elspeth and her daughter Lilly embark on a journey of frustration, humour and ultimately love as Lilly learns to dance with the person who is, not the mother who was."*



Inspired by the experiences of carers, **Couldn't Care Less** is a dark, surreal, funny and moving story of two women whose lives are disappearing."

On **Tuesday 15th October** and **Wednesday 16th October 2013** at 8pm in **The Arts Centre**, Old Coach Road, East Kilbride. Tickets are available at £7 each from the Arts Centre: **01355 261000** or online: **www.sllcboxoffice.co.uk**

If you can't manage to attend the play but would like to see it, and you have a high-speed internet connection, there will be a live streaming of the performance on Friday 18th October 2013 at 8pm from the following website: **www.couldntcarelesstheplay.wordpress.com**

## Advertising Opportunity

Our bus tours East Kilbride at least twice-daily Mon-Sat inclusive and also goes on over 260 trips per annum. It travels over 16,000 miles p.a. and into streets where advertising is difficult to reach, from Callander to Troon and many places between.

*Consider an economical way of advertising and supporting charity at the same time.*

Call us to find out more, or look for details on our website: **www.dementiacarers.co.uk**

Check us out on the web

**www.dementiacarers.co.uk**

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facebook please Like us!

EK Dementia Carers Group

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Fax: 01355 244407

info@dementiacarers.co.uk

## Making

### a Difference

A number of people kindly support us by **monthly standing order**.

This support is invaluable, as it allows us to project income and plan ahead with our care. To those who support us in this way, a special **THANK YOU**.

Can you consider supporting us by standing order, making a one-off donation, or organising an event? We would love to hear from you.

*We need to fund-raise at least £40,000 this year to carry on providing a much needed service.*

*We do NOT pay fundraisers and our directors take NO expenses whatsoever.*



Free Car / Window Stickers

Newsletter sponsored by David Urquhart Travel

08448 717 717

