

# What's Online

East & South  
Ayrshire



**Alzheimer  
Scotland**  
Action on Dementia



[www.facebook.com/  
alzscotayrshire/](https://www.facebook.com/alzscotayrshire/)

If you would like an invite to one of our online groups or more information please contact

[PRudge@alzscot.org](mailto:PRudge@alzscot.org) or call 07788253234

[JohnGray@Alzscot.org](mailto:JohnGray@Alzscot.org) or call 07919097681

## Digital Community Activities

Digital Activity	When	Time
Carers Group	Mondays	3.00pm
Digital Dogs (Dementia Dog Bingo/ Scavenger Hunts)	1st Tues each month	12.30pm
East Ayrshire Men's Group	Tuesdays	2.00pm
Sounds Good Feels Good	Wednesdays	11.00am
South Ayrshire Men's Group	Wednesdays	11.00am
Music & More	Thursdays	11.00am

## Online Advice: Dementia Advisor

Online video call one-to-one consultations with our Dementia Advisor are available to book.

To book a consultation please contact

[Irobertson@alzscot.org](mailto:Irobertson@alzscot.org) or call 07585331946



Our online support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland South Ayrshire please consider donating via our Justgiving page:

[https://www.justgiving.com/fundraising/  
alzscotEast-SouthAyrshire](https://www.justgiving.com/fundraising/alzscotEast-SouthAyrshire)

