



**Alzheimer
Scotland**
Action on Dementia



Dundonald

Back in Time!

Step back in time and join with us and the team at Dundonald Castle for some 'hands on' fun informative sessions. This group is open to anyone living with dementia/memory loss and their carer/family member. Each week will have a different focus with themes such as Heraldry, Mediaeval medicines, Castle Tournaments (aka draughts, dominoes etc.) and a welcome cuppa and Scone/cake! (Limited numbers - Places must be booked in advance).

Dates & times:

Thursdays 10.30am - 11.45am

Sept 19th, 26th,

Oct 3rd, 17th, 31st Nov 7th

Location:

Dundonald Castle Visitor Centre,
Winehouse Yett, Dundonald, KA2 9HD

For more information/book a place please contact:

Pam 07788 253243

PRudge@Alzscot.org

Louise 07585 331946

LRobertson@Alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with Their memory, and 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 don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ. 0131 243 1453. www.alzscot.org

