



# PINE PATTEN



Issue 25  
Winter 2019

Charity  
Partner  
of M&S  
EK Town  
Centre

**TSB**  
East Kilbride  
Charity of  
the Year

Charity  
Partner  
of  
South  
Lanarkshire  
College



Do you have  
any  
comments  
on this  
edition or  
suggestions  
for our next  
issue of Pine  
Patten?

**EK Dementia Carers Group Christmas Draw**

Drawn on Monday  
9th December 2019

**CHRISTMAS PRIZE DRAW**

Tickets now available.  
Can you sell a book?

Tickets: £2 each

Many Great Prizes, Including:

- Glenn Miller Orchestra Tickets for Concert Hall 3pm Dec 28th (Donated in memory of Pat Lindsay)
- Christmas Jumpers
- Xmas Goodies
- Gift Vouchers
- Christmas Hamper
- Gift Sets
- £50 Cash Prize
- Wine & Spirits

In aid of EK DEMENTIA CARERS GROUP  
[www.dementiacarers.co.uk](http://www.dementiacarers.co.uk)

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

**Christmas Raffle**  
Can you sell some books?  
Would you like some tickets?  
Can you donate a prize?

**Sainsbury's Olympia**  
**East Kilbride Town Centre**

~~~~~ Backpack ~~~~~

**Friday 20<sup>th</sup> December**  
**Saturday 21<sup>st</sup> December**  
10<sup>am</sup> - 6<sup>pm</sup>

In aid of **EK Dementia Carers**

**PROUD TO SUPPORT**  
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](mailto:info@dementiacarers.co.uk)

★★★★★ 'SUBLIME' MAVERICK MAGAZINE  
★★★★★ 'REALLY SPECIAL' RSN MAGAZINE  
★★★★★ 'FOLK & COUNTRY COMBINED PERFECTLY' DAILY EXPRESS  
★★★★★ 'AN ASTONISHINGLY GOOD SONGWRITER' AMERICANA UK

**NORRIE McCulloch**  
Live at  
**- THE SPACE -**  
257 LONDON ROAD, GLASGOW G40 1PE  
(corner of London Road and Bain Street)

**FRIDAY 28TH FEBRUARY 2020**

Tickets: By Donation to the charity (£10 suggested)  
Book in advance - Call: 01355 244 123  
Cafe open from 6pm - Music starts 7:30pm | BYOB - (corkage applies)

Gig in aid of EK Dementia Carers Group  
[www.dementiacarers.co.uk](http://www.dementiacarers.co.uk)

Charity No: SC018844 Company No: SC377236

**Norrie McCulloch**  
Fundraising gig. See above.  
Friday 28th February 2020  
Book your ticket NOW!

**[www.dementiacarers.co.uk](http://www.dementiacarers.co.uk)**

Website Home Page includes

- Our Services
- Support Group Dates
- Memory Café Dates
- Forthcoming Events
- Volunteer Opportunities
- Policies & Procedures
- Dementia Info Sheet
- Advice for Carers
- Newsletters
- Health & Care Standards
- Inspection Reports
- CI Complaints Procedure
- Meet the Committee
- Meet the Staff
- Range of Info Sheets
- Make a Donation

East Kilbride & District  
**DEMENTIA 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 E-mail: 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 2020

|             |                          |                              |
|-------------|--------------------------|------------------------------|
| <b>2020</b> | January 7 <sup>th</sup>  | July 7 <sup>th</sup>         |
|             | February 4 <sup>th</sup> | August 4 <sup>th</sup>       |
|             | March 3 <sup>rd</sup>    | September 1 <sup>st</sup>    |
|             | April 7 <sup>th</sup>    | October 6 <sup>th</sup>      |
|             | May 5 <sup>th</sup>      | November 3 <sup>rd</sup>     |
|             | June 2 <sup>nd</sup> BBQ | December 1 <sup>st</sup> BBQ |

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: car/carers/supgr/20 programme



## ~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 2020

\*Music Therapy

|             |                           |                           |
|-------------|---------------------------|---------------------------|
| <b>2020</b> | January 8 <sup>th</sup>   | July 8 <sup>th</sup>      |
|             | February 12 <sup>th</sup> | August 12 <sup>th</sup>   |
|             | March 11 <sup>th</sup>    | September 9 <sup>th</sup> |
|             | April 8 <sup>th</sup>     | October 14 <sup>th</sup>  |
|             | May 13 <sup>th</sup>      | November 11 <sup>th</sup> |
|             | June 10 <sup>th</sup>     | December 9 <sup>th</sup>  |

For more information contact:  
 Chris Kelly, Dementia Advisor for South Lanarkshire  
 Tel: 07827 309 081 email: CKelly@Alzscot.org  
 or  
 Donna Liddiard, EK Dementia Carers Group  
 Tel: 01355 244123 email: info@dementiacarers.co.uk

## 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.

## 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.

## 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, Nov 2019)

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.

## 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** £57,000 this year to carry on providing a service.

Check us out on the web

[www.dementiacarers.co.uk](http://www.dementiacarers.co.uk)

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Charity no: SC018844

Company no: SC377236

facebook please Like us!

EK Dementia Carers Group



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EK Dementia Carers — Supported by [www.ekcreditunion.co.uk](http://www.ekcreditunion.co.uk)