

# What's on



## September 2025 – Kilmarnock/East Ayrshire

Kilmarnock Brain Health and Dementia Resource Centre, 8-12 College Wynd, Kilmarnock, KA1 1N.

For further information please contact John Gray at [JohnGray@alzscot.org](mailto:JohnGray@alzscot.org) or on 07919 097681.

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. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.

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 above.

	In Person Group	
Various bookable appointments available throughout the month.	<b>Brain Health Awareness Session</b> Experience our brand-new, interactive Brain Health Awareness session. An engaging 1-hour workshop designed to help you take charge of your brain health.	Contact our Centre Manager for availability. <a href="mailto:eastayrshire@alzscot.org">eastayrshire@alzscot.org</a>
Various bookable appointments available throughout the month.	<b>Dementia Friends Training</b> Dementia friends training designed for organisations. Help create a supportive environment for individuals living with dementia by enhancing your teams understanding and skills.	Contact our Centre Manager for availability. <a href="mailto:eastayrshire@alzscot.org">eastayrshire@alzscot.org</a>
Mon 1 <sup>st</sup> Sept	WAG Chat Kilmarnock DRC 1.00pm – 2.00pm Football Memories <b>Rugby Park</b> 2.00pm – 4.00pm WAG Group Kilmarnock DRC 2.00pm – 3.00pm	
Tues 2 <sup>nd</sup> Sept	BOCCE – Carpet Bowls Kilmarnock DRC 1.00pm – 2.00pm	
Thurs 4 <sup>th</sup> Sept	Coffee Catch-Up Kilmarnock DRC 11.00am – 1.00pm	
Mon 8 <sup>th</sup> Sept	WAG Chat Kilmarnock DRC 1.00pm – 2.00pm Football Memories Kilmarnock DRC 2.00pm – 3.00pm WAG Group Kilmarnock DRC 2.00pm – 3.00pm	
Wed 10 <sup>th</sup> Sept	Tipi Project <b>Dean Park</b> 1.30pm – 3.00pm	
Thurs 11 <sup>th</sup> Sept	Coffee Catch Up Kilmarnock DRC 11.00am – 1.00pm	
Fri 12 <sup>th</sup> Sept	And relax... <b>Booking Required – Limited Numbers</b>	12.00pm - 1.00pm

Mon 15 <sup>th</sup> Sept	WAG Chat Kilmarnock DRC	1.00pm – 2.00pm
	Football Memories Kilmarnock DRC	2.00pm – 3.00pm
	WAG Group Kilmarnock DRC	2.00pm – 3.00pm
Tues 16 <sup>th</sup> Sept	Art Class Kilmarnock DRC	2.00pm – 3.00pm
	Carers Café Kilmarnock DRC	2.00pm – 3.00pm
Wed 17 <sup>th</sup> Sept	Tipi Project Dean Park	1.30pm - 3.00pm
Thurs 18 <sup>th</sup> Sept	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 19 <sup>th</sup> Sept	<b>Kilmarnock – Time for You</b> Kilmarnock DRC Time for you is a welcoming small-group session for people with Memory Problem, Mild Cognitive Impairment or Dementia, offering therapeutic activities and friendly support. Time for You is a paid service and places are limited to small groups to keep things personal. To find out more please get in touch.	11.00am – 3.00pm
Tues 23 <sup>rd</sup> Sept	Movie Morning Kilmarnock DRC	10.30am – 12.00pm
	Carers Café Kilmarnock DRC	10.30am – 12.00pm
Wed 24 <sup>th</sup> Sept	Tipi Project Dean Park	1.30pm - 3.00pm
	Supper Club - Under 65s Kilmarnock Booking Required – Limited Numbers	5.30pm – 7.30pm
Thurs 25 <sup>th</sup> Sept	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 26 <sup>th</sup> Sept	<b>Kilmarnock – Time for You</b> Kilmarnock DRC Time for you is a welcoming small-group session for people with Memory Problem, Mild Cognitive Impairment or Dementia, offering therapeutic activities and friendly support. Time for You is a paid service and places are limited to small groups to keep things personal. To find out more please get in touch.	11.00am – 3.00pm
Mon 29 <sup>th</sup> Sept	WAG Chat Kilmarnock DRC	1.00pm – 2.00pm
	Football Memories Kilmarnock DRC	2.00pm – 3.00pm
Cont...		

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/>

