



PINE PATTEN



Issue 24
November 2018

Charity
Partner
of M&S
EK Town
Centre

TSB
East Kilbride
Charity of
the Year

NEW CARE STANDARDS
From April 2018, The National Care Standards for Support Services and Care-Homes were replaced by one combined set of standards:
"Health and Social Care Standards. My support, my life."
Anyone wishing a copy of the new standards can pick up a paper copy from our office or download a copy from our website.
www.dementia-carers.co.uk

EK Dementia Carers Group Christmas Draw

Drawn on Wednesday
12th December 2018

CHRISTMAS PRIZE DRAW

Tickets now available.
Can you sell a book?

Tickets: £2 each or three for £5

Many Great Prizes, Including:

- Christmas Jumpers
- Xmas Goodies
- Christmas Hamper
- Gift Sets
- Gift Vouchers
- Wine & Spirits

In aid of EK DEMENTIA CARERS GROUP
www.dementiacarers.co.uk

Charity No: SC018844 Company No: SC377236 Phone: 01355 244123

Bag-Pack Opportunity

Can you help us raise funds for a new mini-bus?

Almost there... £10,000 still needed! Can you spare just one or two hours?

Sainsbury's Kingsgate

Bagpack

Sunday 16th December

10^{am} - 4^{pm}

In aid of **EK Dementia Carers**

PROUD TO SUPPORT
East Kilbride's ONLY voluntary dementia day-care provider
www.dementiacarers.co.uk 01355 244123

HELP NEEDED URGENTLY

A great opportunity to raise funds for Dementia care in EK ... but only possible if we can get enough **VOLUNTEERS!**

Can you spare an hour or two to help?
01355 244123 info@dementiacarers.co.uk

VOLUNTEERS
making a
difference
in the lives
of others

We are run **by** the local community **to serve** the local community... thanks to the **support of** the local community.

We are looking to recruit enthusiastic volunteers to join our Management Committee and help us continue to be at the forefront of dementia care.

If you or anyone you know has experience of business management, accountancy, fund raising, or if you have a caring attitude and can spare a few hours per month, you can help.

At Pine, we like to think of ourselves as a "Co-operative of care and compassion".

Co-operatives only work when everyone plays their part. Do you have a part to play? New Year. New you?

Volunteer opportunities:

- Care-worker
- Committee Member
- Fundraiser
- Minibus Driver
- Gardener

We'd love to hear from you!

East Kilbride & District
DEMANTIA CARERS GROUP
 169 Pine Crescent, Greenhills, East Kilbride, G75 9HJ
 Charity No: SC018844 Company No: SC377236
 Tel: 01355 244123 Mobile: 07919 36 77 90/1
 Fax: 01355 244407 Email: info@dementiacarers.co.uk
 Follow us on Facebook: EK Dementia Carers Group
 www.dementiacarers.co.uk



Finding Scotland's Real Heroes - Carer of the Year

Carers Support Group

First Tuesday in the month, 7pm - 9pm

Do you care for someone with dementia?
 Would you like some advice, support and the chance to meet fellow carers?

Come and have a cuppa and a chat!



Dates for 2019

2019	January - off	July 2 nd
	February 5 th	August 6 th
	March 5 th	September 3 rd
	April 2 nd	October 1 st
	May 7 th	November 5 th
	June 4 th	December 3 rd

Meetings are held in our daycare centre at the above address. They are relaxed, informal, and open to anyone who would benefit from attending. Transport can usually be provided to and from the meetings upon request. Meetings commence at 7.00pm, and generally end around 9.00pm, but carers are free to come and go as their needs dictate. Some months feature guest speakers. June and December are Socials with a BBQ and Cheese & Wine respectively. Phone or check Facebook/Website for details. Complimentary tea/coffee and sandwiches are generally served at meetings. Please feel free to contact us if you would like further information.

Our Ref: co/carers/supgrp/19 programme

Carers' Support Group

Meetings are open to anyone who feels that they would benefit from attending.

They have a dual purpose of providing support and information to carers. Social evenings are also part of our programme, including a barbeque and a cheese & wine evening.

The Carers' Support Group offers a time to share experiences and concerns with other carers, providing mutual help and support. It provides an opportunity to ask questions of other people who can relate to the unique pressures of being a carer.

It is also a forum for Carers to feedback ideas and suggestions to our Management Committee, which was itself originally formed by carers.

Statistics

In total, an estimated 850,000 people in the UK have dementia.

There will be over one million people with dementia in the UK by 2025.

This will soar to about two million by 2051. (www.alzheimers.org.uk, July 2017)

It is estimated that there are 90,000 people in Scotland with dementia, (3,200 under 65) and that the figure is expected to double in just one generation.



E.K. Memory Café

The Village Centre

(opposite Village Theatre)

12 Maxwell Drive, Village, East Kilbride, G74 4HG

Second Wednesday in the month: 1pm - 3pm

Do you have memory difficulties?
 Do you care for someone with dementia?
 Would you like some advice and support?

Come and have a cuppa and a chat!



Dates for 2019

*Music Therapy

2019	January 9 th	July 10 th
	February 13 th	August 14 th
	March 13 th	September 11 th
	April 10 th	October 9 th
	May 8 th	November 13 th
	June 12 th	December 11 th

For more information contact:
 Anna Clements, Dementia Advisor for South Lanarkshire
 Tel: 01698 539786 email: AClements@Alzscot.org
 or
 Brian Doig or Donna Liddiard - EK Dementia Carers Group
 Tel: 01355 244123 email: info@dementiacarers.co.uk

Memory Café

Suitable for carers to attend either on their own or with the person being cared for.

Find out about care and support in the area, or just enjoy a chat and a cuppa with fellow carers.

Health Care professionals, dementia advisers and Support Workers will be on hand, and people can either sit together with their loved ones over a cuppa, or split for individual support and/or activities.

Can you help?

If you would 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 fundraise £50,000 this year to carry on providing a service.

Check us out on the web

www.dementiacarers.co.uk

Charity no: SC018844

Company no: SC377236

facebook please Like us!

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