

# North Ayrshire Newsletter Summer 2024



The season of the year between spring and autumn when the weather is warmest, lasting from June to September north of the equator and from December to March south of the equator



## Welcome to our summer edition of the Newsletter

As summer has now arrived, we have been buying new cushions and sprucing up our garden seats and benches, buying new parasols and plants for the garden. Some of our members love planting the hanging baskets and pots.

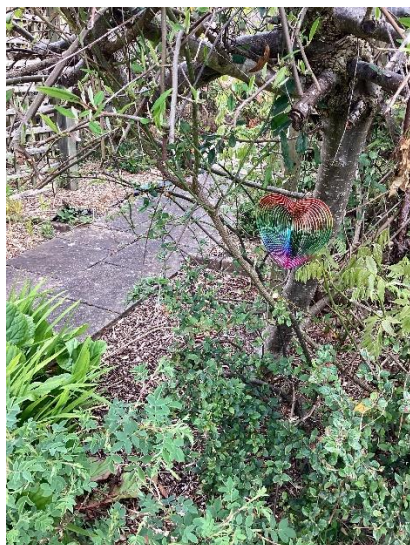
We have even managed to sit out on one day so far although some of our members still found it a bit chilly, so we came back in.

We also have a member who loves to plant vegetables and is asking for potatoes and onions to plant.

One of our members also brought in tree ornaments, which look so pretty blowing in the breeze and glinting in the sun.



I instantly feel relaxed when I am in the garden.



Address line 38 Parkhouse Road, Ardrossan  
Tel: **01294 469955** | Email: [northayrshire@alzscot.org](mailto:northayrshire@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)

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## Day Care

We have finished the refurbishment of day care, and everyone loves the new flooring, wall colours and kitchen. Everyone had a hand in choosing what we got so they all feel as if they helped. Members and staff adapted very well to being in the Rugby Club during the refurb. One quote from a member was

**I don't mind the Rugby Club, I used to work here.**

**It's been cleverly done in here, I like it.**

**Is it painted every year, it's very bright.**



## Member Illness

Can we ask that if the person you care for is sick, has a virus, or a temperature, can you please keep them off day care, this is to protect all our members and helps stop viruses spreading. In the cases of someone who is vomiting or has diarrhoea, please keep them off day care for 48 hours after their last bout of sickness or diarrhoea. We really appreciate your support on this matter.

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## Staff Changes

We have 2 new staff members join our team. Please say hello to:



Elle Burns, our new flexible support worker. Elle has been with us since January 2024. She lives in Saltcoats.



Hannah Ferguson is our new support worker. Hannah has just finished her B.A. Honors degree in Community Education at the University of the West of Scotland. Hannah is originally from the Northeast of England but now lives in Saltcoats with her dog Chino.



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## Carers Support Lunch

The carer support lunch group continues to meet the 4<sup>th</sup> Thursday of every month. The group is proving very successful. A limited choice menu of soup, sandwiches and cake for £5.00 a head plus tea/coffee. We meet 1.00pm to 3.00pm at the Whitlees Community Centre, Carrick Place, Ardrossan.

For more details or to book a place please contact Linda Ross at The Harbour Centre on 01294 608219.



## What's On Guide



July 2024 – North 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.

We are also here for you with a warm drink, food and company.

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If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know.

**Contact details for groups:**

**Email:** [northayrshire@alzscot.org](mailto:northayrshire@alzscot.org) **Telephone:** 01294 469955

In Person Group		
Tues 16 <sup>th</sup> July (3 <sup>rd</sup> Tues of the month)	Football Reminiscence David White Community Hub, Saltcoats, KA21 5GS	10.30-12.00
<b>(Summer break – starts back Sept 19<sup>th</sup>)</b>	Musical Memories High Kirk, Kirk Road, Beith, KA15 1EX	14.00-15.00
Wed 24 <sup>th</sup> July (4 <sup>th</sup> Wed of the month)	Largs Drop in Largs Carer Support <b>(Booking required for Carer Support)</b> Cameron Centre, Lade Street, Largs, KA30 8AZ	10.00-11.00 11.00-12.30
Thurs 25 <sup>h</sup> July (4 <sup>th</sup> Thurs of the month)	Carer Support Lunch Whitlees Community Centre, Carrick Place, Ardrossan, KA22 7DT <b>(Booking required for Carer Support Lunch)</b>	13.00-15.00

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online. Please contact the person listed below the activity and they will send you the link to join.

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/>





## Activities

We've had a lot of new activities at the centre, one of our staff is very busy every week coming up with new games. We have charades which everyone loved and joined in, we had people pretending to ride a bike, drink, dance, fly a plane to name a few. There was a lot of laughs, and everyone agreed they would like to do it again.

Comments about charades.

It was very good; it gave everyone a chance.

It was good fun.

We also gave the ladies facials and manicures. The ladies really appreciated it.

I love getting pampered.



Bingo always goes down well; this was a good game.



## Donations

We have received many generous donations from groups and individuals, we really appreciate every penny that people take the time to donate, whether through funeral donations, fundraisers or just because you appreciate the work we do here for a family member or friend. Every penny counts and we really appreciate your continued support.

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Family members are very generous and continue to donate to us, which is very much appreciated and very important to us.

Your donations will help us:

- Provide information and emotional support 24 hours a day, 365 days a year via our Freephone Dementia Helpline
- Welcome people with dementia, their carers and families in to our Dementia Resource Centres to meet with our staff, attend a group or meet people in similar circumstances and build new friendship groups
- Offer support to people with dementia, their carers and families through our Dementia Advisors who also go out in to local communities and provide information and advice
- Hold a wide range of innovative community led groups, like Music Memories or Walking Football
- Engage with the local community to build a wider understanding of dementia through our Dementia Friends programme
- Commit to funding research to prevent, care and cure dementia.



Thank you for supporting us.

## Dementia Advisor

To talk to a Dementia Advisor please call us on:

**0300 373 5774** (Charged at a local call rate)

The service operates during the following hours:

Monday to Friday, 9am – 5pm

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Outside these hours you will be given the option to leave your details for a call back from the National Dementia Advisor Service on the next working day, or to be connected to our 24 hour Freephone Dementia Helpline (0808 808 3000).

Email us at: [NDAS@alzscot.org](mailto:NDAS@alzscot.org)



## Follow us on Facebook

Did you know that you can find out what's going on in Ayrshire and follow our activities on our Facebook page.



<https://www.facebook.com/alzscotayrshire/>  
Please feel free to like and share our posts

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