

What's on

December 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 nd Dec	Carer Chat & Well Being Please contact Louise if planning to attend as there has been a change of room for this month. Tesco, Whitletts Rd, Ayr	14.00pm – 15.30pm
Tues 3 rd Dec	Wreath Making (fully booked) The Clock Tower, Auchincruive, Ayr	11.00am – 13.00pm
Weds 4 th Dec	Wednesdays at Morrison Gardens Morrison Gardens Sheltered Housing Complex, Ayr Tea/coffee/chat	10.30am – 12.00noon
Tues 10 th Dec	Tuesdays at Millrock Christmas Light Lunch and Festive Fun! Booking for lunch required in advance – limited spaces. Suggested donation of £5 per person for lunch Millrock Court, Barassie, Troon	10.30am – 13.00pm
Tues 10 th Dec	Music & More Christmas! with Aimee Penman and Coast Harmony choir St Quivox church, Prestwick	*Please note later time* 14.30pm – 16.00pm
Wed 11 th Dec	Wednesdays at Morrison Gardens Christmas Light Lunch and Festive Fun! Booking for lunch required in advance – limited spaces Suggested donation of £5 per person for lunch Morrison Gardens Sheltered Housing Complex, Ayr	10.30am – 13.00pm
Tues 17 th Dec	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/mince pies	10.30am – 12.00noon

Wed 18 th Dec	Wednesdays at Morrison Gardens Morrison Gardens Sheltered Housing Complex, Ayr Tea/coffee/ mince pies	10.30am – 12.00noon
Wed 18 th Dec	Memory Café 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 – 11.30am

Contact details for groups:

Email: PRudge@alzscot.org Tel: 07788253234

Email: LRobertson@alzscot.org Tel: 07585331946

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>



Wishing you a very Happy Christmas!
Louise and Pam

