



Contact us

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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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.

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The Sessions

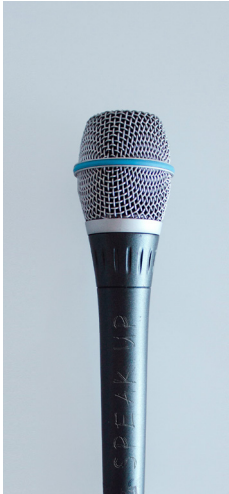
Kilmarnock Dementia
Resource Centre



Lingo Flamingo

2nd & 4th Tuesday of the month, 10am - 12pm

This is a fantastically interactive and accessible way to learn foreign languages and so much more... we have partnered with Lingo and their fabulous tutors over many sessions to great acclaim from all who have participated. The programme covers a country's culture, it's cuisine, it's music and it's geography as well as taking you through the basics of how to parliamo!!



Sounds Good, Feels Good

1st & 3rd Tuesday of the month, 10am-12pm

Music will always be a very powerful tool to prompt memories and social interaction, we also believe that everybody has a voice and that by creating a vocal group we can use music to it's full effect! Kate will help you to 'liberate your voice' using breathing exercises and sound to help you focus on the joy of singing. There's time to reflect on the lyrics being sung, and what personal meaning they have too.



Physical Friday

Every Friday, 9.30am-1.30pm

No, we're not pole-vaulting or digging a sand pit for the long jump, but there will be some gentle exercise involved - Otago, swimming, bowls and some hearty walks in Killie's many parks followed by a guid bowl of soup and quality sarnies. We also hope to hear stories of sporting prowess (true or exaggerated) in amongst the blether.



Stop Acting Up!

1st & 3rd Monday of the month, 12.30pm-2.30pm

We've created a choir and a ukulele band, now we want an acting company too, so have teamed up with Nikki and her team from Livewire Theatre to offer an opportunity for you to recreate classic scenes from stage and screen, improvise on themes as diverse as classic musicals and The 2 Ronnies, and possibly get your big break in Hollywood, or, even better, panto at the Palace!!



Moving On Up!

1st & 3rd Wednesday of the month, 10.30am-12.30pm

With a combination of Zumba, Otago, Yoga and stretching exercises, this is an invigorating session for all levels, in an accessible and social environment that will keep you stimulated. Trained instructors will tailor the group to individuals' needs and ensure you get the best outcome.

A 4 hour session is priced at £20, a 2 hour at £10, both include a lunch, copious teas, coffees and biscuits. SDS payments can be used and we can invoice if required. A referral form must be completed for each participant and is available on request. Like our other groups, no personal care is included, and attendees should be able to attend independently. A personal carer/assistant will not be charged.

Contact the Dementia Resource Centre on 01563 542621 or email jbaird@alzscot.org for details and to book