

## South Ayrshire Activities & Events in May 2023

### Covid guidance

Please do not attend our groups if you are feeling unwell.

Any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate.

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

Dates & Times	Activity	Venue	Contact Details
Mon 1 <sup>st</sup> May 14.00-15.00	<b>Carer support group</b>	Tesco Community Space, Ayr	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>
Tues 2 <sup>nd</sup> May 10.30-11.30 11.30-12.30	<b>Troon Esplanade Walk</b>  <b>Coffee and Chat</b>	Troon Kiosk  South Beach Hotel, Troon	Pam 07788253234  <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Weds 3 <sup>rd</sup> May 11.00-12.00	<b>Ayr Pace Setters (Health Walk – approx. 2 miles)</b>	Ayr Beach Blackburn Dv Ayr	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Tues 9 <sup>th</sup> May 10.30-11.30 11.30-12.30	<b>Troon Esplanade Walk</b>  <b>Coffee and Chat</b>	Troon Kiosk  South Beach Hotel, Troon	Pam 07788253234  <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Wed 10 <sup>th</sup> May 13.30 – 15.00	<b>Allotment Group</b> <i>*Booking required</i>	Troon Allotments Fullerton Woods Troon	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>

Thurs 11 <sup>th</sup> May 11.00- 12.00	<b>Tea &amp; Blether</b>	Tesco Community Space, Ayr	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Tues 16 <sup>th</sup> May 10.30-11.30  11.30-12.30	<b>Troon Esplanade Walk</b>  <b>Coffee and Chat</b>	Troon Kiosk  South Beach Hotel, Troon	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Weds 17 <sup>th</sup> May 11.00 – 12.30	<b>*NEW GROUP*</b> <b>Nurture through Nature</b>	Auchincruive Ayr	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>  Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Mon 22 <sup>nd</sup> May 13.00-15.00	<b>Dementia Advisor Drop In</b>	The Book and Bun Newmarket Street Ayr	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>
Tues 23 <sup>rd</sup> May 10.30-11.30  11.30-12.30	<b>Troon Esplanade Walk</b>  <b>Coffee and Chat</b>	Troon Kiosk  South Beach Hotel, Troon	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Thurs 25 <sup>th</sup> May 10.30 – 12.30	<b>Dementia Advisor Drop In</b>	Tesco Community Space, Ayr	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>
Tues 30 <sup>th</sup> May  10.00 – 12.30pm	<b>*NEW GROUP VENUE*</b>  <b>Dementia Awareness Week</b> <b>Tea &amp; Blether!</b>  As part of our activities for Dementia Awareness Week, come and join us for tea/coffee/cake – and more!	Millrock Court North Shore Road Troon KA10 6RP  <b>Free parking available</b> at North Shore Road Car Park.	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>  Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Tues 30 <sup>th</sup> May 14.00 – 15.30pm	<b>Music &amp; More</b>	St Quivox Church Prestwick	Pam 07788253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>

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

**There are many ways to support our groups, please speak to any member of staff detailed above for more details.**

**To make a donation, please consider donating to our local Just Giving page.**

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

**Or by putting money in our donation tins when you attend any of our groups.**

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no, SC022315