

What's On Description

Football Memories and WAGs

Every Monday. 2.00—3.00pm. DRC Kilmarnock

Football reminiscence for the all. (NB. 1st Week of the month meet at Rugby Park.).
WAGs. Relaxation therapies for the Wives and Girlfriends (Carers).

Coffee & Catch-Up

Every Thursday. 11.00—1.00pm. DRC Kilmarnock

Live music every week— along with friendship, support and a chance to seek advice from professional service providers; NHS , Social Work, Therapists, Counsellors etc. Kilmarnock Dementia Resource Centre.

Open to People Living with Dementia, Family and Carers.

Art Class

Once session per Month. 2.00—3.00pm. DRC Kilmarnock (See monthly flier for dates.)

Instructor led art session, creating a pre-designed artwork via easy to follow stages. No previous experience

required. Tuition and materials provided free by the Dementia Arts Trust.

Open to People Living with Dementia, Family and Carers.

What's On Description



Tipi Project—Dean Park/DRC

Every Wednesday. 1.30—3.30pm. Dean Park, Kilmarnock

Meet at the Dean Park carpark. 1.30 Wednesdays (Booking required.)

(AT THE DEMENTIA RESOURCE CENTRE UNTIL END OF FEBRUARY)

Nature Health project led by East Ayrshire Council Park Rangers. Takes place in Dean Park woods.

Different topics weekly, ranging from foraging to bird identification. Interactive. **Suitable clothing required.**

Open to People Living with Dementia, Family and Carers.

Music & More — Cumnock

Second Tuesday of the month. 2.00—4.00pm. Cumnock Community Hospital (EACH) (See monthly flier for dates.)

Sing-Along session with live group. Followed by Coffee and Cake and a chance to speak to invited health professionals and advice agencies.

Open to People Living with Dementia, Family and Carers.

Chill & Chat — Cumnock

Fourth Tuesday of the month. 2.00—4.00pm. Cumnock Community Hospital (EACH) (See monthly flier for dates.)

A chance to try out relaxation therapies alongside a 'time-out' group run by Alzheimer Scotland Staff.

Open to People Living with Dementia, Family and Carers.