

Activities & Events Spring/Summer 2022

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

Dates & Times	Activity	Contact Details
Mondays (1 st & 3 rd of the month) 2.00pm – 3.00pm	Carer support group Tesco Community Space, Ayr	Louise 07585 331946 LRobertson@Alzscot.org
4 th Monday of the month 1.00pm-3pm	Dementia Advisor Drop In The Book and Bun, Newmarket st, Ayr	Louise 07585 331946 LRobertson@Alzscot.org
4 th Thursday of the month 10.30am-12.30pm	Dementia Advisor Drop In Tesco Community Space, Ayr	Louise 07585 331946 LRobertson@Alzscot.org
Every Tuesday 10.30am-11.30am	Troon Esplanade Walk A gentle stroll along the Esplanade at Troon	Louise 07585 331946 LRobertson@Alzscot.org
Every Tuesday 11.30am – 12.30pm	Coffee and Chat South Beach Hotel, Troon	Louise 07585 331946 LRobertson@Alzscot.org
Last Tuesday of the month 2.00pm – 3.30pm	Music & More / Coffee and Chat St Quivox church, Prestwick	Louise 07585 331946 LRobertson@Alzscot.org
2 nd Thursday of the month 11.00 – 12.00pm	Sketch and Paint with Dementia Arts Trust Tesco Community Space, Ayr	Louise 07585 331946 LRobertson@Alzscot.org

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

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.

Dementia Advisor Drop in- information and advice from the local Dementia Advisor

Tuesday Groups

Troon Walking Group – open to people living with dementia and their carers. A gentle stroll along the Esplanade in Troon.

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.

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.

Wednesday Groups

Ayr walk – A gentle stroll in various locations around Ayr. **###Postponed###**

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. Twice per month in blocks of six sessions – advance booking necessary. Troon. **###Postponed###**

Thursday Groups

Sketch & Paint – 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.

Dementia Advisor Drop in- information and advice from the local Dementia Advisor

