

# What's on



## May 2024 – 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		
Wed 1 <sup>st</sup> May	<b>*NEW*</b> Carer Education week 1 – the first of a 4-session block of Carer Education running throughout May & June The Carer's Centre, Ayr Please contact Louise to book a place.	13.00pm – 15.00pm
Tues 7 <sup>th</sup> May	<b>Tuesdays at Millrock &amp; Light Lunch</b> Millrock Court, Troon Tea/coffee/chat (short stroll along North Shore, staff and weather permitting) <b>*Booking required for lunch – limited numbers*</b> A suggested donation of £5pp towards lunch would be appreciated	10.30am – 13.00pm
Wed 8 <sup>th</sup> May	<b>Carer Education Class</b> the second of a 4-session block of Carer Education running throughout May & June The Carer's Centre, Ayr Please contact Louise to book a place.	13.00pm – 15.00pm
Thurs 9 <sup>th</sup> May	<b>The Art Room</b> Whitlett's Court, Ayr A relaxing time of drawing, colouring, painting and craft. (Please contact Pam to book a place)	10.30am – 12.00noon
Tues 14 May	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Wed 15 <sup>th</sup> May	<b>*NEW*</b> <b>Nurture through Nature</b> Auchincruive, Ayr *Limited places booking required.	11.00am – 12.30pm
Mon 20 May	<b>Carer Support Group</b> Tesco Community Space, Ayr A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm

Tues 21 May	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Wed 22 <sup>nd</sup> May	<b>Carer Education Class</b> the third of a 4-session block of Carer Education running throughout May & June. The Carer's Centre, Ayr Please contact Louise to book a place	13.00pm – 15.00pm
Tues 28 <sup>th</sup> May	<b>*Tea &amp; Blether*</b> <b>Dementia Awareness Week Fundraising event</b> South Beach Hotel, Troon Booking required.	10.30am – 12.30pm
	<b>Music and More</b> St Quivox Church hall, Prestwick Live music and singing led by the talented Aimee Penman on keyboard, vocals and ukelele.	14.00pm – 15.30pm
Wed 29 <sup>th</sup> May	<b>Memory Café</b> The café is a friendly environment where you can meet others who may be in a similar situation. Chat with knowledgeable health professionals and access information about dementia.  Boyle Court Community Room, Girvan, KA26 9ED	10.00am – 11.30pm
Thur 30 <sup>th</sup> May	<b>Dementia Advisor Drop In</b> Carer Centre, Ayr A place for information and advice with our Dementia Advisor, Louise	10.00am – 12.00noon

Contact details for groups:

**Carer Support Group / Dementia Advisor Drop In / Dementia Café / Carer Education**  
Email: [LRobertson@alzscot.org](mailto:LRobertson@alzscot.org) Tel: 07585331946

**Tuesdays at Millrock / Music & More / The Art Room / Dementia Cafe**  
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>

