



DIRECTORY TO "WHATS ON" IN NORTH AYRSHIRE



THIRD SECTOR INTERFACE NORTH AYRSHIRE



What's On Information - April 2022

Area	Location	Address and Telephone Number	Type of Activity	Day of the Week	Times
THREE TOWNS	St John's Church	St John's Church, Stevenston	Dancefit	Tuesday - Thursday	18:30 - 20:00
		http://www.stevenstonstjohns.com/text/home.html ;	Slimming World	Saturday	09:00 - 12:00
		Tel: 01294 463225	Coffee Morning	Sunday	12:30 - 13:30
	Stevenston High Kirk Halls	High Road, Stevenston			
		https://stevenstonhighkirk.com/about-us	Girls Brigade	Wednesday	18:00 - 20:00
		highkirk1833@gmail.com	High Kirk Guild	Thursday - 1st & 3rd	13:30 - 15:00
		Tel: 01294 463356/01294 601322	Fellowship Night	Friday	19:30 - 21:00
			Linda Turner School of Dance	Saturday	09:00 - 17:00
			Kids Club	Sunday	10:30 - 11:30
	Argyle Community Centre	Campbell Avenue, Saltcoats	Turning Point	Monday	09:45 - 11:45
		http://www.carena.org.uk/providers/community-centre	Men's Group	Monday	11:00 - 13:00
		lsdalejanette@hotmail.com	Cooking Class (must be booked)	Monday	12:00 - 14:00
		Tel: 01294 467267	Argyle Art	Monday	13:00 - 15:30
			Turning Point	Monday	14:00 - 16:00
			Harp Class	Monday	16:00 - 18:00
			Spiritual Church	Monday	19:00 - 21:30
			ESOL - Language Classes	Tuesday	09:00 - 12:00
			Tuesday Art	Tuesday	09:30 - 11:30
			Womens Group	Tuesday	10:00 - 12:00
			Craft Group	Tuesday	18:00 - 20:00
			Wellness Group	Tuesday	18:15 - 19:45
			New Hope	Tuesday	19:00 - 21:00
			Baby Café	Wednesday	10:00 - 12:15
			Machine Knitting	Wednesday	10:15 - 12:15
			Cameo Group - Link Up	Wednesday	11:00 - 13:00
			Fiddle Class	Wednesday	15:00 - 17:00
			Evening Ceramics	Wednesday	18:45 - 20:45
			Chess Club	Wednesday	19:00 - 21:30
			ESOL - Language Classes	Thursday	09:00 - 12:00
		Craft Group	Thursday	10:00 - 12:00	
		Table Tennis	Thursday	11:00 - 13:00	
		Café Solace	Thursday	12:00 - 15:00	
		Phoenix Art	Thursday	19:00 - 21:00	
		Craft Group	Friday	10:00 - 12:00	
		Quilting Group	Friday	13:00 - 16:00	
	Café Solace	Church of the Nazarene, Ardrossan	Café Solace	Wednesday	16:30 - 18:30

	CLASP - HOPE goes Digital (available to over 50s who live in North Ayrshire)	10 Alexander Place, Stevenston KA20 3AE www.clasps.org.uk/hope-project/ info@clasps.org.uk Tel: 01294 602711 option 2	Various activities including: weekly lunch club, Arts & Crafts, exercise, monthly bingo night, information sessions		
		Please contact CLASP - Hope Goes Digital Project for up-to-date information on activities, venues and times, activities running across North Ayrshire			
	CLASP Digital (available to over 50s who live in North Ayrshire)	144 Hayocks Road, Stevenston KA20 4DR www.clasps.org.uk/clasp-digital/ info@clasps.org.uk Tel: 01294 602711 option 3	Essential digital skills session – 6 weeks free 1-2-1 sessions using your smartphone, tablet or laptop		
			Also, a Digital Skills Group for those who want to learn more about how to use the internet to shop safely, learn new skills, etc, £2.50 per session		
		Please contact CLASP Digital for more information. Sessions are run across North Ayrshire			
	Ardeer Community Centre	Shore Road, Stevenston https://www.facebook.com/ardeercentre/ ardeercentre@gmail.com Tel: 01294 466861	3 Towns Carers Group Comm Learning & Dev Youth Group Jiggy Wrigglers - Mums & Tots 60+ Card Craft Photography Club Ayrshire Twins & Multiple Birth Baby & Toddler	3rd Monday Monday Tuesday Tuesday Wednesday Wednesday	10:00 - 12:00 19:00 - 21:00 09:15 - 11:15 11:00 - 13:00 09:00 - 12:00 10:00 - Noon
		Please contact the Hall prior to attending to check availability	Friendship Group Bingo	Wednesday Thursday	13:00 - 15:00 19:00 - 21:00
	Auchenharvie Leisure Centre	Saltcoats Road, Stevenston, https://kaleisure.com/location/auchenharvie-leisure-centre/ info@kaleisure.com classes Tel: 01294 270796	Parkinson Class Aqua Cardiac Rehabilitation Hip and Knee Mind & Movement Invigor8 HARP Circuit Invigor8 Aqua Deep Aqua Hip and Knee MBA Aqua (mind and be active participants) Cardiac Rehabilitation Invigor8-PLUS	Monday Monday Monday Tuesday Tuesday Tuesday Wednesday Wednesday Thursday Thursday Friday Friday Friday Friday	10:30 - 11:30 11:00 - 12:00 12:30 - 13:30 09:30 - 10:30 11:00 - 12:00 13:30 - 14:30 09:30 - 10:30 11:00 - 12:00 11:00 - 11:45 12:00 - 12:45 09:30 - 10:30 11:00 - 11:45 13:00 - 14:00 14:30 - 15:30
			ANA Supported Gym Sessions	Monday Wednesday	10:45 - 11:45 13:30 - 14:30
		Mind and Be Active	Gym Session Mind and Movement	Monday Tuesday	15:00 - 16:00 11:00 - 12:00

			Gym Session	Wednesday	12:30 - 13:30
			Mind and be Active Aqua	Friday	11:00 - 11:45
	Whitlees Community Centre	Carrick Place, Ardrossan	Card Craft	Monday	10:00 - 12:00
		whitleescentre@outlook.com	Reiki	Tuesday	13:00 - 15:00
		Tel: 01294 461700	Sam's Angels	Tuesday	17:45 - 19:45
			Indoor Bowls	Tuesday	19:00 - 21:00
			Sewing Group	Wednesday	13:00 - 14:30
			Knitting Group	Wednesday	18:30 - 20:30
			Line Dancing	Thursday	19:00 - 20:30
			Co-op Women's Guild	Thursday	19:00 - 21:00
			Keep Fit for all	Friday	10:00 - 11:00
	Park Church	Ardrossan	Autumn Club +50	Monday (alternate)	14:00 - 16:30
		https://ardcoats-snood.wixsite.com/park	Boys Brigade	Monday	19:30 - 21:00
		alanward@hotmail.co.uk	Line Dancing	Tuesday	19:00 - 21:00
		Tel: 01294 466849	AA Support Group	Tuesday	19:00 - 21:00
			Mature Movers	Wednesday	10:00 - 11:00
			Craft Group	Wednesday	13:00 - 15:00
			Rainbows, Brownies & Guides	Wednesday	17:30 - 21:00
			Mixed Badminton	Wednesday	20:00 - 22:00
			Mums & Toddlers	Thursday	10:00 - 12:00
			Judo	Thursday	19:00 - 21:00
			Ladies Badminton	Friday	13:00 - 15:00
			Girls Brigade	Friday	19:00 - 21:00
			Judo	Saturday	10:30 - 13:00
			Line Dancing	Sunday	15:00 - 16:00
	Ardeer Parent Council	Clark Crescent, Stevenson	Please contact Organisation for up to date activities		
		Fiona Gibson, Parent Councillor Member			
		ArdeerPC@outlook.com			
		Tel: 07999 422834; 01294 469785			
	Capall Dorcha Theatre	71 Princes Street, Ardrossan	Please contact Organisation for up to date activities		
	Company t/a Triple Act Theatre & Arts	Kate Stevens, Director			
		kate@tripleact.co.uk			
		Tel: 01292 475648, 07979 800970			
	Drum4urLife	24 Montgomerie Crescent, Saltcoats	Drum4urLife - Church of the Nazarene, Ardrossan	Wednesday	13:30 - 15:00
		Tommy Murphy			
		tommy@drum4urlife.co.uk			
		Tel: 07484 804169			

	Inspiring Scotland - Link Up Saltcoats	Riverside House, 502 Gorgie Road, Edinburgh Andrew Magowan, Link Up Programme Manager andrewm@inspiringscotland.org.uk Tel: 07714 108124	Please contact Organisation for up to date activities		
	North Ayrshire Forum on Disability	AccessAbility, 6 Wheatley Road, Saltcoats Elizabeth Cooke, Project Support Manager accessabilitynafod@gmail.com Tel: 01294 470480, 01294 601852	Please contact Organisation for up to date information		
	North Ayrshire Table Tennis Club	St Matthews Academy, Jacks Road, Saltcoats KA21 5SH	Table Tennis Session	Monday	19:00 - 21:00
		Argyle Centre, Campbell Avenue, Saltcoats/Saltcoats link-up	Table Tennis Bat and Chat Session	Thursday	11:00 - 13:00
		West Kilbride Community Centre, Corse Street, West Kilbride	Table Tennis Sessions	Friday	19:00 - 21:00
		St Peters Church, 1 South Crescent, Ardrossan Tel: Billy Main 07979 806571 billy@nattc.co.uk Tel: Chris Main 07395 295630 chris@nattc.co.uk www.northayrshirettc.co.uk	Table Tennis Bat and Chat Session	Friday	13:00 - 15:00
	North Ayrshire Wellbeing & Recovery College (RAMH)	71 Princes Street, Ardrossan Jeanette Allan, Recovery College Co-ordinator Jeanette.Allan@ramh.org Tel: 07877 564074, 01294 447355 Louise.Mathieson@ramh.org	Self-management and wellbeing courses		
	The Three Towns & District Men's Shed	11 Glasgow Street, Ardrossan Scott Jamieson, Secretary 3Townsmensshed@gmail.com Tel: 01294 607143 Please contact via phone or email to confirm days and times.	Wood Working Model Building Music Group Bicycle Refurbishment	Tuesday, Thursday and Friday	10:00 - 14:00
	West Coast Furniture Bank SCIO	Unit 23, Stevenson Industrial Estate, Stevenson, KA20 3DR Fiona McMahon, Secretary/Trustee westcoastfurniturebank@gmail.com	Delivery and pickup of furniture and household goods Referrals taken from partnership agencies		

		Tel: 07577 897555			
		Please contact for further details			
	The Umbrella Holistic Approach	22 Wentworth Square, Kilwinning	Tearoom Sessions - Various Location in North Ayrshire - Please contact Organisation for further information.		
		Kirsteen McIntyre, Director	Fullerton Connexions - Irvine	Wednesday	10:00 - 12:00
		theumbrellaholisticapproach@gmail.com			
		Tel: 07712 578966			
	St Peter's Children's Centre	1 South Crescent Road, Ardrossan	Flying Start Toddlers	Monday	09:30 - 11:30
	(Flying Start Toddlers) Ardrossan	Josephine Coulter, Manager	Activities for children 0-3	Wednesday	09:30 - 11:30
		josephine.coulter@yahoo.com	Baby sensory, family socialisation, support and friendship	Friday	09:30 - 11:30
		https://www.facebook.com/St-Peters-Flying-Start-Toddler-group-886762428060547			
	CHAP	Michael Lynch Centre for Enterprise, 71 Princes St Ardrossan	Please contact Organisation for up to date activities		
		Debbie Alexander, Chief Executive			
		dalexander@chap.org.uk			
		Tel: 01294 208728, 030 0002 0002			
	Church of the Nazarene	150a Glasgow Street, Ardrossan	Community Cinema - Please contact for details of dates	Saturday	18:00 - 20:00
		Craig Crosthwaite, Development Manager			
		Info@northayrshire.Foodbank.org.uk			
		Tel: 01294 601312, 07411 113126			
	The Scottish Centre for Personal Safety	Barony St John Centre, Princes Street, Ardrossan	Circuit class for women only - self defence skills	Friday's from July 2022	
		Alan Bell, Executive Manager	Please contact for further details.		
		info@ScotCPS.org.uk			
		www.ScotCPS.org.uk			
		Tel: 07900 950599			
	Wellbeing Cafe	C/O North Ayrshire Wellbeing & Recovery College	Please contact Organisation for planned activities		
		Michael Lynch Centre, 71 Princes Street, Ardrossan			
		Laura Stevenson, Wellbeing Cafe Volunteer, Track 3 Student			
		laura-marie2302@hotmail.com			
		Tel: 07490 700531			

	Three Towns Growers	Elm Park Allotments, Ardrossan, KA22 7BJ	Duck Day	Thursday 16th July 2022	
	Allotment and Community Garden	Marie Doran, Development Worker	Car Boot Sale	July/August 2022	
		marie.doran@threetownsgrowers.org	Halloween	October 2022	
		Tel: 07586 721584	Yuletide	December 2022	
	Tripleact	Seahorse Bookstore, 1A, Winton Buildings, Ardrossan, KA22 8BY	Writing for Wellbeing	Please contact for dates and times of courses.	
		Kate Stevens			
		info@tripleact.co.uk			
		www.tripleact.co.uk			
		Tel: 01294 475648			
	Saltcoats Link Up	Graeme Campbell	Men's Group - The Argyle Community Centre	Monday	11:00 - 13:00
		Brian@tact.scot	Cooking Group - The Argyle Community Centre	Monday	12:00 - 14:00
		Graeme@tact.scot	Women's Group - The Argyle Community Centre	Tuesday	10:00 - 12:00
		Facebook - https://www.facebook.com/SaltcoatsLinkUp	Seasale Gardeners - Various Green Spaces in Saltcoats	Tuesday	11:00 - 13:00
			Craft Group - The Argyle Community Centre	Tuesday	18:00 - 20:00
			CAMEOGroup - The Argyle Community Centre	Wednesday	11:00 - 13:00
			Table Tennis - The Argyle Community Centre	Thursday	11:00 - 13:00
			Walking Group - Various Routes in 3 Towns	Thursday	11:00 - 13:00
			Seasale Gardeners - Various Green Spaces in Saltcoats	Thursday	11:00 - 13:00
			Jewellery Making Class - The Argyle Community Centre	Thursday	13:00 - 15:00
GARNOCK VALLEY	Kilbirnie Hub	Montgomery Court, Kilbirnie	Tea, Toast & Chat	Monday	10:00 - 11:30
		Call to book as some activities may be off	CLASP Digital	Monday	10:00 - 11:00
		montgomerycourthub@north-ayrshire.gov.uk	Bingo	Monday	14:00 - 16:00
		http://www.nahscp.org/	Sit fit, KA leisure	Tuesday	12:30 - 13:30
		Tel: 01505 684757/684362	Quiz & card games	Tuesday	14:00 - 16:00
			Hairdresser - Isabell - app (alternate)	Wednesday	12:00 - 16:00
			Knit & Natter	Wednesday	14:00 - 16:00
			Sewing group	Thursday	13:00 - 14:00
			Tea, coffee & chat	Friday	10:30 - 12:00
			Hairdresser - Caroline - appt	Friday	10:00 - 14:00
			Bingo	Friday	14:00 - 16:00

	Rosearden Hall	Courthill Street, Dalry KA24 5AP Myrasim@aol.com Tel: 01294 833772	Coffee Morning followed by Lunch Craft Club/Gairden Club Dalry Art Club ESOL Language Class Camera Club Leisure Club	Tuesday Tuesday (Alternate) Wednesday Wednesday Thursday (every Second) Friday	10:00 - 12:00 19:00 - 21:00 14:00 - 16:00 10:00 - 12:00 19:00 - 21:00 13:30 - 15:00
	Trinity Biggart Hall	2 New Street, Dalry KA24 5AW Myrasim@aol.com Tel: 01294 832341	Chat & Speakers Time Out Drop in Coffee Morning	Monday Tuesday (monthly) Thursday	14:00 - 16:00 14:00 - 16:00 10:00 - 12:00
	Dalry Community Centre	St Margaret's Ave, Dalry https://www.facebook.com/DalryCommunityCentre/ Tel: 01294 833288	Line Dancing Fit & Fifty Food Larder (cost applied) Aerobics/Pilates Food Larder (cost applied)	Monday Tuesday Wednesday Thursday Saturday	19:00 - 20:45 10:00 - 12:00 18:30 - 20:00 19:00 - 20:30 09:30 - 10:30
	St Margaret's Church	The Cross, Dalry KA24 5AW Margaret MacDonald Office: 01294 832264 st.margaret@talktalk.net	Lunch Care & Share - Support Service avail Slimming World Badminton Line Dancing Toddlers Taekwondo Zumba Childrens Dance Class Messy Church	Monday Monday Wednesday Wednesday Thursday Thursday Thursday Saturday Saturday	12:00 - 13:30 17:00 - 19:30 13:00 - 14:00 19:00 - 20:30 09:30 - 11:30 16:30 - 17:30 19:00 - 20:00 11:00 - 14:00 16:00 - 18:00 1st Saturday of the month
	Dalry Community Garden	Smith Street Car Park situated behind Dalry Library Sheena Woodside https://www.facebook.com/DalryCommunityGarden/ Tel: 07831 171871	Mindful Meditation & EFT Working with Nature	Please contact Sheena Woodside for details of future sessions	Open Daily
	Beith Community Centre	King's Road, Beith https://www.beithcommunityassociation.org.uk/cont Tel: 01505 503187	Longbar Bowling Jam Street Dance Class Zumba Over 60's Keep Fit Whist & Dominoes Kettle Bells Beith Badminton Longbar Bowling Zumba	Monday Monday Monday Tuesday Tuesday Tuesday Tuesday Wednesday Wednesday	13:00 - 15:00 15:30 - 20:30 18:15 - 19:15 11:00 - 12:00 13:00 - 16:00 18:30 - 19:30 20:00 - 22:00 18:00 - 21:00 18:15 - 19:15

			Cunninghame Choir	Wednesday	19:30 - 21:30
			Line Dancing	Wednesday	19:45 - 21:15
			Beith Line Dancing	Thursday	10:00 - 11:30
			Slimming World	Thursday	09:00 - 11:00/17:30 - 20:00
			Womens Self Defence Class	Thursday	19:00 - 21:00
			Camera Club	Thursday	19:30 - 22:00
			Taekwondo	Friday	16:30 - 18:30
			Aikido	Friday	17:30 - 19:30
	Barrmill Community Centre	1 Beith Road	Art class	Monday	19:30 - 21:30
		https://www.barrmillvillage.co.uk/?fbclid=IwAR0zXcZ	IT Training	Tuesday	13:00 - 15:00
		barrmilldca@gmail.com	Greenhill WI	3rd Wednesday	14:00 - 16:00
		Tel: 01505 500380	Grow with Us - Gardening Group	Wednesday	11:00 - 13:00
		Jean Gilbert	Grow with Us - Gardening Group	Thursday	11:00 - 13:00
			Bingo	Thursday	13:30 - 15:00
			Stretch for Health	Thursday	15:30 - 16:30
			Volunteer Park Day	2nd Saturday	11:00 - 15:30
	Bridgend Comm Centre	Bridgend, Kilbirnie, 01505 684512	Mothers & Toddlers	Monday	09:00 - 11:30
		https://www.facebook.com/bridgendkilbirnie/	Karate	Monday	19:00 - 21:00
		admin@bridgendcommunitycentre.co.uk	ESOL Language Group	Tuesday	09:00 - 12:30
		Tel: 01505 684512	Neighbourhood Network	Tuesday	10:30 - 13:30
			Age Concern Drop-in Coffee Afternoon	Tuesday	13:00 - 15:00
			Yoga	Tuesday	18:45 - 20:15
			AA Support Group	Tuesday	19:30 - 22:00
			Fit & Fifty	Wednesday	09:45 - 11:45
			Chair Yoga	Wednesday	13:30 - 14:30
			Turning Point	Wednesday	15:30 - 20:00
			Weight Loss Class	Thursday	09:00 - 11:30
			Age Concern Drop-in Coffee Morning	Thursday	09:00 - 12:00
			Sew & Sew	Thursday	09:45 - 12:45
			ESOL - Camera Club	Thursday	16:30 - 18:00
			Weight Loss Class	Thursday	16:45 - 18:15
			Karate	Thursday	19:00 - 21:00
			ESOL Language Group	Friday	09:00 - 13:30
			Cafe Solace	Friday	17:00 - 19:00
	Garnock Community Campus	Glengarnock , 01294 605128	Please see website for information on		
		https://kaleisure.com/location/garnock-community-c	ngoing activities as part of KA Leisure		
		info@kaleisure.com			
		Tel: 01294 315120;			
	Beith & District Community Council	30 Reform Street, Beith	Please contact Organisation for a list of		
		Helen McNaughton, Chair	planned activities		
		beithanddistrictchair@gmail.com			

		Tel: 07743 927743, 01505 502005			
	Beith Lasses and Lads Burns Club	7 Manuel Avenue, Beith Kathleen Reid, Treasurer kathleenagnesreid@gmail.com Tel: 01505 503801; 07984 524237	Please contact Organisation for a list of planned activities		
	Dalry Community Development Hub	87 New Street, Dalry Sheena Woodside, Vice Chair sheena_woo@yahoo.co.uk Tel: 07831 171871, 01294 833182	Please contact Organisation for a list of planned activities		
	Dalry Community Sports Club	7 West Kirklands Place, Dalry Allan McGinlay, Chairperson bigalmcg@icloud.com Tel: 07393 910539, 01294 832373	Men Shed Dalry Location - Pavilion at Dalry Public Park Contact - Gus McLafferty - 07484 708073 mens.shed.dalry@btinternet.com	Monday & Wednesday	11:00 - 15:00
		Activities- generally to meet and have a cuppa and a chat - look to organise activities as determined by those that attend	Facebook - https://www.facebook.com/DalryCSC		
	Garnock Valley Helping Hands Baby & Kids Recycling Project	Geilsland Estate, Geilsland Road, Beith Caroline Wagg, Project Leader garnockvalleyhelpinghands@protonmail.com Tel: 07815 555817	Support group to help with baby clothes, baths, bottles etc - referral via GVHH		
	Garnock Valley Men's Shed (GVMS)	The Shed, Ladysmith Road, Kilbirnie, KA25 6BH David Gardner - Vice Chairman/Treasurer gvms@btinternet.com Tel: 07582 562055 Open to all men from the age of 18 years	Men's Shed Woodworking Model building Music Room Camaraderie and Friendship	Tuesday and Thursday	10:00 - 16:00
	Beith Trust	B777 Beith/Lugton Rd, Beith Jane Lamont, CEO jane.lamont@beithtrust.org Tel: 01505 228141, 07704 288282			
		Alison Berry "Lend an Ear" 01505 228141	"Lend an Ear" telephoning befriending service for those suffering from isolation	Days and times supplied on enquiry	Days and times supplied on enquiry
		St Bridget's Food Hub, St Bridget's Primary School, Kilbirnie	Food Bank with tea, coffee & support	Tuesday	10:00 - 12:00
		Bora Zabransky/Shelley Oxley	Astro Nature Play - sensory outdoor play	Tuesday	09:30 - 13:00

			Spiritualists	Thursday	19:15 - 22:15
			Strictly fun dancing	Thursday	19:30 - 22:00
			Art & Drama	Friday	09:30 - 15:00
			Craft	Friday	11:00 - 13:00
			Councillor's Surgeries	Saturday	Please contact for details
	Fullarton ConneXions	Fullerton Parish Church, Church Street, Irvine	Jiggy Wrighlers	Monday	10:00 - 12:00 (Harbourside)
		https://www.fullartonconnexions.co.uk/contact/secretary@fullartonchurch.co.uk	BB Anchor Boys	Monday	18:00 - 19:00 (Harbourside)
		Tel: 01294 273741	BB Juniors	Monday	19:15 - 20:30 (Harbourside)
			Radiant Lotus Women's Qigong	Monday	18:00 - 19:00 (Studio)
			ConneXions Community Café	Tuesday	10:00 - 14:00 (Café)
			Lullaby Baby Massage	Tuesday	10:00 - 13:00 (Studio)
			Mind & Body Movement	Tuesday	11:00 - 12:00 (Sanctuary)
			ASN Disco	Tuesday	12:30 - 14:30 (Sanctuary)
			West Coast Stompers Line Dancing	Tuesday	12:30 - 13:30 (Harbourside Hall)
			TTA Tae Kwon Do	Tuesday	19:15 - 20:15 (Harbourside)
			Café Solace	Tuesday	17:00 - 19:00 (Café)
			Rock Choir	Tuesday	19:30 - 21:30 (Sanctuary)
			Changes Support Group	Tuesday	14:00 - 16:00 (Schoolroom)
			Blythswood Packers	Wednesday	09:00 - 13:00 (Fullarton)
			Weight Watchers	Wednesday	09:00 - 11:00 (Harbourside Hall/Studio)
			ASN Disco	Wednesday	12:30 - 14:30 (Sanctuary)
			Toddler Group	Wednesday	12:30 - 14:30 (Harbourside Hall)
			Scottish Sports Futures	Wednesday	16:30 - 19:00 (Harbourside Hall)
			Black Dragon Wing Chung	Wednesday	19:00 - 21:00 (Fullarton Hall)
			Jiggy Wrighlers	Thursday	09:30 - 12:00 (Harbourside Hall)
			Cards & Crafts	Thursday	10:00 - 13:00 (Studio)
			Community Café	Thursday	10:00 - 14:00 (Café)
			Beginners Quilting Group	Thursday	13:00 - 16:00 (Studio)
			Kids Yoga	Thursday	16:30 - 17:30 (Studio)
			Badminton Club	Thursday	18:00 - 22:00 (Harbourside)
			Breastfeeding Network	Friday	10:00 - 12:30 (Studio)
			Tai Ji	Friday	10:00 - 11:15 (Harbourside Hall)
			Grub & Gospel	Friday	18:30 - 21:30 (Café)
			ConneXions Community Café	Saturday (last in the month)	10:30 - 14:00 (Café)
			Janice Marshall Dance School	Saturday	09:00 - 17:00 (Various)
			Café Solace - North Ayrshire Foodbank - Fullarton ConneXions, Irvine	Tuesday	17:00 - 19:00
			Church of the Nazarene, Ardrossan	Wednesday	16:30 - 18:30 (time subject to change)
			Activity Drop-in - Argyle Community Centre	Thursday	12:00 - 15:00
			Please contact regarding food related events throughout the year.		
	Redburn Comm Centre	Tel: 01294 311279	Over 60's Club	Tuesday & Thursday	12:45 - 15:45
		https://www.facebook.com/pages/Redburn%20Community%20Centre/146499328740367/			
	North Ayrshire Carers Centre	174 High St, Irvine 01294 311333	Craft & Chat Group	1st Tuesday	13:30 - 15:00

		https://www.carersuk.org/search/north-ayrshire-care	Carers Connect Group	3rd Tuesday	13:30 - 15:00
		https://www.unity-enterprise.com/carers-centers/northayrshire.carers@unity-enterprise.com	Alternative Therapies	Tuesday, Wednesday, Thursday	10.00 - 12.00, 10.00 - 12.00, 13.30 - 15.00
		Tel: 01294 311 333			
		OUTREACH - DROP IN SESSIONS			
		Ormidale Pavilion, Brodick, Isle of Arran		1st Wednesday	11:00 - 12:45
		Bridgend Community Centre, Kilbirnie		1st Thursday	10:00 - 12:00
		Saltcoats Library		2nd Monday	10:00 - 12:00
		CARERS CONSTITUTED GROUPS			
		Neighbourhood Centre, Stevenston		3rd Monday	10.00 - 12.00
		Brooksby Centre, 1st Floor, Largs		1st, 2nd & 4th Wednesday	10.00 - 12.00
		ALTERNATIVE THERAPIES			
		Garnock Valley, Bridgend Centre, Kilbirnie		1st Thursday	10:00 - 12:00
		Largs & District, Brooksby Centre, Largs		1st & 4th Wednesday	10:00 - 12:00
		Saltcoats Library, Springvale Street		2nd Monday	10:00 - 12:00
	Vennel Centre	Vennel Gardens, East Road, Irvine, 01294 311745	Knit & Natter	Monday	10:30 - 12:00
		http://www.carena.org.uk/providers/community-centre	Card Making Group	Monday	10:30 - 12:00
		CatherineBeck@north-ayrshire.gov.uk	Lunch Club	Monday	12:30 - 13:30
			Bingo	Monday	14:00 - 15:30
			Ballroom Dancing	Monday	16:00 - 17:00
			Sitfit	Tuesday	11:15 - 12:15
			Line Dancing	Tuesday	14:00 - 16:00
			Zumba Gold	Wednesday	09:30 - 10:00
			Yoga	Wednesday	10:30 - 11:30
			Lunch club	Wednesday	12:00 - 13:00
			Nail Cutting Service	Wednesday	13:00 - 15:00
			Tai Chi	Wednesday	13:30 - 14:30
			Quiz	Wednesday	15:00 - 16:00
			Digital drop in	Thursday	11:00 - 12:00
			Massage therapy	Thursday	11:00 - 16:30
			Memory café/seated zumba gold	Thursday	13:30 - 16:00
			Craft Group	Friday	10:30 - 12:00
			Lunch Club	Friday	12:30 - 13:30
			Entertainment	Friday	14:00 - 16:00
	Portal Irvine	KA Leisure - Active Lifestyles Team	Please contact KA Leisure for up to date classes and activities		
		https://kaleisure.com/location/portal/			
		info@kaleisure.com			
		Tel: 01294 270796			
	Castlepark Community Centre	Castlepark, Irvine 01294 311238	Gaelic Singing	Monday	10:00 - 12:00
		http://www.carena.org.uk/providers/community-centre	Gaelic Language Class	Monday	13:30 - 15:30

		castlepark@tiscali.co.uk	Kids Football Coaching	Monday	16:00 - 18:00
		Tel: 01294 311238	Karate	Monday	18:30 - 21:00
			Craft class	Tuesday	13.00 - 15.00
			Bereavement Group	Tuesday	18.00 - 19.30
			Parent & Toddler Group	Wednesday	09:00 - 11:30
			2nd Time Around	Wednesday	11:30 - 15:00
			Karate	Wednesday	18:00 - 21:00
			Zumba Gold	Thursday	10.00 - 11.00
			Art Club	Thursday	12.30 - 15.30
			Kids Football Coaching	Thursday	17:00 - 18:00
			Parent & Toddler Group	Friday	09:00 - 11:30
			Line Dancing	Friday	13.00 - 15.00
	Minds of Football	Fullerton Hub MUGA Pitch	Football	Wednesday	18:30 - 20:00
	Irvine Sea Cadets	c/o Army Reserve Centre, Corsehill Mount Road, Dreghorn, KA11 4JZ	The Organisation offers a variety of activities both afloat and onshore to young people between 10-18. Please contact group for further information.		
		Commanding Officer: Sub Lt (SCC) Robert Duncan RNR			
		Tel: 07907 051550			
		co@irvineseacadets.co.uk			
		www.sea-cadets.org/Irvine			
		www.facebook.com/IrvineSCC			
	More Than Fibro - SCIO	19 B Academy Street, Coatbridge, ML5 3AW	Ayrshire Support Group	Thursday - 26th May	19.00 - 21.00
		Lyndsay McCallion - 07429 573424	Community Room in Asda - Irvine	Thursday - 30th June	19.00 - 21.00
		fundraising@morethanfibro.org		Thursday - 28th July	19.00 - 21.00
		www.morethanfibro.org			
	Touched by Suicide Scotland	Upper Floor, 151 Hight Street, Irvine KA12 8AD	Irvine Group - Upper floor, 151 High Street, Irvine KA12 8AD	1st Monday of the Month	19:00 - 21:00
		Rosalind Nicoll, Development Officer	Largs Group - Largs Library, 26 Allanpark Street, Largs, KA30 9AG	2nd Monday of the Month	19:00 - 21:00
		rosalind.nicoll1311@gmail.com	Kilbirnie - Bridgend Community Centre, 17 Bridgend, Kilbirnie, KA25 7DJ	2nd Wednesday of the Month	19:00 - 21:00
		Tel: 01294 274273			
	Ayrshire Cancer Support	5 Dundonald Road, Kilmarnock KA1 1EQ	Please contact Ayrshire Cancer Support re individual needs, therapeutic support including counselling. Events and groups will be published by the Organisation directly.		
		Kirsty McCall, CEO Assistant			

		birrellg@ayrshirecs.org			
		Tel: 01563 538008			
	Scottish Maritime Museum	Scottish Maritime Museum, Linthouse Building, Harbour Road, Irvine, KA12 8BT	Titanic: Parents' Skills Workshop - Scottish Maritime Museum & NAC Family Learning Team	Please contact for further details	
		Sarah Takhar, Learning & Access Officer	Scottish Maritime Museum Reminiscence Group	Please contact for further details	
		saraht@scotmaritime.org.uk	Harbourside Men's Shed Greenspace	Please contact for further details	
		http://www.scottishmaritimemuseum.org/			
		Tel: 01294 480 989			
	Harbourside Men's Shed	Harbourside Men's Shed, Unit 36b, 29 Kyle Road, Irvine.	Please contact for further information and projects	Tuesday, Wednesday & Thursday	10:00 - 15:00
		<u>Colin Daye</u>			
		harboursidemenshed.irvine@gmail.com			
		Tel: 07522 116203 or 01294 312194			
		Facebook - https://www.facebook.com/Harbourside-mens-shed-Irvine-381031596101610			
	Kilwinning Community Football Academy	2c Abbot's Ave, Kilwinning Michael Baird, Chair kilwinningfa@gmail.com Tel: 07837 982649, 07834 992731	Please contact Organisation for up to date activities		
	Kilwinning Community Sports Club	Pennyburn Road, Kilwinning, KA13 6LF enquiries@chap.org.uk www.chap.org.uk Tel: 030 0002 0002 - 07947 774741	Information, advice and advocacy services Drop-in Sessions Pre-booked appointments	Please contact for further information Tuesday Wednesday & Thursday	 10:00 - 15:00
LARGS, CUMBRAE & THE NORTH SHORE	Clark Memorial Church	Bath St, Largs 01475 675186 https://largsclearkmemorial.org.uk/ dwatson@churchofscotland.org.uk Tel: 01475 674563 Robin Murray	Yoga Dance Group (OIR) Drama Group (OIR) FL Exercise Class Boogie Bugs for under 5's BB Anchor Boys Cubs, Beavers & Scouts Boys Brigade Band Practice Largs Operatic Society Young Voices Largs Operatic Society Voices Zumba (OIR)	Monday Monday Monday Tuesday Tuesday Tuesday Wednesday Wednesday Wednesday Thursday	09:30 - 11:30 13:30 - 16:30 13:30 - 16:00 09:00 - 12:30 10:30 - 12:30 18:00 - 19:30 18:00 - 21:00 18:00 - 21:00 18:30 - 21:30 18:30 - 21:30 09:30 - 11:30

			Elite Fitness	Thursday	17:30 - 20:30
			Largs Community Choir	Thursday	19:00 - 21:30
			Parent & Toddler Group	Friday	09:00 - 11:30
			Early Intervention Addiction Support Group	Friday	10:00 - 11:30
			Boys Brigade	Friday	20:30 - 21:30
	Clyde Coast & Cumbrae Men's Shed	Largs Community Campus, 60-72 Alexander Avenue, Largs, KA30 9EU	Please contact for details of events	Monday, Tuesday and Wednesday	18:00 - 21:00
		Ian Murdoch - 07944 722 027			
		vicechair@cccmensshed@gmail.com			
		https://www.facebook.com/Clyde-Coast-Cumbraes-Mens-Shed-103738115468185			
	Largs Library	https://north-ayrshire.spydus.co.uk/cgi-bin/spydus.exe	Largs Writers	Monday	Please contact Library for session times
		largslibrary@north-ayrshire.gov.uk	Craft Group	Tuesday	14:00 - 15:30
		Tel: 01475 673309	Overeater's Support Group	Saturday	13:00 - 14:00
			Italian (OIR)	Thursday	10:30 - 12:00
			Largs Quilting Bee	Alternative Fridays	14:00 - 16:00
			Largs & N.A. Family History	2nd Tuesday	19:30 - 21:00
			September to May	Last Thursday	14:00 - 16:00
			Chest, Heart & Stroke (men)	Wednesday	10:00 - 12:00
			Chest, Heart & Stroke (women)	Thursday	12:00 - 14:00
			Book Club (OIR)	1st Tuesday	15:45 - 16:45
	Inverclyde Sports Centre	Burnside Rd, Largs 01475 674666	Carpet Bowls (OIR)	Tuesday	14:00 - 16:00
		https://nationalcentreinverclyde.org.uk/	Table Tennis (OIR)	Tuesday	19:00 - 21:00
		inverclydeenquiries@sportscotland.org.uk	Badminton (OIR)	Wednesday	10:00 - 12:00
		Tel: 01475 674666	Carpet Bowls (OIR)	Friday	14:00 - 16:00
	West Kilbride Community Centre	Corse Street, West Kilbride KA23 9AX	Adult Education Mixed Classes Sessional	Monday - Friday	Daily
		Tel: 01294 822144/01294 829590	Gym	Monday - Friday	09:00 - 21:00
		https://thecoig.com/west-kilbride-community-centre/	Toddler Group	Monday	09:30 - 11:30
		Hugh Howie	Childminders Group	Wednesday	10:00 - 12:00
			Line Dancing	Wednesday	13:00 - 14:30
			Piano Lessons (NA Music School)	Wednesday	15:30 - 19:30
			Stamp Club	Wednesday (Fortnightly)	19:30 - 21:30
			Toddler Group	Thursday	09:30 - 11:30
			Ukulele Class	Thursday	19:00 - 21:00
			Toddler Group	Friday	12:30 - 14:30
			Accordion Class	Friday (Fortnightly)	18:30 - 20:00
			Table Tennis Group	Friday	19:00 - 21:00
	St John's Church, Largs	Tel: 01475 674468	Ladies Thursday Club	Thursday	19:30 - 21:30
		http://www.stjohnslargs.co.uk/	WRVS Lunch Club	Tuesday	11:30 - 13:30
		gmcwilliams@churchofscotland.org.uk	Church Guild (Dunn Mem Hall)	Monday	14:00 - 16:00

		Tel: 07853 774 383	Country Dancing	Monday	19:00 - 21:30
	Vikingar	https://kaleisure.com/location/vikingar/	Aqua	Monday	10:00 - 10:45
		info@kaleisure.com	Low Circuits	Monday	10:30 - 10:30
		Tel: 01294 270796	Invigor8-PLUS	Monday	13:30 - 14:30
			Low Circuits	Tuesday	12:00 - 13:00
			Invigor8	Tuesday	13:30 - 14:30
			Low Circuits	Wednesday	09:00 - 10:00
			Aqua	Thursday	10:00 - 10:45
			HARP Circuit	Thursday	11:30 - 12:30
			Invigor8	Thursday	14:30 - 15:30
			Low Circuits	Friday	09:30 - 10:30
			ANA Supported Gym Sessions	Friday	11:00 - 12:00
		Mind and Be Active Class	Gym Session	Wednesday	11:00 - 12:00
	United Free Church Hall	Brisbane Road, Largs	Spanish Class (OIR)	Thursday	10:00 - 12:00
		https://www.ufcos.org.uk/congregations/largs/			
		07736 251437			
		John McCall - jaymack46@icloud.com			
	St Columba's Episcopal Church Hall	Aubery Crescent, Largs KA0 8PR			
		https://largs-church.co.uk/st-columbas-church-hall/	Gaelic Choir	Tuesday	19:30 - 21:30
		01475 686241	Ballroom Dance Class	Wednesday	18:45 - 20:45
		Linda Young - llyoung1960@gmail.com			
	TOCH Hall	Bath Street, Largs KA30 8BH	Electric Keyboard (OIR)	Tuesday	10:00 - 12:00
		https://www.largsandmillportnews.com/announcements/public_notices/notice/6721.LARGS_ST_JOHN_S_CHURCH_OF_SCOTLAND/			
		http://www.stjohnslargs.co.uk/			
		gmcwilliams@churchofscotland.org.uk			
		Tel: 01475 674468			
	West Kilbride Village Hall	1 Arthur Street, West Kilbride KA23 9EN	Pilates	Monday	10:30 - 11:30
		https://www.westkilbridevillagehall.co.uk/	Kids Tae-Kwon-Do	Monday	18:30 - 19:30
		info@westkilbridevillagehall.co.uk	Hoop Exercise Class	Monday	20:00 - 21:00
		Tel: 01294 829590	Badminton	Tuesday	10:00 - 11:30
		Kirstin Dalgoutte	Scottish Country Dancing	Tuesday	14:00 - 16:00
			Quilters & Sewing Group	Wednesday	14:00 - 16:00
			Rainbows, Brownies & Guides	Wednesday	17:00 - 21:00
			Scottish Woman's Institute	Wednesday (3rd)	19:00 - 21:30
			Pilates	Wednesday	09:30 - 10:30
			Singing for Fun	Thursday	09:30 - 11:00
			Pilates	Thursday	19:15 - 20:15
			Music in West Kilbride	Friday (3rd)	19:00 - 22:00

	Largs Bowling Club	Douglas Street, Largs 01475 689864 (April - Sept) https://www.largsbowlingclub.com/ Jim.Welsh@sky.com Tel: 01475 674714 or 07769 648340	Outdoor Bowling Coaching Classes	Saturday	10:00 - 12:00
	West Kilbride Community Initiative LTD	Upstairs, The Barony, 50 Main Street, West Kilbride, KA23 9AW Karen Teal, Art Education and Projects karen.wkcil@gmail.com Tel: 07305 053637	Social gathering to develop personal creative work and activities. Last Monday of the Monday guest creative artist maker	Monday	12:30 - 14:30
	YES Your Entire Self	Haylie House Lodge, Irvine Rd, Largs, KA30 8ET Catherine Brannan, Director cath@yesyourentireself.com www.yesyourentireself.com Tel: 07742 893966	Weekly Mindfulness and Nature for Non-Beginners - Haylie House Lodge, Largs Sea Inside' Beach Guided Meditation and Mindfulness for Beginners - Pencil Point, Largs Open About Suicide' for those affected by potential or attempted suicide - Haylie House Lodge, Largs International Largs' Haylie House Lodge (time and location may change in June, please contact for further information) Sunset Surrender' Beach Guided Meditation and Mindfulness - Pencil Point, Largs Sea Inside' Beach Guided Meditation and Mindfulness. Please contact for further information	Tuesday Tuesday & Wednesday Wednesday Wednesday Wednesday	19:30 08:00 - 09:15 20:15 10:45 - 12:00 20:15
	Woodland Wakeup	14B Weston Terrace, West Kilbride, KA23 9JX	Monthly Family Beach Party Holistic with introduction to breathe work, mindful living, sound bath with gongs/chimes, drumming and mindful eating. Please contact direct for information. Slow Down Day for Carers: Monthly Events for Carers with Wellbeing and Mindful Living (contact direct for updated info)	Sunday TBC	10:00 - 12:00
			REWIRE		

		hello@woodlandwakeup.org	Bringing outdoor nature adventures and mindfulness to local green spaces in North Ayrshire. Please contact for further information.		
		www.facebook.com/woodlandwakeup			
		www.instagram.com/woodlandwakeup			
		www.twitter.com/woodlandwakeup			
		Tel: 07932 333044			
	West Kilbride Community Support Group	C/O 53A Main Street, West Kilbride	Social Gardening Drop-in	Wednesday & Friday	09:30 - 13:00
		Toni-Ann Hope, Project Co-ordinator	Meeting point - 53 Main Street, West Kilbride across from the Barony Centre		
		wkcsgoup@gmail.co.uk			
		Tel: 07903 404224			
	Cycling Without Age Scotland, Isle of Cumbrae	181/R Ferry Road, Chapter, Millport	Daily Trishaw Rides available to book in advance. Please contact for further details.		
		Eileen Mcaulay			
		eileenmaca@aol.com			
		Tel: 07772 075295			
	Dementia Friendly Largs & District	largsdementiafriendly@gmail.com	Memory Walk in Largs	18th/19th September 2022	
		www.dementialargs.co.uk	Music Memories - Largs Care Homes	21st September 2022	
			T'ai Chi Classes	Please contact for further details	
			Dementia Awareness training	Please contact for further details	
ARRAN	Arran Well-Being CIC	Woodside Farm, Kildonan, Isle of Arran	Please contact Organisation for up to date activities		
		Alex Morrison-Cowan, Director			
		info@arranwellbeing.com			
		Tel: 01770 601213; 07983 448511			
	The Mary Davies Trust	Heather Lodge, Brodick, Isle of Arran	Therapeutic Gardening, Dance Therapy, Woman's Drumming Circle, Forest Bathing, 'Walk & Talk' Counselling	Please contact for session details.	
		Jan Attkins, Trust Co-ordinator			
		jan@heatherlodge.scot			
		https://heatherlodge.scot/services/getting-there			
		Tel: 01770 302546			

	Arran Federation Scottish Women's Institute	C/o Ard Lairig, Lamlash, Isle of Arran Kirsty Forsyth, Trustee of Scottish Women's Institutes kirsty.e.forsyth@gmail.com Tel: 01770 600184	Events from September 2022 onwards		
	Arran Visual Arts	Ardshiel, Whiting Bay, Isle of Arran Jan MacGregor, Volunteer and Chair of Arran Visual Arts janmacgregor45@gmail.com Tel: 01770 700249	Please contact Jan for planned activities		
	Community of Arran Seabed Trust (COAST)	COAST Discovery Centre, Old Pavillion, Lamlash, Isle of Arran, KA17 8LS email@arrancoast.com www.arrancoast.com https://www.facebook.com/arran.coast Tel: 01770 600656	Centre open to the public everyday Various events throughout the summer - please contact for details or visit their social media pages or website.	7 days a week	10:00 - 16:00
	KA Leisure (Isle of Arran)	KA Campus, Arran High School, Lamlash, Isle of Arran, KA27 8NG Msmith@kaleisure.com www.kaleisure.com	Fitness Suite Booster Vaccinations - Games Hall Fitness Suite Arran Mountain Bike Course - Garage & Toilets Fitness Suite AHS Concert - Theatre, Social Area and Café SFA Camp - Astro, Dining/Social area & toilets FEIS - https://feisarainn.com/ Fitness Suite W.I in Café and Dining Area Fitness Suite McLellan Festival - Theatre & Social Area Poetry Festival - Theatre & Social Area McLellan Festival Drama Students - Theatre Fitness Suite Singing Kettle - Theatre Fitness Suite	Monday - Friday Saturday 11th June Saturday Saturday 18th June Saturday 18th June Wednesday 22nd June Monday 18th & Thursday 21st July Monday 25th - Friday 29th July Tuesday 26th - Friday 29th Wednesday 3rd August Wednesday 3rd August Monday 22nd - Friday 26th August Saturday 27th August Saturday 3rd September Saturday 3rd September Sunday 18th September Sunday 18th September	18:00 - 22:00 08:00 - 17:00 10:00 - 16:00 09:00 - 14:00 10:00 - 14:00 18:00 - 22:00 10:00 - 14:00 10:00 - 22:00 10:00 - 16:00 - TBC 10:00 - 22:00 08:00 - 22:00 18:30 - 22:30 10:00 - 22:00 10:00 - 20:00 11:30 - 15:30 12:00 - 15:00
NORTH AYRSHIRE WIDE					

	Cruse Bereavement Care Scotland	National Operation	Bereavement Support Services & Bereavement Counselling	Please contact directly - Support offered via telephone and online platforms. In person appointments subject to availability.	
		Keith Robertson, Chief Executive Officer			
		keith.robertson@crusescotland.org.uk			
		support@crusescotland.org.uk			
		Home : Cruse Bereavement Care (crusescotland.org.uk)			
		Tel: 01738 444178 - 0141 248 1602			
		National Helpline: 0808 802 6161			
	Neighbourhood Networks	North Ayrshire (In The Community) & Harbour Arts Centre	Development of a film showcase the life stories and achievements of local individuals with learning disabilities. The Exhibition will be themed around the importance of connections within a community and social well-being.	May - December	Please contact for full details
		Laura Eales, North Ayrshire Networks Manager			
		lauraeales@neighbourhoodnetworks.org			
		Tel: 07734 0 30817			
	Wellbeing Scotland	14 Bank Street, Alloa, FK10 1HP	Counselling	Please contact Organisation regarding times and days of sessions	
		Janine Rennie, Chief Executive	Befriending		
		info@wellbeingscotland.org	Campaigning		
		https://www.wellbeingscotland.org/services/schools	Training and Development		
		Tel: 01324 630100			
	No-one Dies Alone Ayrshire	TACT Saltcoats, 27-29 Vernon Street, Saltcoats. Celebrate Kilmarnock, 85-89 King Street, Kilmarnock	Peer led wellbeing support group centred around bereavement and loss. As well as a chat and a cuppa we have a short wellbeing mindfulness session at the end for 5 or 10 minutes. This ranges from drumming, singing bowls and mediations.	Monday - Saltcoats	13:00 - 14:00
		Linda McCurrach, Service Manager (Kilmarnock) Laura McMail (Saltcoats)		Friday - Kilmarnock	13:00 - 14:00
		noonediesaloneayrshire@gmail.com		First Monday & Friday of the month will be Djembe Drumming - booking essential	
		Tel: 07858 151969, 07393 498763			

	Leaders Unlocked	18-22 Ashwin Street, London	Arran Outdoor Centre	Please contact for dates and times	
		Nairn McDonald, Project Lead	Art based residential around mental health		
		nairn@leaders-unlocked.org			
		www.leaders-unlocked.org			
		Tel: 07472 157471			
	Equal Futures	The West House, Alpha Court, Swingbridge Road, Grantham, NG31 7XT	Befriending Service	Please contact for details of events	
		Shona.Fleming@equalfutures.org.uk	Circles of Support		
		Ayrshire.Projects@equalfutures.org.uk	Social Events		
		Tel: 0300 3031280 - 07787 516597			
	Alzheimer Scotland	jgarner@alzscot.org	Tea & Blether/Quiz/Music	Every Tuesday	11:00
	Digital Community Activities	Tel: 07588 752294	Arts n Craft	1st Wednesday of the month	11:00
		www.facebook.com/AlzScotAyrshire	Quiz	2nd Wednesday of the month	11:00
	Dementia Advisor	lross@alzscot.org	Music with Mary	3rd Wednesday of the month	11:00
		Tel: 07879 996367	Football Group	Last Wednesday	11:00
			Carers Cuppa	Every Thursday except last one	11:00
			Carer Walking Group at Oscars	Last Thursday	11:30 - 13:00
	Flying Start Toddlers	St Peter's Parish Centre, 1 South Cres, Ardrossan	Toddler Group, offering baby sensory and family socialisation	Monday, Wednesday & Friday	09:30 - 11:30
	Toddler Group for children aged 0-3	josephine.coulter@yahoo.com			
		Facebook: St. Peter's Flying Start Toddlers			
	Ayrshire Independent Living (AILN)	The Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG	Self-Directed Support, information and advice - peer support	Please contact for further details.	
		Sharon McLeod			
		Tel: 01294 475696 Mob: 07771 746604			
		sharon@ailn.org			
		www.ailn.org			

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