

What's on

November 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.

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 Telephone: 01294 469955

In Person Group		
Tues 19 th Nov (3 rd Tues of the month)	Football Reminiscence David White Community Hub, Saltcoats, KA21 5GS	10.30-12.00
Thur 21 st Nov (3 rd Thur of the month)	Musical Memories High Kirk, Kirk Road, Beith, KA15 1EX	14.00-15.00
Wed 27 th Nov (4 th Wed of the month)	Largs Drop in Largs Carer Support (Booking required for Carer Support) Cameron Centre, Lade Street, Largs, KA30 8AZ	10.00-11.00 11.00-12.30
Thur 28 th Nov (4 th Thur of the month)	Carer Support Lunch Whitlees Community Centre, Carrick Place, Ardrossan, KA22 7DT (Booking required for Carer Support Lunch)	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/>

24 HOUR
Dementia **Alzheimer
Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org