

What's on



August 2023 – 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		
Tues 1 st August	Tuesdays at Millrock Millrock Court, Barassie, Troon	10.00am – 13.00pm
Wed 2 nd August	Ayr Pace Setters Health Walk – approx. 2.5 miles	11.00am – 12.00noon
Thurs 3 rd August	Carer Well Being Group 'The Local', Ayrshire housing, Main St. Ayr	11.00am – 12.00noon
Mon 7 th Aug	Carer Support Group Tesco Community Space, Whitletts Rd. AYR	14.00pm – 15.00pm
Tues 8 th Aug	Tuesdays at Millrock Millrock Court, Barassie, Troon	10.00am – 13.00pm
Wed 9 th Aug	Allotment Group Troon Allotment Society, Fullerton Woods, Troon	13.30pm – 15.00pm
Mon 14 th Aug	Memory Cafe Portland church, Troon	13.30pm – 15.00pm
Tues 15 th Aug	Tuesdays at Millrock and North Shore Stroll Millrock Court, Barassie, Troon	10.00am – 13.00pm
Wed 16 th Aug	Nurture through Nature Auchincruive, AYR Booking required	11.00am – 12.30pm
Mon 21 st Aug	Carer Support Group Tesco Community Space, Whitletts Rd. AYR	14.00pm – 15.00pm
Tuesday 22 nd Aug	Tuesdays at Millrock and North Shore stroll Millrock Court, Barassie, Troon	10.00am – 13.00pm

Wed 23 rd Aug	Allotment Group Troon Allotment Society, Fullerton Woods, Troon	13.30pm – 15.00pm
Mon 28 th Aug	Dementia Advisor Drop In Book & Bun, Newmarket St. AYR	13.00pm – 15.00pm
Tues 29 th Aug	Tuesdays at Millrock Millrock Court, Barassie, Troon	10.00am – 13.00pm
	Music and More St Quivox Church Hall, Prestwick	14.00 – 15.30pm

Contact details for groups:

Carer Well Being Group / Carer Support Group / Dementia Advisor Drop In / Memory Cafe

Email: LRobertson@Aalzscot.org Tel: 07585331946

Tuesdays at Millrock / Ayr Pace Setters / Allotment Group / Music & More / Auchincruive

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>

