

What's on



**Alzheimer
Scotland**
Action on Dementia

November 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		
Tues 5 th Nov	<i>Please note there will be <u>no</u> Millrock group today due to staff training.</i>	
Weds 6 th Nov	Wednesdays at Morrison Gardens 'Bonfire Special' Morrison Gardens, Ayr Join us for a Bonfire themed morning, cuppa and chat – no need to book.	10.30am – 12.00noon
Weds 6 th Nov	Carer Education Class the second of a 4-session block of Carer Education running throughout Oct/Nov. Booking required. The Carer's Centre, Ayr	13.00pm – 15.00pm
Thurs 7 th Nov	'Back in Time' A step back in time with Liz Dundonald Castle Visitor Centre, Winehouse Yett, Dundonald, KA2 9HD Booking required	10.30am – 11.45am
Tues 12 th Nov	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee & chat	10.30am – 12.00noon
Wed 13 th Nov	Wednesdays at Morrison Gardens Morrison Gardens, Ayr Tea/coffee/ chat	10.30am – 12.00noon
Wed 13 th Nov	Carer Education Class the third of a 4-session block of Carer Education running throughout Oct/Nov. Booking required. The Carer's Centre, Ayr	13.00pm – 15.00pm
Thur 14 th Nov	Art & Craft Group (final session for this year) Whitletts Court, Ayr	10.30am – 12.00noon
Tues 19 th Nov	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon

Wed 20 th Nov	Wednesdays at Morrison Gardens Morrison Gardens, Ayr Tea/coffee/chat	10.30am – 12.00noon
Wed 20 th Nov	Carer Education Class the last of a 4-session block of Carer Education running throughout Oct/Nov. Booking required. The Carer's Centre, Ayr	13.00pm – 15.00pm
Tues 26 th Nov	Tuesdays at Millrock Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon
Tues 26 th Nov	Music & More Come and join us for an afternoon of music and singing St Quivox church, Prestwick	14.00pm – 15.30pm
Weds 27 th Nov	Wednesdays at Morrison Gardens Morrison Gardens, Ayr Tea/coffee/chat and opportunity to make a Christmas card for a loved one.	10.30am – 12.00noon
Weds 27 th Nov	Dementia Café Boyle court community room, Girvan A visit from Morna (Delirium nurse)	13.00pm – 15.00pm

Contact details for groups:

Email: PRudge@alzscot.org Tel: 07788253234

Email: LRobertson@alzscot.org Tel: 07585331946

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>

