

East Kilbride & District

DEMENTIA CARERS GROUP

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EK Dementia Carers Group

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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 2017

January - *off*

February 7th

March 7th

April 4th

May 2nd

June 6th 

July 4th

August 1st

September 5th

October 3rd

November 7th

December 5th 

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.