

What's on

April 2024 – South 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.

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		
Mon 1 st April	Carer Support Group Tesco Community Space, Ayr A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 2 nd April	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Thur 4 th April	Coffee Morning Whitlett's Court, Ayr A warm space to come to catch up with friends over a cuppa and a place to make new friends.	11.00am – 12.00noon
Tues 9 th April	Tuesdays at Millrock and Light Lunch Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting) *Booking required for lunch – limited numbers* A suggested £5 donation towards lunch would be appreciated.	10.30am – 13.00pm
Thur 11 th April	The Art Room Whitlett's Court, Ayr A relaxing time of drawing, colouring, painting. (Please contact Pam to book a place)	10.30am – 12.00noon
Mon 15 th April	Carer Support Group Tesco Community Space, Ayr A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 16 th April	Afternoon Tea Dance South Beach Hotel, Troon Please contact Louise for details and to book a place. LRobertson@Alzscot.org	13.00pm – 15.00pm

Tues 23 rd April	Tuesdays at Millrock – a visit from Kate Lapping (Heritage Officer South Ayrshire) Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.30pm
Wed 24 th April	Memory Café The café is a friendly environment where you can meet others who may be in a similar situation. Chat with knowledgeable health professionals and access information about dementia. Boyle Court Community Room, Girvan, KA26 9ED	10.00am – 11.30am
Tues 30 th April	Tuesdays at Millrock - a visit from Salena Riley (Library services) Millrock Court, Barassie, Troon Tea/coffee/chat Music and More St Quivox Church hall, Prestwick Live music and singing led by the talented Aimee Penman on keyboard, vocals and ukelele.	10.30am – 12.30pm 14.00pm – 15.30pm

Contact details for groups:

Carer Support Group / Dementia Advisor Drop In / Dementia Cafe

Email: LRobertson@alzscot.org Tel: 07585331946

Tuesdays at Millrock / Music & More / The Art Room / The Garden Club / Coffee Morning / Dementia Cafe

Email: PRudge@alzscot.org Tel: 07788253234

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/alzheimer-scotland-east-south-ayrshire>

