

What's on



July 2024 – 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 1 st July	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 2 nd July	Tuesdays at Millrock & Light Lunch Millrock Court, Troon Tea/coffee/chat (Booking for lunch required)	10.30am – 13.00pm
Weds 3 rd July	Carer Education Class the first of a 4-session block of Carer Education running throughout July The Carer's Centre, Ayr	13.00pm – 15.00pm
Tues 9 th July	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.30pm
Wed 10 th July	Carer Education Class the second of a 4-session block of Carer Education running throughout July The Carer's Centre, Ayr	13.00pm – 15.00pm
Thurs 11 th July	The Art Room. – Art & Craft Group Whitlett's Court, Ayr A relaxing time of drawing, colouring, painting and craft.	10.30am – 12.00noon
Mon 15 th July	Carer Support Group Tesco Community Space, Ayr A place for carers to chat and get advice in a safe and supportive environment.	14.00pm – 15.00pm
Tues 16 th July	<i>*Please note there will be no group at Millrock court this week*</i>	
Wed 17 th July	Nurture through Nature Auchincruive, Ayr *Booking required.	11.00am – 12.30pm
Wed 17 th July	Carer Education Class the third of a 4-session block of Carer Education running throughout July The Carer's Centre, Ayr	13.00pm – 15.00pm

Tues 23 rd July	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat (Short stroll along North Shore weather/staffing permitting)	10.30am – 12.30pm
Weds 24 th July	Carer Education Class the last of a 4-session block of Carer Education running throughout July The Carer's Centre, Ayr	13.00pm – 15.00pm
Thurs 25 th July	Dementia Advisor Drop In Carer Centre, Ayr A place for information and advice with our Dementia Advisor, Louise	10.00am – 12.00noon
Tues 30 th July	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.30pm
	Music and More St Quivox Church hall, Prestwick Live music and singing led by the talented Aimee Penman on keyboard, vocals and ukelele.	14.00pm – 15.30pm
Weds 31 st July	Memory Café 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. Boyle Court Community Room, Girvan, KA26 9ED	10.00am – 11.30pm

Contact details for groups:

Carer Support Group / Dementia Advisor Drop In / Dementia Café / Carer Education
Email: LRobertson@alzscot.org Tel: 07585331946

Tuesdays at Millrock / Music & More / The Art Room / Dementia Cafe
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>

