

What's on



November 2023 – North 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.

We are also here for you with a warm drink, food and company.

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 | | |
|--|---|----------------------------|
| Thurs 9 th Nov (2 nd Thurs of the month) | Talk of the Town The Vennel, East Rd, Irvine, KA12 0BQ | 13.30-14.30 |
| Thurs 16 th Nov (3 rd Thurs of the month) | Musical Memories High Kirk, Kirk Road, Beith, KA15 1EX | 14.00-15.00 |
| Tues 21 st Nov (3 rd Tues of the month) | Football Reminiscence David White Community Hub, Saltcoats, KA21 5GS | 10.30-12.00 |
| Wed 22 nd Nov (4 th Wed of the month) | Largs Drop in Largs Carer Support (Booking required for Carer Support) Cameron Centre, Lade Street, Largs, KA30 8AZ | 10.00-11.00 11.00-12.30 |
| Thurs 23 rd Nov (4 th Thurs of the month) | Carer Support Lunch Whitlees Community Centre, Carrick Place, Ardrossan, KA22 7DT (Booking Required) | 13.00-15.00 |
| Tues 28 th Nov (4 th Tues of the month) | Tea & Blether David White Community Hub, Saltcoats, KA21 5GS | 11.00-12.00 |

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online. Please contact the person listed below the activity and they will send you the link to join.

| Online Group | | |
|---|--------------|-------------|
| Thurs 2 nd Nov (1 st Thurs of the month) | Carers Cuppa | 14.00-15.00 |
| Wed 8 th Nov (2 nd Wed of the month) | Quiz | 14.00-15.00 |

Contact details for groups:

Email: lrross@alzscot.org Tel: 01294 608219 or 07879 996 367

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/>



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org