

What's on



March 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 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 3 rd Mar	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 4 th Mar	Movie Morning Kilmarnock DRC	10.30am – 12.00pm
	BOCCE – Carpet Bowls Kilmarnock DRC	1.00pm – 2.00pm
	Community Health Check Kilmarnock DRC Booking Required – Limited Numbers	2.00pm – 4.00pm
Wed 5 th Mar	Tipi Project Kilmarnock DRC	1.30pm – 3.00pm
Thurs 6 th Mar	Coffee Catch-Up Kilmarnock DRC	11.00am – 1.00pm
Mon 10 th Mar	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 11 th Mar	Movie Morning Kilmarnock DRC	10.30am – 12.00pm
Wed 12 th Mar	Tipi Project Kilmarnock DRC	1.30pm – 3.00pm
Thurs 13 th Mar	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 14 th Mar	And Relax... Kilmarnock DRC	12.00pm – 1.00pm
Mon 17 th Mar	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 18 th Mar	Movie Morning Kilmarnock DRC	10.30am – 12.00pm
	Art Class Kilmarnock DRC	2.00pm – 3.00pm
	Carers Connect Kilmarnock DRC Booking Required – Limited Numbers	2.00pm – 3.00pm
Wed 19 th Mar	Tipi Project Kilmarnock DRC	1.30pm - 3.00pm
Thurs 20 th Mar	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Mon 24 th Mar	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 25 th Mar	Movie Morning Kilmarnock DRC	10.30am – 12.00pm
	Carers Café Kilmarnock DRC	10.30am – 12.00pm
Wed 26 th Mar	Tipi Project Kilmarnock DRC	1.30pm - 3.00pm
	Supper Club Kilmarnock Booking Required – Limited Numbers	5.30pm – 7.30pm
Thurs 27 th Mar	Coffee Catch Up Kilmarnock DRC	11.00am – 1.00pm
Fri 28 th Mar	Afternoon Tea Kilmarnock DRC Booking Required – Limited Numbers	2.00pm - 3.00pm
Mon 31 st Mar	WAG Chat Kilmarnock DRC	1.00pm – 2.00pm
	Football Memories Kilmarnock DRC	2.00pm – 3.00pm
	WAG Group Kilmarnock DRC	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/>



The logo for Alzheimer Scotland's Dementia Helpline is a vertical rectangle with a purple-to-pink gradient. At the top, a pink rounded rectangle contains the text "24 HOUR" in white. Below this, the word "Dementia" is written in white. To the right of "Dementia" is a white icon of three stylized human figures. Further right is the Alzheimer Scotland logo, which includes the text "Alzheimer Scotland" and "Action on Dementia" below it. The word "Helpline" is written in large white letters across the middle. At the bottom, a pink rounded rectangle contains the contact information: "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.

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