

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 2019

2019

January - *off*

February 5th

March 5th

April 2nd

May 7th

June 4th 

July 2nd

August 6th

September 3rd

October 1st

November 5th

December 3rd 

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: cor/carers/supgrp/19 programme