

## Activities & Events Spring/Summer 2022

Some of our 'In person' groups must be booked in advance. Please contact Pam for further details.

Dates & Times	Activity	Contact Details
Mondays (1 <sup>st</sup> & 3 <sup>rd</sup> of the month) 2.00pm – 3.00pm	<b>Carer support group</b> Tesco Community Space, Ayr	Louise 07585 331946 <a href="mailto:LRobertson@Alzscot.org">LRobertson@Alzscot.org</a>
Every Tuesday 10.30am-11.30am	<b>Troon Esplanade Walk (Booking essential)</b> A gentle stroll along the Esplanade at Troon	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Every Tuesday 11.30am – 12.30pm	<b>Coffee and Chat</b> South Beach Hotel, Troon	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Last Tuesday of the month 2.00pm – 3.30pm	<b>Music &amp; More / Coffee and Chat</b> St Quivox church, Prestwick	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
First Wednesday of the month 11.00 – 12.00noon	<b>Ayr Walk (Booking essential)</b> Ayr Promenade/Rozelle/Belleisle	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Wednesday 1.30pm-2.30pm 1 session per month	<b>Sketch and Paint – (online)</b> With Dementia Arts Trust <b>(contact Pam for dates)</b>	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>

Wednesdays 2.00pm – 3.00pm Two sessions per month	<b>Gardening group (Pre booked sessions)</b> DFT&V Troon Allotment	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Thursdays (1 <sup>st</sup> & 3 <sup>rd</sup> of the month) 11.00am – 12.00pm	<b>Music &amp; More (online)</b> Music and singing with Aimee Penman	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>
Thursdays (2 <sup>nd</sup> & 4 <sup>th</sup> of the month) 11.00am – 12.00pm	<b>Coffee and Chat</b> Tesco Community Space, Ayr	Pam 07788 253234 <a href="mailto:PRudge@Alzscot.org">PRudge@Alzscot.org</a>

Our activities are only possible due to the commitment of our volunteers and the donations we gratefully receive. Every pound helps us to continue to offer our online and face to face groups and activities. Thank you.

**Suggested donation £3.00**

Our support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland South Highland please consider donating via our Justgiving page:

<https://www.justgiving.com/fundraising/alzheimer-scotland-east-south-ayrshire>



## More about our activities

### Monday groups

**Carer Support Group** – open to people caring for a person with dementia at home and in long term care. Join us for a cuppa and meet other people in similar situations. 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month. 2.00-3.00pm, Ayr.

### Tuesday Groups

**Troon Walking Group** – open to people living with dementia and their carers, every Tuesday 10.30-11.30am. A gentle stroll along the Esplanade in Troon. Booking essential.

**Coffee and Chat, South Beach Hotel, Troon** – open to people living with dementia and carers. A time to catch up over a cuppa and make new friends. Every Tuesday 11.30am -12.30pm

**Music & More / Coffee & Chat** – open to people living with dementia and carers. Join us for a trip down musical memory lane for some singing with Aimee Penman, fun quizzes, sharing your music favourites and having a boogie. Friendship and support over a cuppa. 2.00 – 3.30pm. Last Tuesday in the month. Prestwick.

### Wednesday Groups

**Ayr walk** – A gentle stroll in various locations around Ayr. Booking essential.

**Sketch & Paint** – **\*online\*** Instructor led art session, creating a pre-designed artwork via easy-to-follow stages. No previous experience required. Open to people with dementia and Carers. Tuition and materials provided free by the Dementia Arts Trust. Once a month – contact Pam for dates.

**Gardening Group** – This group is for people living with dementia and carers. A relaxed and guided session of weeding, planting and pottering in the allotment. No previous gardening knowledge necessary. Wednesdays 2.00pm – 3.00pm, twice per month in blocks of six sessions – advance booking necessary. Troon.

### Thursday Groups

**Coffee and Chat** – This group is for people living with dementia and carers. 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month, 11.00am – 12.00, Ayr.

**Music and More** - **\*online\*** Sing-Along session with musician Aimee Penman. Different theme every week; Country, Musicals, etc. Interactive vocal exercises. Interlude: Quiz, videos, discussion. 1st and 3rd Thursdays of the month—11.00 –12.00.

