

(Get) TUIT

Your Guide To What's On For Alzheimer's / Dementia Friendly Events

MARCH 2026 – NORTH AYRSHIRE

Produced By

Dementia Connect

Dementia Carers Group for Carers (*and Loved Ones*) Run by Carers (*and Loved Ones*)

Adventure with Dementia ...

Activities are essential to keeping your loved one with dementia active and their brain engaged. They also give you, the carer, a chance out of the confines of your caring day to meet other carers.

Participating in activities can help to prevent frustration and boredom for your loved one and you as the caregiver. Activities are new adventures for the both of you and can help:

- Maintain his or her independence by going out into the community
- Maintain social skills, meet like-minded people & try new things
- Improve self-esteem, express his or her feelings, through activities such as art, music, singing and dance
- Improve the quality of life for loved one and care giver
- Remind yourself life is not over. This is a new beginning
- Share magic moments between the person with dementia and their carer

Attending offers brain health benefits for both loved ones and cares. You are also supporting dementia in the community by making and keeping these events busy and successful. This in turn, will help raise awareness to dementia and the needs of carers like you and your loved one.

***“Do one thing this month,
support a new event and
get connected!”***



GET CONNECTED

Key

- [D]** Dementia specific event
- [G]** General event but beneficial to dementia

Note: All events are **free** to attend and held in North Ayrshire unless otherwise specified and are **drop-in** unless otherwise specified

***Live Well** – sustain connections within the community and gain health benefits from spending time with friends*

***Read to the End** – see a list of opportunities to meet Carer Support Workers and see what other adventures with dementia you can have!*

COMING IN 2026

Tue, 14th Apr

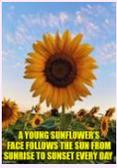
[G] Rangers Museum & Ibrox Stadium Tour **10.00am – 3.00pm**
Carers Gateway

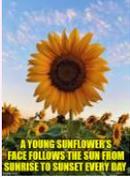
Join us for a tour through the Rangers Museum & Ibrox Stadium in partnership with the Rangers Charity Foundation. Trip includes return coach from Irvine

Book: <https://www.eventbrite.co.uk/e/1981931172489?aff=oddtcreator>

Price £3.41pp

<p>Thur, 28th May</p>	<p>[D] Music At The Park 7.30pm – 10.00pm £20.00 per ticket <i>(Across North, East & South Ayrshire)</i> A musical extravaganza to raise funds for Alzheimer Scotland & The Killie Community with music from Jai McDowal & full supporting acts. Tea, Coffee & Killie pie included <i>The Park Hotel,</i> <i>Rugby Park, Kilmarnock, KA1 1UR</i> Book NOW! Tel: 01563 545 999 or email: enquiries@theparkhotelayrshire.co.uk - £20.00 per ticket</p> 
<p>WEEK 1 “LOOK OUT FOR ...”</p>	
	<p>[D] Happy March! – “We’re Still Game!” Dementia Connect Carers Group are holding a meeting on 5th March in Irvine (6.00pm – 8.00pm) Contact Mike (07508 188 542 or email MichaelLunn29@gmail.com) for more details and join this bunch of ‘auld pals’ together. Bring your loved ones, a good sense of humour and a smile – feel free to bring an Empire biscuit for George!</p> <p>Follow us on Facebook and get daily tips, ideas, humour and facts FB: Dementia Connect Carers Group (North Ayrshire)</p>
<p>WEEK2</p>	
<p>Mon, 2nd Mar</p>	<p>[D] Drum 4 UR Life 1.00pm – 2.00pm DF Largs & District <i>(1st Monday of the Month)</i> And the beat goes on. Playing the drums, whatever your experience, can be therapeutic <i>Largs Masonic Hall,</i> <i>46 Frazer Street, Largs, KA30 9HP</i> <i>(Email Michelle – michelle@drum4urlife.co.uk)</i></p>
<p>Tue, 3rd Mar</p>	<p>[G] Champions Board 9.45am – 12.00noon Carers Gateway</p>

	<p>Informal forum designed to improve outcomes for carers in North Ayrshire. This will be the first online session: Online: https://teams.microsoft.com/meet/32320374948855?p=xnegniOzubfyiN2x4L Meeting ID: 323 203 749 488 55 Passcode: SP38ch9A (Tel: 01294 311 333)</p> <p>[D] Wellbeing Café 1.30pm – 3.30pm AILN <i>This week is 'St David's Day' theme</i> Meet other carers and their loved ones over tea, biscuits, great home-baking and friendly blether. Castlepark Community Centre, 4 Castlepark Circle, Irvine KA12 9LQ</p> <p>[G] Neuro Rehab Class 3.30pm – 4.30pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination The Portal, 66 High Street, Irvine KA12 0AX (Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</p>
<p>Wed, 4th Mar</p>	<p>[G] Women's Wellbeing Wednesday 5.30pm – 7.00pm noda <i>(Every other Wednesday – Women ONLY)</i> A friendly, open space offering gentle light well-being activities and connection with others who understand noda Ayrshire, 49 Bank Street, Irvine KA12 0LP Contact: 07858 151 969</p>
<p>Thur, 5th Mar</p> 	<p>[G] Savvy Seniors 10.00am – 12.30pm North Ayrshire Council</p> <p>Looking for help and information locally? Meet different organisations in a one stop shop that supports health and wellbeing including:</p> <p>Active Travel, AILN, Alzheimer Scotland, Carers Gateway, CLASP, Community Learning & Development, CORRA Foundation, Home Energy Scotland, Dementia Connect HSCP Moving and Handling, KA Leisure, NHS Link Workers & NHS Smoking Cessation Sensory Impairment Support Group <i>(will be there running a Hearing Aid Clinic)</i> Triple Tap Tech <i>(advise on tech solutions for visual impairment)</i> The Community Shed Kilwinning Library, St. Winning's Lane, Kilwinning, KA13 6EP Contact: Heather Angus on 01294 554 699</p> <p>[G] Reiki Share 1.00pm – 3.00pm noda <i>(Every Thursday)</i> A gentle space to relax, restore and connect with others Noda Ayrshire,</p>

	<p>49 Bank Street, Irvine KA12 0LP Contact: 07858 151 969</p> <p>[G] Neuro Rehab Class 3.45pm – 4.45pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination <i>Vikingar! Leisure Centre,</i> 40 Greenock Road, Largs KA30 8QL (Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</p> <p>[D] ‘We’re Still Game!’ 6.00pm – 8.00pm Dementia Connect Join us for a blether. Hear what the group has been up to and have an active voice in what you would like to see happen. Come share your story. Be prepared to laugh! <i>Private residence in Irvine</i> Contact Mike on 07508 188 542 or email: MichaelLunn29@gmail.com and he will let you know the venue</p>
<p>Fri, 6th Mar</p>	<p>[G] Football Memories 10.30am – 12.30pm Join in football discussions and re-live & share memories of Scottish football. Laughter, chat and fun facts <i>AD Cameron Centre,</i> 17-19 Lade Street, Largs, KA30 8AZ (Contact Lawrence Tel: 07766 710 702)</p> <p>[D] Wellbeing Café 1.00pm – 3.00pm AILN <i>This week, ‘Chair Activities’</i> Meet other carers and their loved ones over tea, biscuits and activities <i>Argyle Community Centre,</i> Campbell Avenue, Saltcoats KA21 5AG</p>
WEEK 3	
<p>Tue, 10th Mar</p>	<p>[D] Wellbeing Café 1.30pm – 3.30pm AILN <i>This week there will be a ‘singer’ and a posh tea for Mothers’ Day</i> CARES CORNER Meet other carers and their loved ones over tea, biscuits, great home-baking and friendly blether <i>Castlepark Community Centre,</i> 4 Castlepark Circle, Irvine KA12 9LQ</p> <p>[G] Neuro Rehab Class 3.30pm – 4.30pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination <i>The Portal,</i> 66 High Street, Irvine KA12 0AX (Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</p>

<p>Wed, 11th Mar</p>	<p>[G] General Wellbeing Support Group 5.30pm – 7.00pm noda <i>(Every other Wednesday)</i> A friendly, open space offering gentle light well-being activities and connection with others who understand <i>noda Ayrshire,</i> 49 Bank Street, Irvine KA12 0LP Contact: 07858 151 969</p>
<p>Thur, 12th Mar</p>	<p>[G] Reiki Share 1.00pm – 3.00pm noda <i>(Every Thursday)</i> A gentle space to relax, restore and connect with others <i>noda Ayrshire,</i> 49 Bank Street, Irvine KA12 0LP Contact: 07858 151 969</p> <p>[G] Neuro Rehab Class 3.45pm – 4.45pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination <i>Vikingar! Leisure Centre,</i> 40 Greenock Road, Largs KA30 8QL <i>(Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</i></p>
<p>Fri, 13th Mar</p>	<p>[D] Wellbeing Café 1.00pm – 3.00pm AILN <i>This week, 'Dementia Arts'</i> Meet other carers and their loved ones over tea, biscuits and activities <i>Argyle Community Centre,</i> Campbell Avenue, Saltcoats KA21 5AG</p>
<p>WEEK 4</p>	
<p>Tue, 17th Mar</p>	<p>[G] Movement & Handling Information NAHSCP There are two sessions on the day: AM 9.30am – 12.30pm PM 1.30pm – 4.30pm</p> <p>These sessions are free and ran monthly. The moving and handling coordinators go over any issues people are maybe struggling with. From using hoists, slings, slide sheets and other equipment service users require. Personal care, bed care, and other mobility support someone may need to stay safe and techniques to use to protect themselves as well as the individual in need of care. <i>Castleview Hub,</i> 97 Glasgow Street, Ardrossan KA22 8ER Contact the Movement & Handling Team on: 07385 399 746, or email hscpmovingandhandling@north-ayrshire.gov.uk <i>(10 spaces available on each session)</i></p> <p>[D] Football Reminiscence 10.30am – 12.00noon Alzheimer Scotland <i>(3rd Tuesday of the Month)</i> Enjoy the memories of football yesteryear over a brew & a blether</p>

	<p>[G] Neuro Rehab Class 3.45pm – 4.45pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination <i>Vikingar! Leisure Centre,</i> 40 Greenock Road, Largs KA30 8QL <i>(Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</i></p>
Fri, 20th Mar	<p>[G] Football Memories 10.30am – 12.30pm Join in football discussions and re-live & share memories of Scottish football. Laughter, chat and fun facts <i>AD Cameron Centre,</i> 17-19 Lade Street, Largs, KA30 8AZ <i>(Contact Lawrence Tel: 07766 710 702)</i></p> <p>[D] Wellbeing Café 1.00pm – 3.00pm AILN Meet other carers and their loved ones over tea, biscuits and activities <i>Argyle Community Centre,</i> Campbell Avenue, Saltcoats KA21 5AG</p>
WEEK 5	
Mon, 23rd Mar	<p>[D] Tea & Blether 1.00pm – 3.00pm Alzheimer Scotland <i>(4th Monday of the Month)</i> For Carers & Loved Ones - Meet Like-minded friends & Dementia Advisor, Linda Ross and have a friendly blether over tea and biscuits <i>AD Cameron Centre,</i> 17-19 Lade Street, Largs, KA30 8AZ <i>(Booking required - £2 per person. Contact Linda Ross Tel: 07879 996 367)</i></p>
Tue, 24th Mar	<p>[G] Thistle Help Showroom Open Day 10.00am – 4.00pm (Tue 24th & Wed 25th) Mobility & small aids specialists – 10% OFF all products over £199.00 Demonstrations available on riser reclines, mobility scooters, adjustable beds and more. Small aids such as Radar Keys also available Complimentary tea, coffee and biscuits 15 Portland Avenue, Irvine, KA12 8NL Tel: 01294 3134 369</p> <p>[D] Wellbeing Café 1.30pm – 3.30pm AILN Meet other carers and their loved ones over tea, biscuits, great home-baking and friendly blether <i>Castlepark Community Centre,</i> 4 Castlepark Circle, Irvine KA12 9LQ</p> <p>[G] Neuro Rehab Class 3.30pm – 4.30pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination</p>

	<p><i>(Across North, East & South Ayrshire – Carers & Loved Ones)</i> (Kilmarnock) Meet carers and loved ones for a meal followed by entertainment Kilmarnock Brain Health and Dementia Resource Centre, 8-12 College Wynd, Kilmarnock, KA1 1HN <i>(Booking Required – Limited Numbers – Donation on the Night Required Tel: 01563 542 621)</i></p>
Thur, 26th Mar	<p>[D] Carer Support Lunch 1.00pm – 3.00pm Alzheimer Scotland <i>(4th Thursday of the Month)</i> Whitlees Community Centre, Carrick Place, Ardrossan, KA22 7DT <i>(Booking Required – £5 per person - Contact Linda Ross Tel: 07879 996 367)</i></p> <p>[G] Reiki Share 1.00pm – 3.00pm noda <i>(Every Thursday)</i> A gentle space to relax, restore and connect with others Noda Ayrshire, 49 Bank Street, Irvine KA12 0LP Contact: 07858 151 969</p> <p>[G] Neuro Rehab Class 3.45pm – 4.45pm KA Leisure Gentle exercise class to improve your fitness, balance and co-ordination Vikingar! Leisure Centre, 40 Greenock Road, Largs KA30 8QL <i>(Small charge for attendance payable at reception or join KA Leisure – Tel: 01294 270 796)</i></p>
Fri, 27th Mar	<p>[D] Wellbeing Café 1.00pm – 3.00pm AILN <i>This week, ‘Easter Crafts’</i> Meet other carers and their loved ones over tea, biscuits and activities Argyle Community Centre, Campbell Avenue, Saltcoats KA21 5AG</p>
WEEK 6	
Mon, 30th Mar	<p>[G] Mystery Day Tour Starts: 09.30am</p> <p>Fiona & I are going on a Mystery Coach Tour for the day with Loch Lomond Travel departing Irvine (Bus Stop opposite the Portal) The trip includes visits to two carefully selected mystery locations, each offering something special to explore. Whether you're discovering hidden gems, charming towns, or scenic spots, the day promises to be full of delightful surprises. Sit back, relax, and let us take care of the details while you enjoy an exciting day of exploration. Perfect for those who love a bit of mystery and spontaneity!</p>

	<p>Join us. The price is £10 per person. Booking is made via the Loch Lomond Travel website. Link below:</p> <p>https://lochlomondtravel.com/itineraries/10087-Mystery-Day-Trip?utm_source=mailchimp&utm_medium=mystery_march&utm_campaign=mystery_march</p> <p>BOOK NOW AS TICKETS GO FAST. Let's enjoy a day out together!</p>
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ADVENTURES with DEMENTIA	
Free Rides	<p>[D] Cycling Without age Scotland Dementia Friendly Largs & District</p> <p><i>Volunteers take a passenger and their carer out for a jaunt along the Largs promenade for 30 minutes to an hour on a three-wheeled electric-powered Trishaw.</i></p> <p><i>(Contact: Jenny on 07300 483 229)</i></p>
Free Tickets	<p>[G] Killie Matchday Experiences Carers Gateway / Kilmarnock FC</p> <p><i>Killie have shared the following link for their Matchday Experiences:</i></p> <p>https://kilmarnockfc.co.uk/community/programmes/matchday-experiences/</p> <p><i>If you're interested in tickets for a game, just fill in the form and, in the "Tell us more about you" section, mention that you were referred by the Carers Gateway.</i></p>

Every Friday	<p>[G] Café Solace 5.00pm – 7.00pm Enjoy a 3-course meal and a drink in the community in a warm & friendly environment at Café Solace. ONLY £3.50 per person <i>Bridgend Community Centre, 17 Bridgend, Kilbirnie, KA25 7DJ</i></p>
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CARERS GROUPS & SUPPORT WORKER SESSIONS		
For all Support Sessions book your slot with a Support Worker	Call Carers Gateway on: 01294 311 333	
Area	Carers Group	Support Session
Arran	<p><u>Tue, 10th Mar</u> 11.00am – 1.00pm <i>The 2nd Tuesday of the Month Heather Lodge, Brodick, Isle of Arran KA27 8AJ</i></p>	<p>Adult carers pop-up drop in different locations around the island each month.</p> <p>Contact Sheena Morrison at sheena.morrison@unityenterprise.com for details</p>
Garnock Valley	<p><u>Thu, 5th Mar</u> 2.00pm – 4.00pm <i>The 1st Thursday of the month Kilbirnie Library, Avils Place, Kilbirnie, KA25 6BL</i></p>	<p><u>Wed, 4th, 11th, 18th, 25th Mar</u> 1.30pm – 3.30pm <i>Beith Community Centre, Kings Road, Beith KA15 2BQ</i></p>
Irvine	<p><u>Thu, 5th, 12th, 19th, 26th Mar</u> 12noon – 4.00pm <i>Every Thursday Redburn Community Centre, Dickson Drive, Irvine, KA12 9EW</i></p> <p><u>Tue, 24th Mar</u> 11.00am – 2.00pm</p>	<p><u>Thu, 5th, 12th, 19th, 26th Mar</u> 10.00am – 12noon <i>Every Thursday Trinity Church, Bridgegate, Irvine, KA12 8BJ</i></p> <p><u>Thu, 5th, 12th, 19th, 26th Mar</u> 1.30pm – 3.30pm</p>

	Vineburgh Community Centre,	<p><i>Every Thursday</i> Castlepark Community Centre, 4 Castlepark Circle, Irvine KA12 9LQ</p> <p><u>Fri, 6th, 13th, 20th, 27th Mar</u> 10.00am – 12noon <i>Every Friday</i> Dreghorn Library, Main Street, Dreghorn, KA11 4AQ</p> <p><u>Fri, 6th, 13th, 20th, 27th Mar</u> 2.00pm – 4.00pm <i>Every Friday</i> Irvine Library</p>
Kilwinning	<p><u>Wed, 13 Mar</u> 10.30am – 12.30pm <i>The 3rd Wednesday of each month</i> Kilwinning Library, Saint Winning's Lane, Kilwinning, KA13 6EP</p>	<p>Monday - Love Hall, 10am 12pm and Kilwinning Library 1pm-4pm</p> <p>Tuesday - Cranberry Moss Community Centre 10am-1pm</p>
North Coast	<p><u>Wed 4th & 18th Mar</u> 10.00am– 12 noon <i>The 1st & 3rd Wednesday of the month</i> Brooksby Medical Centre, 31 Brisbane Road, Largs, KA30 8LH</p>	<p><u>Fri, 6th, 13th, 20th, 27th Mar</u> 1.00pm – 3.00pm <i>Every Friday</i> West Kilbride Community Centre, Corse Street, West Kilbride, KA23 9AX</p> <p><u>Mon 9th Mar</u> 11.00am – 12.30pm <i>The 2nd Monday of the month</i> Skelmorlie</p> <p><u>Wed, 4th Mar</u> 10.00am – 12noon <i>The 1st Wednesday of the month</i> Garrison House, Glasgow St, Millport, Isle of Cumbrae KA28 0DJ</p>
Three Towns	<u>Mon 16th Mar</u>	<u>Mon, 2nd, 9th, 16th & 23rd Mar</u>

	<p>10.00am – 12noon <i>The 3rd Monday of each month</i> Ardeer Community Centre, Shore Road, Stevenston, KA20 3NB</p> <p><u>Mon, 23rd Mar</u> 10.00am – 12noon <i>The 4th Monday of every month</i> Saltcoats Library, 32 Springvale Place, Saltcoats, KA21 5LS</p>	<p>1.00pm – 3.00pm <i>Every Monday</i> Ardeer Community Centre, Shore Road, Stevenston, KA20 3NB</p> <p><u>Tue, 3rd, 10th, 17th, & 24th Mar</u> 2.00pm – 4.00pm <i>Every Tuesday</i> Saltcoats Library, 32 Springvale Place, Saltcoats, KA21 5LS</p> <p><u>Wed, 4th, 11th, 18th & 25th Mar</u> 10.00am -12noon <i>Every Wednesday</i> Hayocks Hall Hyslop Road, Stevenston, KA20 4HS</p> <p><u>Wed, 4th, 11th, 18th & 25th Mar</u> 1.00pm – 3.00pm <i>Every Wednesday</i> Auchenharvie Leisure Centre, Canal Street, Saltcoats, KA20 3JR</p> <p><u>Thu, 5th, 12th, 19th & 26th Mar</u> 10.00am – 12noon <i>Every Thursday</i> Argyle Centre, Campbell Avenue, Saltcoats, KA21 5AG</p> <p><u>Tue 17th Mar</u> 10.00am – 12noon The 3rd Tuesday of the month Community Food Hub,</p>
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