

# What's on

## May 2025 – 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		
Thurs 1 <sup>st</sup> May	<b>Allotment Group</b> Outdoor gardening activities/chat/refreshments. Fullerton Woods, Troon	10.30am – 12.00noon
Tues 6 <sup>th</sup> May	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon
Wed 7 <sup>th</sup> May	<b>Wednesdays at Morrison Gardens</b> Morrison Gardens Sheltered Housing Complex, Ayr Tea/coffee/chat plus a visit from the NHS Oral Health Team	10.30am – 12.00noon
Wed 7 <sup>th</sup> May	<b>*New Nurture through Nature (Carer group)</b> Nature based walk/activities for unpaid Carers led by TCV – the Conservation Volunteers at Ailsa Hospital, Dalmellington Rd, Ayr KA6 6AB	13.00pm – 14.30pm
Thurs 8 <sup>th</sup> May	<b>Drumming Circle</b> Tea/coffee/cakes. You don't need any experience of drumming to take part – all instruments are provided. St Quivox church, Prestwick <b>Booking required</b>	14.00pm – 15.30pm
Tues 13 <sup>th</sup> May	<b>Tuesdays at Millrock</b> Dementia Arts Trust taster session Millrock Court, Barassie, Troon <b>Booking required</b>	10.30am – 12.00noon
Weds 14 <sup>th</sup> May	<b>Wednesdays at Morrison Gardens</b> Dementia Arts Trust taster session Morrison Gardens sheltered housing complex, Ayr <b>Booking required</b>	10.30am – 12.00noon
Weds 14 <sup>th</sup> May	<b>Nurture through Nature (Carer group)</b> Nature based walk/activities for unpaid Carers led by TCV – the Conservation Volunteers Ailsa Hospital, Dalmellington Rd, Ayr KA6 6AB	13.00pm – 14.30pm
Thurs 15 <sup>th</sup> May	<b>Allotment Group</b> Outdoor gardening activities/chat/refreshments. Fullerton Woods, Troon	10.30am – 12.00noon

Tues 20 <sup>th</sup> May	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon
Weds 21 <sup>st</sup> May	<b>Wednesdays at Morrison Gardens</b> Morrison Gardens sheltered housing complex, Ayr Tea/coffee/chat	10.30am – 12.00noon
Weds 21 <sup>st</sup> May	<b>Nurture through Nature (Carer group)</b> Nature based walk/activities for unpaid Carers led by TCV – the Conservation Volunteers Ailsa Hospital, Dalmellington Rd, Ayr KA6 6AB	13.00pm – 14.30pm
Thur 22 <sup>nd</sup> May	<b>Allotment Group</b> Outdoor gardening activities/chat/refreshments. Fullerton Woods, Troon	10.30am – 12.00noon
Tues 27 <sup>th</sup> May	<b>Tuesdays at Millrock</b> Tea/coffee/chat visit from Holly Houston (Digital support officer) help/digital support Millrock Court, Barassie, Troon	10.30am – 12.00noon
Tues 27 <sup>th</sup> May	<b>Music &amp; More</b> Tea/coffee/chat followed by an afternoon of live music and singing St Quivox church, Prestwick	14.00pm – 15.30pm
Wed 28 <sup>th</sup> May	<b>Wednesdays at Morrison Gardens</b> Morrison Gardens sheltered housing complex, Ayr Tea/coffee/chat	10.30am – 12.00noon
Wed 28 <sup>th</sup> May	<b>Nurture through Nature (Carer group)</b> Nature based walk/activities for unpaid Carers led by TCV – the Conservation Volunteers Ailsa Hospital, Dalmellington Rd, Ayr KA6 6AB	13.00pm – 14.30pm
Wed 28 <sup>th</sup> May	<b>Memory Café</b> Boyle Court Community Room, Girvan, KA26 9ED A visit from the NHS Oral Heath team.	10.00am – 11.30am
Thurs 29 <sup>th</sup> May	<b>Allotment Group</b> Outdoor gardening activities/chat/refreshments. Fullerton Woods, Troon	10.30am – 12.00noon

Contact details for groups:

Email: [PRudge@alzscot.org](mailto:PRudge@alzscot.org) Tel: 07788253234  
Email: [LRobertson@alzscot.org](mailto:LRobertson@alzscot.org) Tel: 07585331946

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>

24 HOUR


**Alzheimer Scotland**  
Action on Dementia

Dementia

**Helpline**

Freephone 0808 808 3000  
 Email [helpline@alzscot.org](mailto:helpline@alzscot.org)