

South Ayrshire Nurture Through Nature



**Alzheimer
Scotland**
Action on Dementia

To book a place please contact:

prudge@alzscot.org or call 07788253234
lrobertson@alzscot.org or call 07585331946

Gathering in the beautiful grounds of Auchincruive and facilitated by qualified outdoor instructors we will spend time together engaging with nature and each other. With activities such as wildlife surveys, wood carving, nature ID, wild food gathering, wild tea tasting and nature crafting.

Come and have fun together, destress through the therapeutic benefits of nature and learn new skills and hobbies or rediscover old ones- we can't wait to welcome you!

When? The 3rd Wed of the month 11:00am-12:30pm

Where? The nearest postcode is KA6 5AE. From Whittlets Roundabout drive along the B743 towards Mossblown, turn right at the second turning into Auchincruive Estate located about 2 miles past the sign for MCD Timbers (avoid the first turning into the estate saying 'Allanvale Auchincruive Estate' as there will be a barrier up within the estate). As you enter via the Nellies Gate Entrance off B743 your car park is signposted after 100metres 'Garden Lecture Rooms' on the left. There is disabled parking if you continue down the hill, outside the River garden café.

Cost? A suggested donation of £5 per person would be appreciated

Additional Info

Please come dressed appropriately for the weather with sturdy footwear.



Our support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland South Ayrshire please consider donating via our Justgiving page:

<https://www.justgiving.com/fundraising/alzheimer-scotland-east-south-ayrshire>

