

What's on

South Ayrshire Groups



TROON

Group: 'Tuesdays at Millrock'

Where: Millrock Court Sheltered Housing complex, North Shore Rd. Troon KA10 6RP

When: Tuesday mornings 10.30am – 12.00noon

Description: Refreshments and chat along with occasional guest speakers, games, quizzes, occasional lunch. Open to People Living with Dementia, Family and Carers.

PRESTWICK

Group: 'Music and More'

Where: St Quivox Church Hall, St Quivox Rd, Prestwick, KA9 1LU

When: Last Tuesday of the month. 2.00pm – 3.30pm

Description: A Sing-Along session with live music and fun quiz. Refreshments and chat. Open to People Living with Dementia, Family and Carers.

AYR

Group: 'Wednesdays at Morrison Gardens'

Where: Morrison Gardens Sheltered Housing Complex, Craigie, Ayr KA8 0RU

When: Wednesday mornings 10.30am – 12.00noon

Description: Refreshments and chat along with occasional guest speakers, games, quizzes, or music. Open to People Living with Dementia, Family and Carers.

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AYR

Group: 'Carer well being and chat'

Where: Tesco Community space, Tesco Whitletts Rd, Ayr KA8 0QA

When: First and third Mondays of the month 2.00pm -3.30pm (see weekly emails for any changes to schedule)

Description: Refreshments and time out from your caring role. Discussions about self-care and well-being. Guided meditation and relaxation exercises. Open to Unpaid Carers.

AYR

Group: 'Carer Education Classes'

Where: Carer Gateway (formerly the Carer Centre) 43 Sandgate, Ayr KA7 1DA

When: At various times throughout the year dependent on demand. Dates as per What's On guide.

Description: A four session course designed to provide information and support to unpaid carers and family members of people living with dementia. Booking required. Open to Unpaid Carers.

GIRVAN

Group: 'Memory Café'

Where: Boyle Court Sheltered Housing Complex, Boyle Court Community Room, Girvan, KA26 9ED

When: Last Wednesday of every month. 10.00am – 11.30am

Description: The café is a friendly environment where you can meet others who may be in a similar situation. Chat with knowledgeable health professionals and access information about dementia. Open to People Living with Dementia, Family and Carers.