

What's on

September 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		
Mon 4 th Sept	Carer Support Group Tesco Community Space, Whitletts Rd. AYR A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 5 th Sept	Tuesdays at Millrock, North Shore Stroll and Light Lunch Booking for lunch required Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting) / light lunch (Attendees pay for lunch).	10.00am – 13.00pm
Thurs 7 th Sept	*NEW GROUP* Coffee Catch Up Whitletts Court, Ayr A place to come for a cuppa and chat.	11.00am – 12.00noon
Mon 11 th Sept	Memory Cafe Portland church, Troon Tea/coffee/cake This month will include a visit/talk from a Dietician.	13.30pm – 15.00pm
Tues 12 th Sept	Tuesdays at Millrock, Tea/Coffee /North Shore Stroll. Celebrating National Honey Month Millrock Court, Barassie, Troon	10.00am – 13.00pm
Wed 13 th Sept	Allotment Group Troon Allotment Society, Fullerton Woods, Troon Harvesting any produce from the growing season. Tidying the beds for winter.	13.30pm – 15.00pm
Mon 18 th Sept	Carer Support Group Tesco Community Space, Whitletts Rd. AYR	14.00pm – 15.00pm

Tues 19 th Sept	Tuesdays at Millrock and North Shore Stroll Millrock Court, Barassie, Troon Tea/coffee/chat and opportunity for a gentle stroll (weather permitting)	10.00am – 13.00pm
Wed 20 th Sept	Nurture through Nature Auchincruive, AYR Fully Booked	11.00am – 12.30pm
Date to be confirmed Please contact Pam if interested.	*NEW GROUP* The Art Room Tesco Community Space, Ayr Awaiting confirmation Calling all artists and non artists, dreamers and believers in Art for everyone. *Please note this is not a teaching class, but a place for finding relaxation through creative techniques such as drawing, colouring, painting and using other media.	11.00am – 12.00pm
Tuesday 26 th Sept	Tuesdays at Millrock and North Shore stroll Millrock Court, Barassie, Troon	10.00am – 13.00pm
	Music and More St Quivox Church Hall, Prestwick	14.00pm – 15.30pm
Wed 27 th Sept	Allotment Group - tidying up for the end of the season – new Indoor Autumn/Winter venue coming soon! Troon Allotment Society, Fullerton Woods, Troon	13.30pm – 15.00pm
Thurs 28 th Sept	*New Day/Time* Dementia Advisor Drop In Book & Bun, Newmarket St. AYR	10.00pm – 12.00pm

Contact details for groups:

Carer Support Group / Dementia Advisor Drop In / Memory Cafe

Email: LRobertson@Aalzscot.org Tel: 07585331946

Tuesdays at Millrock / Allotment Group / Music & More / Auchincruive / Coffee Catch Up, Ayr / The Art Room

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>

24 HOUR

Dementia


**Alzheimer
Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org