

What's on



December 2024 – Kilmarnock/East Ayrshire

Kilmarnock Brain Health and Dementia Resource Centre, 8-12 College Wynd, Kilmarnock, KA1 1N.

For further information please contact John Gray at JohnGray@alzscot.org or on 07919 097681.

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. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

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 above.

In Person Group		
Mon 2 nd Dec	WAG Chat Kilmarnock DRC	1.00pm – 2.00pm
	Football Memories Rugby Park	2.00pm – 3.00pm
	WAG Group Kilmarnock DRC	2.00pm – 3.00pm
Tues 3 rd Dec	Movie Morning Kilmarnock DRC	10.00am – 11.30am
	BOCCE – Carpet Bowls Kilmarnock DRC	12.00pm – 1.00pm
Wed 4 th Dec	Tipi Project Kilmarnock DRC	1.30pm – 3.00pm
Thurs 5 th Dec	Coffee Catch-Up Kilmarnock DRC	11.00am – 1.00pm
Mon 9 th Dec	WAG Chat Kilmarnock DRC	1.00pm – 2.00pm
	Football Memories Kilmarnock DRC	2.00pm – 3.00pm
	WAG Group Kilmarnock DRC	2.00pm – 3.00pm
Tues 10 th Dec	Movie Morning Kilmarnock DRC	10.00am – 11.30am
Wed 11 th Dec	Tipi Project Kilmarnock DRC	1.30pm – 3.00pm
Thurs 12 th Dec	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 13 th Dec	And Relax... Kilmarnock DRC	12.00pm – 1.00pm
Mon 16 th Dec	Xmas Party – Football Memories & WAG Group Only Booking Required – Limited Numbers	12.00pm – 2.30pm
Tues 17 th Dec	Movie Morning Kilmarnock DRC	10.00am – 11.30am

Cont...	Art Class Kilmarnock DRC	2.00pm – 3.00pm
	Carers Café Kilmarnock DRC Booking Required – Limited Numbers	2.00pm – 3.00pm
Wed 18 th Dec	Tipi Project Kilmarnock DRC	1.30pm - 3.00pm
Thurs 19 th Dec	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm

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/>



24 HOUR
Dementia Helpline
Alzheimer Scotland
Action on Dementia
Freephone 0808 808 3000
Email helpline@alzscot.org



Support is available throughout the festive period by contacting our 24 hour freephone dementia helpline by phone on 0808 808 3000 or by emailing helpline@alzscot.org

The Centre will close on Thursday the 19th of December.
We will reopen on Monday the 6th of January as normal.