

What's on

August 2024 – South Ayrshire



**Alzheimer
Scotland**
Action on Dementia

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		
Tues 6 th Aug	Tuesdays at Millrock & Light Lunch Millrock Court, Troon, KA10 6RP Tea/coffee/chat (Booking for lunch required)	10.30am – 13.00pm
Thur 8 th Aug	The Art Room – Art & Craft Group Whitlett's Court, Ayr, KA8 0LH A relaxing time of drawing, colouring, painting and craft. All materials provided. No experience needed.	10.30am – 12.00noon
Tues 13 th Aug	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Wed 14 th Aug	*NEW* Lunch & Relaxed Bowling Howie Bowling Club, Prestwick, KA9 1PN Buffet lunch followed by time of relaxed bowls on the Green, no previous experience necessary. (Booking required, limited places)	12.00noon – 14.00pm
Mon 19 th Aug	Carer Support Group Tesco Community Space, Ayr A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 20 th Aug	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Wed 21 st Aug	Nurture through Nature Auchincruive, Ayr (Booking required limited places).	11.00am – 12.30pm

Tues 27 th Aug	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
	Music and More St Quivox Church hall, Prestwick Live music and singing led by the talented Aimee Penman on keyboard, vocals and ukelele.	14.00pm – 15.30pm
Weds 28 th Aug	Memory Café Boyle Court Community Room, Girvan, KA26 9ED 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.	10.00am – 11.30pm

Contact details for groups:

Carer Support Group / Dementia Café / Nurture through Nature / Howie Bowling
Email: LRobertson@alzscot.org Tel: 07585331946

Tuesdays at Millrock / Music & More / The Art Room / Dementia Café / Nurture through
Nature / Howie Bowling
Email: 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>

