

# What's on



## October 2023 – South Ayrshire

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 contact details are below.

In Person Group		
Mon 2 <sup>nd</sup> Oct	<b>Carer Support Group</b> Tesco Community Space, Whitletts Rd. AYR A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 3 <sup>rd</sup> Oct	<b>Tuesdays at Millrock, North Shore stroll and Light Lunch</b> <b>Booking for lunch required in advance</b> Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)/light lunch. Suggested lunch donation £5 pp	10.00am – 13.00pm
Wed 4 <sup>th</sup> Oct	<b>*NEW GROUP*</b> <b>The Garden Club</b> Sandhill Gardens, Central Ave. Troon INDOOR garden activities such as harvesting seeds, propagating cuttings, bulb planting and seasonal 'green-fingered' crafts. <b>*Booking required</b>	13.30pm – 15.00pm
Thurs 5 <sup>th</sup> Oct	<b>Coffee Catch Up</b> <b>Whitletts Court, Ayr</b> A place to come for a cuppa and chat (Advisable to book a place due to limited space)	11.00am – 12.00noon
Mon 9 <sup>th</sup> Oct	<b>Memory Cafe</b> Portland church, Troon Tea/coffee/cake This month will include a talk from Jack from SP Energy.	13.30pm – 15.00pm
Tues 10 <sup>th</sup> Oct	<b>Tuesdays at Millrock and North Shore Stroll</b> Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)	10.00am – 13.00pm
Thur 12 <sup>th</sup> Oct	<b>*NEW GROUP*</b> <b>The Art Room</b> <b>*Please note*</b> this is <b>not</b> a teaching class, but a place for finding relaxation, engaging with activities such as drawing, colouring, painting and using other materials.	11.00am – 12.00pm

Mon 16 <sup>th</sup> Oct	<b>Carer Support Group</b> Tesco Community Space, Whitletts Rd. AYR A place for carers to chat and get advice in a safe and supportive environment	14.00pm – 15.00pm
Tuesday 17 <sup>th</sup> Oct	<b>Tuesdays at Millrock and North Shore Stroll</b> Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)	10.00am – 13.00pm
Wed 18 <sup>th</sup> Oct	<b>Nurture through Nature</b> Auchincruive, Ayr <b>Fully booked</b>	11.00am – 12.30pm
Tues 24 <sup>th</sup> Oct	<b>Tuesdays at Millrock and North Shore Stroll</b> Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)	10.00am – 13.00pm
Thurs 26 <sup>th</sup> Oct	<b>Dementia Advisor Drop In</b> <b>Book &amp; Bun</b> <b>Newmarket St. Ayr</b> A place for 1:1 information and advice with the Dementia Advisor.	10.00am – 12.00noon
Tues 31 <sup>st</sup> Oct	<b>Tuesdays at Millrock and North Shore Stroll</b> Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)	10.00am – 13.00pm
	<b>Music and More</b> St Quivox Church Hall, Prestwick Music & Singing led by the talented Aimee Penman on vocals, keyboard/ukelele.	14.00 – 15.30pm

Contact details for groups:

**Carer Support Group / Dementia Advisor Drop In / Memory Cafe**

Email: [LRobertson@Aalzscot.org](mailto:LRobertson@Aalzscot.org) Tel: 07585331946

**Tuesdays at Millrock / / Music & More / Auchincruive/ The Art Room / The Garden Club**

Email: [PRudge@alzscot.org](mailto:PRudge@alzscot.org) Tel: 07788253234

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>



24 HOUR  
Dementia  
**Helpline**

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)