

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## March 2025 – 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		
Mon 3 <sup>rd</sup> March	<b>Carer Chat &amp; Well Being</b> Tesco Community Room Whitletts Rd, Ayr	14.00pm – 15.30pm
Tues 4 <sup>th</sup> Mar	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/pancakes & chat plus a visit from Alex Paterson to talk about the work of The Conservation Volunteers in South Ayrshire	10.30am – 12.00noon
Weds 5 <sup>th</sup> Mar	<b>Carer Education course Week 3</b> The third of a 4-session block. <b>Booking required.</b> Carer Gateway, Sandgate, Ayr	13.00pm – 15.00pm
Tues 11 <sup>th</sup> Mar	<b>Tuesdays at Millrock</b> <b>Brain Awareness Week</b> Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon
Wed 12 <sup>th</sup> Mar	<b>Wednesdays at Morrison Gardens</b> <b>Brain Awareness Week</b> Morrison Gardens Sheltered Housing Complex, Ayr Tea/coffee/chat	10.30am – 12.00noon
Wed 12 <sup>th</sup> Mar	<b>Carer education Week 4.</b> The final session of Carer Education this month. <b>Booking required.</b> Carer Gateway, Sandgate, Ayr	13.00pm – 15.00pm
Tues 18 <sup>th</sup> Mar	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat	10.30am – 12.00noon
Weds 19 <sup>th</sup> Mar	<b>Wednesdays at Morrison Gardens</b> Morrison Gardens, Ayr Tea/coffee/chat	10.30am – 12.00noon

Tues 25 <sup>th</sup> Mar	<b>Tuesdays at Millrock</b> Millrock Court, Barassie, Troon Tea/coffee/chat plus a visit from Alzheimer Scotland's Rachel MacLauchlan Digital Roadshow	10.30am – 12.00noon
Tues 25 <sup>th</sup> Mar	<b>Music &amp; More</b> Tea/coffee/chat followed by an afternoon of live music and singing St Quivox church, Prestwick	14.00pm – 15.30pm
Weds 26 <sup>th</sup> Mar	<b>Memory Café</b> Boyle Court Community Room, Girvan, KA26 9ED	10.00am – 11.30am

Contact details for groups:

Email: [PRudge@alzscot.org](mailto:PRudge@alzscot.org) Tel: 07788253234

Email: [LRobertson@alzscot.org](mailto: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>

