

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 2020

**2020**

**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>**



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.