

# What's on



## January 2025 – 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](mailto: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 6 <sup>th</sup> Jan	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 7 <sup>th</sup> Jan	Movie Morning Kilmarnock DRC	11.00am – 12.30pm
	BOCCE – Carpet Bowls Kilmarnock DRC	1.00pm – 2.00pm
	Community Health Check Kilmarnock DRC Booking Required – Limited Numbers	2.00pm – 4.00pm
Thurs 9 <sup>th</sup> Jan	Coffee Catch-Up Kilmarnock DRC	11.00am – 1.00pm
Fri 10 <sup>th</sup> Jan	And Relax... Kilmarnock DRC	12.00pm – 1.00pm
Mon 13 <sup>th</sup> Jan	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 14 <sup>th</sup> Jan	Movie Morning Kilmarnock DRC	11.00am – 12.30pm
Wed 15 <sup>th</sup> Jan	Tipi Project Kilmarnock DRC	1.30pm – 3.00pm
Thurs 16 <sup>th</sup> Jan	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm

Mon 20 <sup>th</sup> Jan	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 21 <sup>st</sup> Jan	Movie Morning Kilmarnock DRC	11.00am – 12.30pm
	Art Class Kilmarnock DRC	2.00pm – 3.00pm
	Carers Café Kilmarnock DRC <b>Booking Required – Limited Numbers</b>	2.00pm – 3.00pm
Wed 22 <sup>nd</sup> Jan	Tipi Project <b>Kilmarnock DRC</b>	1.30pm - 3.00pm
Thurs 23 <sup>rd</sup> Jan	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Mon 27 <sup>th</sup> Jan	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 28 <sup>th</sup> Jan	Movie Morning Kilmarnock DRC	11.00am – 12.30pm
	Carers Café Kilmarnock DRC	11.00am – 12.30pm
Wed 29 <sup>th</sup> Jan	Tipi Project <b>Kilmarnock DRC</b>	1.30pm - 3.00pm
	Supper Club Kilmarnock <b>Booking Required – Limited Numbers</b>	5.30pm – 7.30pm
Thurs 30 <sup>th</sup> Jan	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 31 <sup>st</sup> Jan	Afternoon Tea Kilmarnock DRC <b>Booking Required – Limited Numbers</b>	2.00pm - 3.00pm

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

Freephone 0808 808 3000  
 Email [helpline@alzscot.org](mailto:helpline@alzscot.org)