

SOUTH AYRSHIRE

STRICTLY SENIORS

ISSUE 9 - JUNE 2023



Celebrating opportunities and support available to South Ayrshire residents aged 55+

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FOREWORD

Welcome to the 9th edition of Strictly Seniors

We have all lived through extremely challenging times over the last couple of years but as things go back to some level of normality it seems even more important to identify and celebrate all the things that allow us to live purposeful, active, informed and respected lives.

This Strictly Seniors illustrates a huge range of activities that exist in South Ayrshire seeking to keep older people well.

You will see that this work takes place across South Ayrshire and is supported by statutory parties - like the Health and Social Care Partnership, NHS Ayrshire and Arran and South Ayrshire Council – as well as hundreds of community organisations all seeking to make a difference in their localities.

Wherever you live there are opportunities highlighted that will support you to remain contributing, active, healthy and connected lives.

There is also an article on the development of a local Ageing Well Strategy and how you might get involved with this. We would encourage you to engage with this and bring your experiences and insights to the process to ensure we continue to make South Ayrshire one of the best places for older people to live in within Scotland.



Linda Semple

**Integrated Joint
Board Chair**



Cllr Lee Lyons

**Integrated Joint
Board Vice-chair**



Ageing Well

We're all getting older! – How many times do we hear this?

In the case of South Ayrshire it is especially true – we have one of the oldest populations in Scotland and this is set to increase over the next few years.

In lots of ways this should be celebrated – people are living longer and many people are living healthy, active lives into their 80s and 90s.

Older people also contribute substantially to the life of families and communities – through family care and volunteering efforts.

However, we know that the older you are the more likely it is that you live with a range of long-term health conditions. As we age, our bodies lose some degree of function although there are many ways that we can slow this down – lots of good examples in this magazine.

Because of our ageing population in South Ayrshire we are facing some challenges to our wider health and care systems to help tackle this we are going to develop an Ageing Well strategy.

This strategy will sit under our Community Planning Partnership – which has representation from NHS Ayrshire & Arran, South Ayrshire Council, Police, Fire and Rescue, Third Sector and many more.



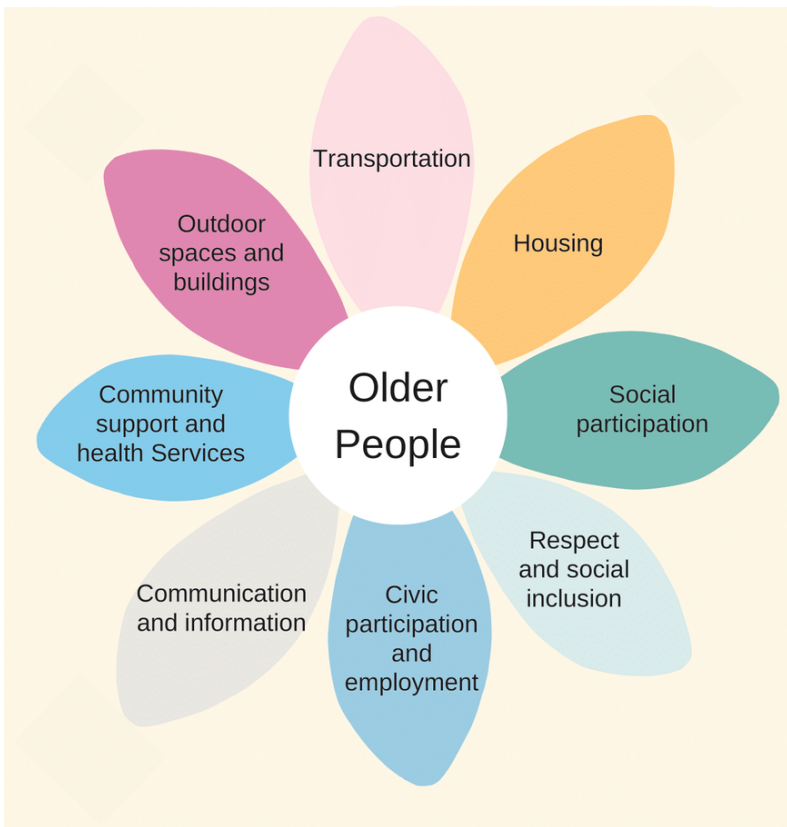
We want to hear from our local residents as well as experts in the ‘ageing’ world – from academics and thinkers to national older people’s organisations.

As part of this work we are seeking to be part of an international network of cities, regions and council areas that are developing as ‘Age Friendly Communities’. This is led by the World Health Organisation (WHO) with a UK wide network and it is informed by the best evidence about what supports older people.

This structured approach enables the consideration of a number of themes captured in the graphic below.

Other places that have developed as Age Friendly Communities have considered these significant ‘big issues’ whilst seeking to address short-term practical concerns such as having sufficient access to toilets in public spaces and access to seats to have a sit-down whilst out shopping.

The Ageing Well Strategy – using the Age Friendly Community model – will seek to think through what we need in the next short and longer term to ensure older people feel valued, celebrated, connected, cared for and respected and that they have access to the supports they need to enable them to live purposeful, active and healthy lives.



GET IN TOUCH

In order to capture the diverse range of views of older people, VASA is establishing an Ageing Well Champions Board and this will be a significant forum to allow meaningful engagement.

If you would like to get involved or to find out more please contact us:



enquiries@vasa.scot



0800 432 0510



COSY SPACES

Good company and a cuppa

South Ayrshire residents found a warm welcome at a whole host of 'Cosy Spaces' all over the area during the winter months.



Village halls, community centres and church halls in towns and villages throughout South Ayrshire threw open their doors to local people as an antidote to the cost of living crisis.

Cosy Spaces provided places where people of all ages could get together in a warm, friendly environment and enjoy good company, a cuppa and often a bite to eat or even some games and activities.



Voluntary Action South Ayrshire (VASA) planted the seed for the Cosy Spaces idea at an event last September and community organisations quickly rose to the challenge.

Marie Oliver, CEO of VASA, said: "We asked local groups if they had a community space they could share and the response was quite literally heart-warming."

“Cosy Spaces popped up in every corner of South Ayrshire and brought some much-needed light and cheer to the winter.”

Small Scottish Government grants distributed by VASA enabled many organisations to cover the cost of opening up their halls and providing refreshments.

The Cosy Spaces have been so popular that a number of them are continuing to run, thanks to another funding boost.

To find out about your nearest Cosy Space, call South Ayrshire Lifeline on freephone 0800 432 0510.



Absolutely love volunteering with you all. A little purpose back in my life  x.”

“A wonderful idea especially for elderly people in the winter months.”

“It’s lovely to see so many smiling faces.”

“Warm, welcoming and great company.”



“Another lovely get together, great success!”

“I love coming to the group, we always have a laugh and love meeting new people too, coming on as a volunteer has helped with my self-esteem and confidence.”



OPPORTUNITIES IN RETIREMENT

AYR

Organised activities for the retired and the over 50s

Opportunities in Retirement (OiR) Ayr is an organisation for those over the age of 50.

Our main aim is to tackle loneliness in the elderly, particularly those living on their own, by offering a wide range of organised activity groups.

We offer over fifty indoor pursuits, and nearly twenty outdoor activities. These groups meet in various venues around Ayr and Prestwick.

The indoor groups include educational, physical activity and leisure activities. The outdoor groups include walking, cycling, bowling and golf.



For more information on OiR please visit the website or contact the office between 10am and 2pm, from Tuesday to Thursday, on 01292 260086.



www.oirayr.org.uk



office@oirayr.org.uk



[@Oirayr](https://www.facebook.com/Oirayr)



Why Volunteer in later life?



Volunteering is beneficial to both you as a volunteer and to the community

Giving Back

'Giving something back' may sound overly romantic and idealistic but it is one of the major driving forces of volunteering amongst older volunteers. The concept of giving back can enhance individual wellbeing as it can improve feelings of self-worth and confidence. Yet it does not stop there, once the volunteer has built themselves up, they can seek to enable other people to connect and become more involved in their local community.

Improved mental health

Another benefit of volunteering is improved mental health, brought about by 'doing something for others'. Research quotes Margaret, an older volunteer taking part in a study*, saying: "I still have depression but it is not as bad. I feel other people's pain and that makes you feel better and helps to put things into perspective. Doing something for others gives me satisfaction. If you can get people laughing it's so much better than pills".

Connecting with the community

Volunteering can provide an opportunity for participation in the larger community, to have fun and to broaden horizons. Whether it is talking to clients in a charity shop, driving, gardening, befriending or perhaps being part of a committee as a trustee with regular monthly meetings, volunteering gives the opportunity to meet up, talk and have something to look forward to.

- Prevents loneliness and isolation
- Gives a feeling of purpose
- Increases physical activity
- Bridges the generation gap
- Helps to engage with old interests
- Helps in learning new skills

*The benefits of Inclusive Volunteering, Volunteer Scotland, TSRF

For more information contact
The Volunteer Hub:



volunteering@vasa.scot



0800 432 0510

Q&A

Dr Philip Hulme,

Clinical Director South Ayrshire HSCP and GP in Girvan

Q: Dr Hulme, tell me about your role as Clinical Director in South Ayrshire?

A: I'm getting out and about and meeting teams from different South Ayrshire GP Practices to see how I can provide leadership and support.

I've really enjoyed supporting Practices during the recovery from the Covid-19 pandemic at a time of very heavy demand.

I've also supported Practices with very particular challenges to seek how they can be stabilised and their work continued.

Q: As a GP what are the main challenges you see on a day to day basis?

A: It's really coping with demand – it's really much higher than before.

Also, because of the disruptions to secondary care and delays, we've had to step in to provide ongoing support to these patients.

Recruiting and retaining the key staff to provide good care has also been difficult at times.

Q: Have the different 'multi-disciplinary' professionals now supporting GP Practices- like pharmacists, mental health workers and others - made a positive difference?

A: Absolutely – without them I don't think we would have coped in the last 12 months. They make a real difference and allow GPs to concentrate on the most complex cases.

Patients also benefit by being able to access the right person at a better time without having to necessarily wait to see the GP.

Q: I know a lot of people face challenges when they are trying to get GP appointments – what would you say to them?

A: We are still here. We are still seeing more patients than ever. Sometimes patients can be appropriately dealt with through a phone consultation and this allows GPs to devote more time for those who are significantly unwell.

Q: How can patients and the general public play a part in ensuring that those most in need of seeing a GP get sufficient priority?

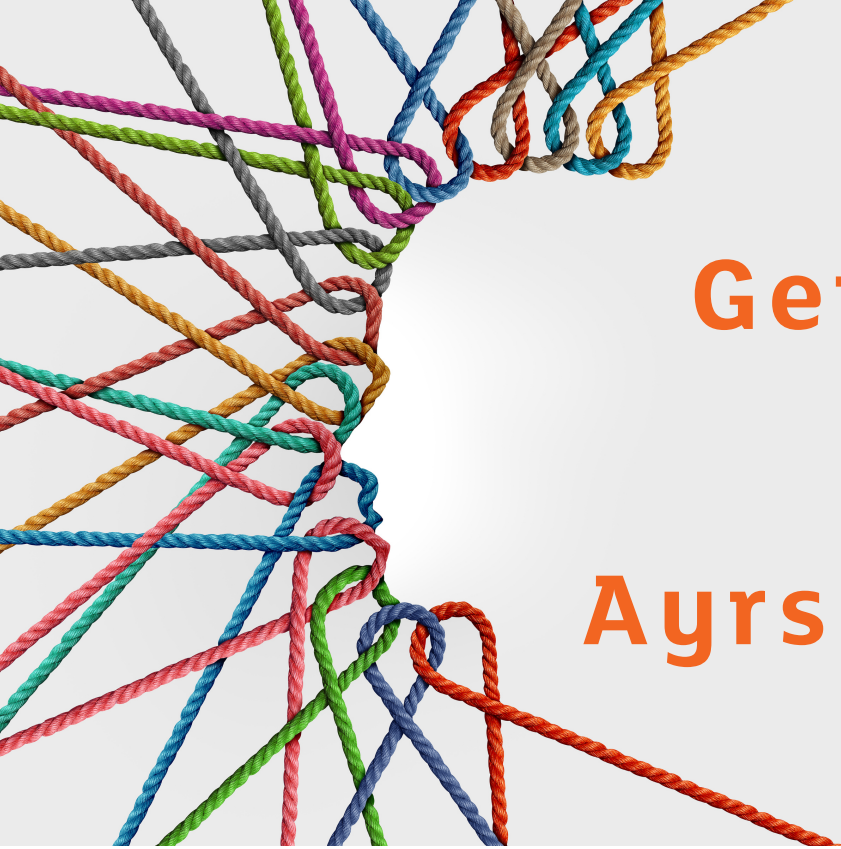
A: Please listen to our receptionists who usually do know which member of the extended team is best placed to deal with particular issues.

If you do need to contact the Practice for routine issues, please be patient and try to avoid peak times such as first thing on Mondays. But if you are significantly unwell please do phone as early as you can in the day.

Also, consider if your issue could be dealt with in other ways such as using Community Pharmacies and their Pharmacy First services.

Thanks Dr Philip Hulme





Get connected with South Ayrshire Lifeline

South Ayrshire Lifeline's community information service is just a free call or a click away if you want to find out about services and activities in your area. The friendly team at South Ayrshire Lifeline can signpost you to the best people to speak to if you need a bit of advice or support on a whole range of issues - from mental health to money.

Or if you're looking to take up a new activity or just want to get out and meet people, South Ayrshire Lifeline can connect you with a wide range of local groups.

The telephone helpline is open Monday to Friday, from 9am to 5pm.

There is also a website where a wealth of information about what is available in South Ayrshire is at your fingertips.



**SOUTH
AYRSHIRE
LIFELINE**

Get Connected

0800 432 0510

www.southayrshirelifeline.org

If you prefer to speak to someone in person, South Ayrshire Lifeline hold regular drop-ins in communities throughout South Ayrshire.

Community Drop-in Sessions *

1st Thursday of the month:

- Girvan Library: 11am - 12.30pm
- Maybole Library: 2pm - 3.30pm

2nd Tuesday of the month:

- Maybole Health Centre: 9am - 11am

2nd Thursday of the month:

- John Rodie Library, Mossblown:
10am - 11.30am
- Tarbolton Library: 2pm to 3.30pm

3rd Thursday of the month:

- Troon Library: 10.30am - 12noon
- Symington Library: 2pm - 3.30pm

4th Tuesday of the month:

- Maybole Health Centre: 9am to 11am
- Prestwick Library: 10am to 11.30am
- Alloway Library: 2pm to 3.30pm

4th Thursday of the month:

- Forehill Library, Ayr: 10am - 11.30am
- Carnegie Library, Ayr: 2pm - 3.30pm

(*These dates may be subject to change. Please call 0800 432 0510 to check).

South Ayrshire Lifeline also host information and advice drop-ins by other organisations at the Book & Bun, 50 Newmarket Street, Ayr. You can pop in and speak to a range of organisations including Social Security Scotland and Alzheimer Scotland once a month. To find out about these drop-in sessions, call the South Ayrshire Lifeline helpline on 0800 432 0510.

If you have a hearing aid, South Ayrshire Lifeline staff can post out replacement batteries to your home too.

Whatever you are looking for, South Ayrshire Lifeline can point you in the right direction!

Are you a carer?



south ayrshire
health & social care
partnership

- ➔ Do you look after someone who could not manage without your help?
- ➔ Do you regularly collect and/or administer medication?
- ➔ Do you help someone with washing and dressing?
- ➔ Do you do shopping, cooking or cleaning for someone who can't do it for themselves?
- ➔ Do you provide emotional support to someone?

No matter your age, you might be a carer if you support a friend, family member or neighbour who has an illness, disability, addiction, physical or mental health problem.

Many people do not recognise themselves as carers and miss out on valuable support available to them.

The Health and Social Care Partnership and the South Ayrshire Carers Centre offer a wide range of support, including emotional support, short breaks and general advice.



To find out more visit hscp.south-ayrshire.gov.uk/Carers
email: carers@south-ayrshire.gov.uk or
contact South Ayrshire Carers Centre on **01292 263000**

SUPPER CLUB @ SUZI'S SPACE

What is it?

A chance to get together with other people, enjoy soup and a sandwich and take part in an activity.



Who is it for?

If you live in South Ayrshire, have a learning disability, are aged 50 or over, please get in touch.

Where is it?

Suzi's Space, Arrol Park Resource Centre, Doonfoot Road, Ayr.

When is it?



Every **Wednesday** from **4:30pm** to **7:30pm**.

How much does it cost?

£4 for the meal and £1 for coffee and bingo.

Interested?

Please contact Mark for more information or to book a space on 01292 614914 or email mark.mckinlay@south-ayrshire.gov.uk



Spaces are limited!

ACCESSING THE RIGHT CARE FROM THE RIGHT PLACE



	NHS 24	NHS inform includes self-help guides for a range of common conditions: NHSinform.scot/self-help-guides . If you have a non-life threatening condition for which you would previously have visited A&E, you should now first call NHS 24 on 111 or contact your General Practice.
	Community Pharmacy	Your local pharmacy should be your first stop for common conditions such as: <ul style="list-style-type: none"> • Colds • Sore throat • Indigestion • Cold sores • Diarrhoea • Aches and pains Your pharmacy can also help if you run out of your repeat prescription.
	Mental Health Support	For help with your mental health and wellbeing: Call NHS 24 on 111 , 24/7, 365 days a year. Breathing Space: 0800 83 85 87 Weekdays: Monday - Thursday 6pm to 2am Weekends: Friday 6pm - Monday 6am
	Dentist	Contact your dental practice if you have: <ul style="list-style-type: none"> • Tooth pain • Painful or bleeding gums • Swelling to your mouth • Injury to your mouth Your dental practice can also give advice on oral hygiene.
	Optometrist	The majority of eye conditions can be managed by your local optometrist (optician), including: <ul style="list-style-type: none"> • Red or sticky eye • Blurred or reduced vision • Pain in or around your eye • Flashes and floaters
	General Practice	Your General Practice has a range of clinicians to help with both mental and physical health conditions. You may be offered a face-to-face, telephone or video consultation, as clinically appropriate.
	Minor Injuries Unit	You may be asked to attend your local Minor Injuries Unit for non-life threatening but painful injuries such as: <ul style="list-style-type: none"> • Cuts and minor burns • Sprains and strains • Suspected broken bones and fractures
	A&E or 999	Your local A&E is for emergencies such as: <ul style="list-style-type: none"> • Suspected heart attack or stroke • Breathing difficulties • Severe bleeding

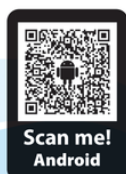
If you are unsure about where to go or who to see, find out at: [NHSinform.scot/right-care](https://www.nhs.uk/infomanagement)

A wealth of health information at your fingertips



The main NHS Ayrshire & Arran app gives you access to a wide range of health and wellbeing information all in one place.

- Easy to download and use.
- Can help you self-manage your conditions.
- Signposts to available help.
- 17 'sub' apps containing information on a wide range of topics including acute care, dementia, diabetes, mental health, health visitor services, pain management, respiratory conditions, staff wellbeing and much more.



Download the free app now by searching for 'NHS Ayrshire & Arran' in your Apple or Android app store – or scan the correct QR code.



Are you, or someone you know, Deaf or affected by hearing and sight loss?

Ayrshire Sensory Impairment Services can provide support information and advice on all aspects of hearing and vision loss including welfare benefits, communication skills, equipment and skills to help you remain independent at home. They can also provide links to local groups who can provide emotional and practical support.

Your local Sensory Team can be contacted in the following ways:



	Phone	01292 616637	01294 310005 (Option 2)
	Text	07977 540721	07824 837078
	Email	Sensory@ south-ayrshire.gov.uk	SensoryImpairment@ north-ayrshire.gov.uk
			HSCPCustomerFirst@ east-ayrshire.gov.uk

Contact Scotland BSL
www.contactsotland-bsl.org

British Sign Language users can contact any of the teams using Contact Scotland BSL



Staying ahead of the curve

We hear from people each day that the things that matter most to them are often staying independent, feeling confident doing those day to day things at home and being able to find interesting and satisfying things to do each day.

Sometimes people feel that their age might be catching up with them, making it harder to do day to day tasks. It is often those small changes people say to us that they have noticed: feeling more tired, walking slower, finding it harder to cut their toe nails or get out of a chair.

What might we look at with you?

- What matters most to you
- How you manage walking around the house or out and about
- Your daily routine (including medications, hobbies and activities)
- How you manage in the kitchen or bathroom
- What social network you have around you
- Some general questions around your diet and weight
- Checking any changes to your vision and hearing

As part of active healthy aging, we work with people to adapt to some of these changes, making some tasks easier, and helping build back that confidence. As an occupational therapy team, we believe that being able to manage those day to day activities at home and have the opportunities for hobbies and interests are a key part of being healthy and happy!

In our jobs each day, we have the privilege of seeing how a small bit of equipment can make getting in and out of the shower so much easier, giving that person the confidence to shower more often, and then feel ready to see friends again. We also see people relieved by knowing they have reduced their risk of having a fall through making a few small changes to how they make a cup of tea, or overcome some of the challenges in getting out and about after everything in the last two years to meet people and join groups again.

Our training as occupational therapists helps us recognise the small details of how people do activities and tasks, and what can make those easier as people find either their physical strength, memory, motivation or other things take their toll. As healthcare professionals, we can also check for a range of other issues around vision, hearing, diet, foot care or medication and working with our multi-disciplinary colleagues such as physiotherapists, podiatrists, speech and language therapists and pharmacists, we can make sure you get advice and care from other specialists as well.

This is what makes occupational therapy so important for people who are aging, to make sure that you can still live a satisfying and healthy life, full of the things that matter most to you. And why we are really excited to be working in South Ayrshire as part of the new Staying ahead of the Curve service. So if you think this might be of benefit for you, or someone you know, please get in touch. Even if you think you are ‘managing’, but feel like if a few things were just a bit easier, it might help, that is what we are here for!

In health-speak, we get called an ‘early intervention’ service, which means some of those fears people tell us about when they feel they have to be struggling enough to get to access a service aren’t the case!

We look forward to meeting you, and helping you with the things that matter most to you.

The Life Curve App

There is cutting edge research that helps us understand the impact of not being able to do certain tasks on how quickly we age. This is used to help people identify for themselves when they might benefit from some help to slow down that aging process.

To find out for yourself, get the Life Curve App:



www.adlsmartcare.com/lifecurveapp



 01292 665 699



aa.clinicalstayingaheadofthecurve

[@aapct.scot.nhs.uk](https://twitter.com/aapct.scot.nhs.uk)

Everyone is Yogable

Ever been told that you should do yoga, only to go along to a class that involves hopping up and down on the floor hundreds of times and hanging out on all fours?

While some people may love that kind of yoga, it's certainly not for everyone at all times of life. If you tried yoga recently and it left your head spinning and your heart rate through the roof, it doesn't mean that yoga is not for you, it may mean you need a different kind of yoga.



Adaptive yoga is a style of yoga that is modified for people of any age, or with any kind of condition or situation that affects their mobility or confidence to practice yoga. We have chair-based classes that are wheelchair accessible, as well as mat-based classes which involve using a chair and props, but with the opportunity to further explore yoga postures and movements on the mat.

In South Ayrshire, Yogable is your local provider registered with the Adaptive Yoga Network.

During the course of my rehab, I asked my physios how I could continue after the rehab and they all suggested yoga. I tried various different yoga classes. None of them entirely worked for me until I found Yogable.

It was exactly at the right level of adaption for me. I've come on leaps and bounds in terms of my physical and mental rehabilitation.



By taking up Yoga you can expect to experience:

- A greater sense of freedom and ease in your day to day life.
- Improved strength and balance on a physical and mental level.
- Improved tolerance to pain and discomfort.
- Better management of stress, anxiety and depression.

Yogable aims to make the many benefits of Yoga available to everyone, regardless of their current situation. We are all valuable and equally deserving of Yoga. Yogable offers a friendly, safe and non-judgemental environment to practice yoga, socialise and have fun.

Each yoga class lasts at least an hour and includes time for socialising. The classes include physical movement for those who can, breathing exercises and guided relaxation.

There is a wide variety of people in every class - those with physical disabilities including paralysis and amputation, as well as those with other health conditions such as COPD, hip and knee replacements, and arthritis.

We have a full range of classes at different times throughout the week and you can view them at www.yogable.org/classes.



www.yogable.org



info@yogable.org



South Ayrshire Community Transport

South Ayrshire Community Transport (SACT) connects People and Places through the provision of Community Transport, E-Car Club and E-Bike Provision.

One of SACT's most popular provision is the Out and About Trips which provides trips to various attractions and venues, such as Garden Centres, Shopping Centres, and Tourist Centres. Our friendly driver will pick you up from your door and return you home after the trip. The trips take place in a fully accessible minibus which has room for wheelchairs and walking frames.

Membership of Out and About is free with a charge per trip.

This was perfect... helped me get out of the house and meet new people

SACT E-Car provides low-cost transport in an eco-friendly car, which can be hired in a flexible way to meet your needs.

I've been able to take my family around more places and parks, and even managed to have our first camping trip this year

If you live in the North Carrick, SACT have several ebikes that are available for hire at low cost. E-Bikes are great to build confidence, ability, and fitness, especially if you don't think a regular bike is right for you.

Just wanted to say how great the bike is. I am really enjoying having it.

Find more about SACT services:



www.sacommunitytransport.org



01292 270864

Hope Wellbeing Centre



HOPE Wellbeing (SCIO) is a non-profit Christian charity based in Ayr. We are a team of trained 'listeners', 'befrienders', counsellors and mental health workers who have a heart to serve the people of South Ayrshire by putting our faith in action and making a difference.

We offer our time and our experience to support those in our community who are struggling emotionally as a result of bereavement, grief or loss, loneliness or any other emotional difficulties. We are also here to help you improve your wellbeing by offering advice and support and connecting you to other resources and support. The HOPE Wellbeing Centre is a safe place for you to access emotional or social support in a relaxed and friendly atmosphere.

The HOPE Wellbeing Team

The Hope Wellbeing Centre Co-ordinator is Donna-Marie White and she co-ordinates and supports a dedicated and passionate team of volunteers. All volunteers are trained through the HOPE Listening programme and have ongoing training and supervision.

Our bereavement volunteers have also completed the HOPE Bereavement Training.

Donations and Contributions

HOPE Wellbeing sessions are free - donations are welcome but not required. We rely on these donations and contributions to continue the services that we offer.

When is the Centre open?

Monday 10am-12pm:

Bereavement Café

Support and information session

Monday 1pm-2.30pm:

Breaking Borders

A wellbeing group for women and pre-school children from the refugee, migrant and asylum seeking community of any nationality

Wednesday 10am-12pm:

Creative Wellbeing

Build friendships, self-esteem and learn a new skill.

Friday 10am-12pm:

Renew Wellbeing

Where it's ok not to be ok

Saturday 11am-2pm:

Compassion Café

A free bite to eat and a blether

Peaced Together

We offer the 'Peaced Together' course - a 10 week course for women focussing on rebuilding hope and purpose through creativity. Please see Donna-Marie White (Centre Co-ordinator) if you are interested in this group.



HOPE
Wellbeing Centre

254 High Street Ayr
07547697510



Health Walks

Across South Ayrshire there are various walking groups for all levels that can be easily accessed, to save you finding motivation or to navigate new routes on your own.

Why not begin with attending a Health Walk.

As stated by Doc Mike Evans, 'If exercise is medicine, what is the dose?'

It can be as simple as a 30 minute walk a day to reap endless benefits such as:

- enhancement of cardiovascular (lungs and heart) fitness.
- increase bone density.
- improve balance and proprioception.
- boost muscle power.
- build on endurance.

Health walks are free , low level and guided by a trained Walk Leader. These safe spaces welcome a wide range of people including those with a long term health condition, a disability , social isolation, or those who could benefit from more physical activity.

Lasting 30-60 minutes, Health Walks are the perfect opportunity to meet new people, get fit and have a wee chat.

That is us just touching on the physical benefits of walking. Walking and particularly health walk groups has a huge positive impact on our social and mental well being also.

Health walks are free, leader led group walks that are accessible for all abilities. These are a fantastic opportunity to meet and socialise with people in your community, a chance to discover new routes, whilst building or maintaining your fitness.

These sessions are often the highlight of the week for participants. Health walks can add routine, structure, fun, exploration and fitness with in an hour.

Routes are planned to allow varied abilities, if you are not ready for the full distance you can cut the route a little shorter with the guidance of our trained leaders.

Here are just some of the Health Walks available in South Ayrshire.

Ayr sensory walk, which meets every Tuesday at the Horizon Hotel in Ayr at 10:30 am, enjoy a stunning walk with views of Arran and the shore front before turning to walk back through low green.

This health walk is open to all and is sensory impairment friendly.

The group not only enjoy a health walk, a chat but also a cup of soup at the finish line which is home made by one of the volunteers.

Ayr Active Travel Hub

Booking is required for walks arranged by the Active Travel Hub, simply call or email: 07970 709925 / activetravelhubayr@gmail.com

Wednesday Evening Health Walks, meet at 6:30pm at Ayr Seafront, beside Pirate Petes. These are fortnightly.

Each walk lasts around 60 mins and are easy going, aimed at those looking to get back into walking or build their fitness.

Sunday Afternoon Walks, meet at 1pm Usually last around 90 mins. These are a wee step up from the health walks as they are longer and sometimes on trails and rougher/muddy ground. But they are still pretty gentle and suitable to most people. Good if you're looking for something a bit of a level up from the health walks.

These are monthly and the starting points vary so that we can visit lots of the different routes around South Ayrshire. Details are always advertised on our website www.activetravelhubsayrshire.org.

The Dementia Friendly Health Walk Prestwick is a low level walk which is open to all.

The group meets every Monday at 11am. Meeting point is at the end of Grangemuir Road on the seafront next to Prestwick Sailing Club.

Free heated walking belts are available upon request. Tea and coffee after walk.

Wednesday Wanderers are a community partnership walking group with Vics in the Community and the Ayr North Community Sports Hub.

Meeting every Wednesday 9.30am the group is provided with a breakfast if required provided by Vics in the community, then set off at about 10am.

Not found a walk for you? For a full list of our South Ayrshire health walks get in touch.

If your community or group could benefit from more information on being a Health Walk provider please get in touch

Lindsay Johnson, Health Walk Development Officer



Lindsay Johnson
@south-ayrshire.gov.uk





Ayr United Football Academy Football Memories

AUFA has many different community programs which allows every walk of life to be involved in football in one way or another. Within one of their Football for Life projects is the Football Memories program.

This program is held on the first Tuesday of each month and aims to provide an afternoon of reminiscence activity from

guest speakers including, retired footballers, managers, club historians and even reporters, who share their own experience with the group. They also have in house quizzes on football related themes and most recently a movie afternoon.

The audience differs from, residents of care home, retired, AUFA The Honest Mens Club, or just anyone who wants to come along.

This program is free and a great way for the older generation to stay in touch with old and new friends and have an afternoon of free socialising.

Free tea/Coffee and pie is also offered on the day.



Wellbeing with Ayr United

Ayr United Strollers

Ayr United Strollers is a walking group that leaves from Somerset Park, Ayr United FC, every Tuesday at 10.30 am, meeting around 10.15am for a pre walk blether! Please note on occasions the meeting point will change to walk in different parts of Ayr / Prestwick.

The health walk is supervised by a qualified walk leader and is open to anyone and everyone regardless of ability and background. The walking routes vary each week and range from historical walks around Burns country, park walks covering Rozelle and Belliesle, beach walks along Ayr and Prestwick promenade and more. If the meeting point is at Somerset Park it will start with a short walk around the Somerset Park pitch to warm up, a fantastic opportunity to get pitchside at the hallowed turf!

“ I can't overstate the difference The Strollers and the community spirit at Ayr United make to his quality of life. All the family are extremely grateful for everything you do. ”



While we are greatly encouraged by the increase in the Ayr United Strollers attendance figures, four people in May 2017, twenty people in April 2023 it is the reaction of extended family members which provides us with the spring in our step.

Please feel free to come along on any Tuesday, if you would like more information or to confirm meeting points.

Honest Man's Club

The Honest Men's Club provides a safe, comfortable and supportive environment where men aged 18 and upwards can socialise every Tuesday from 12.30pm to 2.30pm in the new Somerset Hub.

The club provides light refreshments such as soup, pies, tea, coffee, bovril and biscuits.

All men who attend the club, which is run in partnership with Three Sixty, will also have access to information and support on health and wellbeing. The Academy Wellbeing Officer is present at the group should any individual require assistance, help and/or support.

If you would like to come along, just turn up at the Somerset Hub at Ayr United, or contact us for more information.

Walking Football

Walking football is provided by Ayr United Football Academy for men and women aged over 50 who want to keep active, be competitive and have a 'kick of the ball' without worrying about strains and is also a great way to meet new people at our sessions in Ayr, Prestwick and Troon.

The rules of walking football are simple: players will concede a free-kick if they break into a run. Slide tackling and kicking the ball above head height are also forbidden. These rules prevent players from picking up an injury while the exercise walking football provides allows players to stay healthy and acts as an alternative to the gym.

By playing 1 hour a week for 3 months, it enables players to cover 30 miles and burns 4,200 calories. All games are organised and refereed by coaches from AUFA although rules are relaxed and there is plenty of good-natured banter among players and the coaches will make the games as fair and fun as possible for all in attendance. Get in touch for more information.



Weigh to Go

Weigh to Go Ayr United works alongside NHS Ayrshire & Arran to facilitate the Weigh to Go programme.

We continuously run 12-week programmes with the men getting a 1 to 1 pre-assessment before they start the course. Within the 12 weeks, the men will take part in workshops looking at changing small habits, focus on the different food groups and the recommended intake, food labelling, hidden sugar and fat, the benefits of physical activity and its role in weight management and many more. The participants also exercise as part of the course this is usually walking around the football pitch or chair circuits.

After the initial 12 weeks, the participants try to maintain their lifestyle changes on their own and can filter into our walking football or walking group to continue their activity levels. The participants will then return after 6 months and 12 months for follow up sessions. Get in touch for more information.

For more information on any of these groups get in touch:

 01292 263435 (Option 2)



football@aufa.org.uk

Spiritual Wellbeing

“Ring the bells that still can ring,
forget your perfect offering, there
is a crack, a crack in everything,
that’s how the light gets in”

(Leonard Cohen, 1992)

Spiritual wellbeing is often described as feeling like a sense of hope, connection and belonging. It’s often found in our most important relationships, in our faith and belief practices, or as we work out what a life well lived means for us. As part of Caring for Ayrshire’s ambition to promote the healthiest life possible for the people of Ayrshire and Arran we see spiritual wellbeing as an essential part of our health. At the same time we recognise that the last few years have taken a toll on many of us, impacting our ability to remain hopeful and connected, maybe leaving our sense of self with a few additional cracks.

Yet maybe these cracks are part of what it means to be human.

Traditionally, those responsible for fostering spiritual wellbeing were a special few. Those set apart religious leaders or the especially wise in our communities. Those we perceived as grounded and whole, seemingly unaffected by trials and tribulation. However our unique gifts and contribution to spiritual wellbeing are housed within our imperfect lives and imperfect bodies. Listening in a way that values relationships- both with others and within ourselves does not require training. Spending time discovering and exploring meaning and richness among our lives requires only willingness. And we all have the potential to help navigate towards hope in those who need it most, if we are brave enough to admit that hope is worth looking for. When the bits of our lives that feel cracked are lovingly seen and held it transforms us; it shows us the impact we can have in being there for others too. We also know this because when our wounds are ignored we know how it feels.

It’s not wholeness that connects us and gives hope, it’s honouring the light that had space to get in. The sharing of being human.

This is the approach our healthcare chaplains in NHS Ayrshire and Arran work and live by. A person-centred view where unique spiritual need is recognised, valued and listened to. Where the reality of pain is acknowledged and held, and where kindness, belonging and connection is celebrated. And where learning to embrace our cracked bits as the best bits is something that it is learned anew every day.



For more information about spiritual care across NHS Ayrshire and Arran:



chaplaincy@aapct.scot.nhs.uk



01563 825988

Give a Dog a Bone... and an animal a home



Give a Dog a Bone... and an animal a home is a unique and award-winning charity tackling loneliness and social isolation for older adults, aged 60 or over, through animal companionship and friendship.

We do this via two projects:

1. We support older adults, on low income, to afford a rescue pet companion. We can contribute up to £225 towards the initial rehoming fee of a rescue pet and can offer a monthly support contribution to help cover the ongoing costs of pet insurance or food.

It's a WIN/WIN - the person gets a friend, and the animal gets a home!

2. We have three Community Spaces in Scotland, one of these is at 9 Ayr Street, Troon. These are safe spaces where older adults can learn new skills, make new friends, and mix with dogs, all for free!

We offer a tea and chat service here, open to all, so anyone can visit for a free hot drink, a biscuit, a chat with our team, and to spend time with our Companionship Dogs.

We host a Group Dog Walk most Fridays at 1pm, in Troon, and anyone is welcome to come along. Each Community Space has a Pet Food Bank where anyone can collect free pet food if they need it.

For more information please visit our website, www.giveadogabone.net, and if you have any questions please email us at hello@giveadogabone.net.





Home from Hospital Service

The transition from hospital care back home can be a time of uncertainty and worry for patients. Since 2015 the British Red Cross has been providing a Home from Hospital service to support patients from University Hospitals Ayr and Crosshouse to return home (and sometimes even stop someone from being admitted).

Since 2015 the British Red Cross has been providing a Home from hospital service to support patients from University Hospitals Ayr and Crosshouse to return home (and sometimes even stop someone from being admitted).

Thank you so much for your kindness. You have gone above and beyond what I expected. Who would have imagined that a chance lift home with the Red Cross would result in my getting help with my situation? Aside you doing my shopping, I imagine I'd still be sitting here, desperately unhappy.

I am very impressed with how quick the support was accessed. I assumed these types of services would take months. The coordinator started the wheels turning by making a referral to the carers centre and the wheels have continued to turn ever since.

The evidence tells us that, simple but considered interventions can make a life changing difference to people. The right support at the right time can help increase someone's personal resilience and help them to be better able to manage their daily lives. And that's just what the British Red Cross' Ayrshire Home from Hospital service sets out to do.

The service can help transport patients from hospital to their home, using specialist vehicles and trained staff, and the crew will make sure that the patient is safe and settled in their home before leaving.

The service also offers a “safe and well” call shortly after the patient has returned home to check that they are OK and to explore with them if any additional help or support is needed. Where additional help or support is needed, the service can sign post or refer people onto specialist organisations that can help them.

The service can help people navigate the often-confusing world of Health and Social Care and the focus of the service is to connect people to the services and supports that are available in their local community. In that way the service can help strengthen the networks of support that someone is able to call on.

The service kept to their word by following through with what they said they would do. I now feel a lot safer knowing the British Red Cross have helped me obtain a community alarm and seek help from a physiotherapist.

I can't thank the service enough for supporting myself with regular calls and checking on the progress of my recovery.

Shut out Scammers

Trading Standards Scotland

POLICE SCOTLAND
Keeping people safe
POILEAS ALBA

Common Doorstep Scams:

- SCAM** "We're offering a special deal on landscaping - it's only available today"
- SCAM** "I was passing and noticed that your roof needs some urgent repair work."
- SCAM** "I work for an energy company - we're offering grants for new boilers."
- SCAM** "We've just done some gardening work for your neighbours and can offer a good deal."
- SCAM** "We're offering free roof inspections - you might have toxic mould and need new insulation."
- SCAM** "We have some tarmac left over from a job - we can resurface your driveway for a discount"

Report suspicious behaviour to Police Scotland on 101, or 999 in an emergency
Report scams to Advice Direct Scotland on 0808 164 6000 or at consumeradvice.scot
Sign up to receive Neighbourhood Watch Scotland Alerts at neighbourhoodwatchscotland.co.uk

South Ayrshire Libraries

Looking for something to do? Look no further than your local library! We have eleven branch libraries throughout South Ayrshire that offer a wide range of events, activities and groups for adults of all ages, as well as a large selection of books, newspapers and magazines in both print and digital format.

Whether you're a bookworm or a movie lover, a craft enthusiast or a history buff there's something for everyone in our libraries. From sewing circles to local history talks, you'll find plenty to keep you entertained on our busy calendar of events. Look out for visits from local community support groups, or come and join one of our friendly coffee and chat sessions available at some libraries - please check for details. You can catch up on your emails, or check in on social media using our PCs or free wi-fi access. Or just relax and spend time browsing the shelves for the latest thriller and a go at one of our jigsaws.

But that's not all - South Ayrshire Libraries also offer a range of digital services to help you make the most of your library experience. With Pressreader and your library card, you can access thousands of newspapers and magazines from around the world, all in one convenient place.

Keep up with current events, explore new topics, and indulge your interests – at home or on the go.

There's also Libby, where you can access thousands of e-books and audiobooks, all available to borrow and download for free. Whether you're looking for the latest bestseller or an old classic, you'll find it here. With Libby, you can read or listen to books on your phone, tablet, or computer - wherever and whenever you like.

So why not visit your local library? With so much to offer, you're sure to find something that interests you. You can become a library member at any age and joining is free. Our helpful staff are on hand to help with your enquiries and offer assistance.

For more information about our services, opening hours, calendar of events and more, please visit:



[south-ayrshire.gov.uk/libraries](https://www.south-ayrshire.gov.uk/libraries)

or follow us on social media:



@salibraries

Sheltered Housing - Active Ageing Programme

South Ayrshire Council provide a high-quality Sheltered Housing Service to our communities and are registered with the Social Care and Social Work Improvement Scotland.

Each sheltered housing unit has a Housing Support Worker, and their main role is to enable support to allow service users to retain their independence. Each unit has a communal area which can be used by all service users of the unit and the outside community if over 60.



As part of the active ageing programme, there are several fun activities held within the communal areas to which all service users and members of the public are welcome.

Some of the most popular activities include coffee mornings, bingo, gardening, knit and natter, intergenerational programmes, around the world tastings, men's den, group quiz's, chair exercises, card games, arts and crafts, Sunday discos, themed events, VASA talks and lots more!

If you are interested in any of these events, please contact South Ayrshire Council on 0300 123 0900. Alternatively, you can contact your local sheltered housing unit direct.





Diamonds 60 + Lunch Club

Are you, or someone you know, in need of some lunch time company in a friendly, safe environment.

We'll look no further! Diamonds is the place to come for food, fun and friendship.

Come and join us on a Thursday, for a freshly cooked meal including tea or coffee at New Life Centre, Prestwick.

Lunch is served from 12.30pm and costs just £4.50 per person

Most weeks we have fun and games and or entertainment is put on for your enjoyment.

No need to book in, just come along.

Diamonds 60 + Lunch Club
Thursdays 12:30
New Life Centre, Monkton Rd,
Prestwick
Phone: 07971825858

willie@newlifeprestwick.com



Dementia Friendly Prestwick: Meeting Centre

Dementia Friendly Prestwick is a group of local people, who came together in 2016 to create a local charity with the aim to support people with a diagnosis of dementia, their family members and carers. Our vision is to create a community where people can say:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me



We will deliver that vision with the creation of a “Meeting Centre” within the town- a social club for people with early to moderate dementia and their family members.

Earlier this year, they were named a “Legacy Partner” of Life Changes Trust, entrusted to deliver a dementia friendly community that empowers people with dementia and their unpaid carers.

Having recently secured funding from Life Changes Trust, the Scottish Government’s Communities Recovery Fund, and Voluntary Action South Ayrshire, we are making bold strides forward in how we operate, and the services we will now provide.

Meeting centres provide evidence-based support which includes a safe place where both people with dementia (members) and carers can adapt to living with dementia. A diagnosis of dementia is likely to be a difficult time for someone, and for their loved ones. We will be a safety net to catch and support people following a diagnosis. With a prominent location in the town - the Royal Air Force Association Club, at the seafront - we may well be able to support people before a diagnosis and signpost to appropriate agencies.

Once inside our doors, on Mondays, Tuesdays and Wednesdays people can do familiar fun things as well as get effective advice and peer support in a relaxed atmosphere. All sessions are built around the interests of the people who attend, and they will be fully involved in shaping what happens in and around the Meeting Centre.

Dementia Friendly Prestwick is a part of the UK-wide network of Meeting Centres led by the Worcester University’s Association of Dementia Studies. This concept of dementia care comes from the Netherlands, where it has been hugely successful for over 25 years. We are on the steering group of the Scottish network of Meeting Centres, and ours will be the first to open on the West Coast of Scotland.

The Magic That Makes a Meeting Centre

A poem by Yvie George

So the eye of the visitor who walks through the door
Sees no segregation
For that is our score
Firstly for everyone's unique presence and cheer
The fun the support the listening ear

The ingredients you will need:

One lovely building
That's happy and light
A view from the window
A few trees in sight

A genuine welcome, for each who arrives
From someone who is interested
In everyone's lives
The warmth of a circle and music that plays
In the background to varied and interesting days

Links with other places
That offer us more
For a Meeting Centre works
Both sides of the door

Now here are the things we want to leave out:
Like cliques in the kitchen
And the dinner served out
Share and pass around food together
Have all kinds of ideas for all kinds of weather

No uniforms, no labels, or separate spaces,
Then equality shows in everyone's faces
The method:
Ask everyone regularly
What they love to do
And also remember to try something new

A facilitator is needed
To juggle and balance
For keeping things fair
Takes experience and talents

Use as a guide the list of Whats On
Be it massage, discussion
Movement or song
Ideas of the members
Needs to be foremost
But inclusion for all
Is what you will toast

Combine imagination, information
And skilled enjoyed in the past
Add chat and meaning,
Think of a fun task

Timings and temperature
Keep to the openness
Of a place to drop in
That is warm and inviting
And welcomes all kin

This poem is meant as
Momentous try
To ensure, like the Red Kite
We soar and fly high.

For more information:

www.dementiaprestwick.co.uk

hello@dementiaprestwick.co.uk

Tel: 07392 696 217

**Facebook, Twitter and
Instagram, search "Dementia
Prestwick"**

OUT IN THE COMMUNITY GARDEN

GIRVAN LIVING WITH LEISURE GROUP

The Group was established in 1978 and is going strongly with 60 members age 50-90+ years meeting from October to March downstairs in Girvan Community Centre on Mondays 1.30-3.30pm.

A lively programme of speakers, entertainment, afternoon teas, films and outings keeps members coming back. The aim is to bring elderly people together for a friendly stimulating afternoon where there is opportunity to make new friendships and prevent social isolation.



Members are out in the fresh air in covered areas for interesting talks, chat, tea and cake. This has only been possible thanks to grant funding obtained by the Community Garden Charity organisers.

The membership fee is currently £3 annually, with a weekly subscription of £1.

One member said

'it gives me somewhere to socialise and have friends'

If you would like to know more please phone:



01465 712032

South Ayrshire Museums and Galleries

Why not have a day out at South Ayrshire's museums and galleries?

Enjoy the permanent Tam o' Shanter exhibition and experience the exciting exhibition programme at Rozelle House and The Maclaurin Art Galleries. Learn about the history of Girvan and its environs at the McKechnie Institute, Girvan.

To find out more about both visit our website:

If you are in Ayr Town Centre why not drop into our new Heritage Hub and explore 'Ayr Though The Ages' with artefacts and images recounting Ayr's past from the South Ayrshire Council museum collections.

The Heritage Hub is at 1-3 High Street, Ayr and open 12.30pm - 4pm Tuesday to Friday, 10am - 3pm on a Saturday.

Entry to all Libraries, Museums Galleries and the Heritage Hub is free.

SOUTH AYRSHIRE LIFELINE

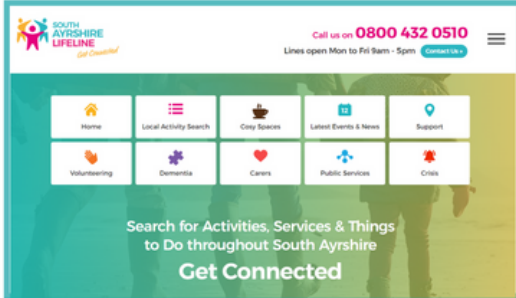
Your community information service

Freephone: **0800 432 0510**

Lines open Monday to Friday, 9am to 5pm

Or visit us 24/7 at:

www.southayrshirelifeline.org



WHATEVER YOU ARE LOOKING FOR IN SOUTH AYRSHIRE THE TEAM WILL FIND AN ANSWER

- Public Services
- Advice and support
- Groups and activities
- Free Hearing Aid Batteries
- Volunteering
- Crisis Numbers
- Digital Support

Charity No: SC028234

footcAyr



AFFORDABLE TOENAIL CUTTING SERVICE

Having difficulty cutting your own toenails?

AYR - Book & Bun, Newmarket St
GIRVAN - Townhouse (Wed only)

footcAyr offers an affordable toenail cutting service to people, across South Ayrshire, who have difficulty cutting their own toenails.

On your first visit you will be issued your own nail clippers that you keep and bring with you to every appointment. Apt's are currently 30min due to COVID guidelines.

Your first apt. will cost £19 and then £13 thereafter.

First apt. made by phone and payment over the phone by card. NO CASH HANDLING.

For more info, or to make an apt, call:

01292 281800

(leave a message and we will call you back asap)

Charity No: SC028234 | Company Limited by Guarantee: SC253334



DO YOU HAVE A DIGITAL DEVICE AT HOME?

ARE YOU CONFOUNDED BY YOUR COMPUTER?

SUSPICIOUS OF YOUR TECH?

READY TO THROW YOUR PHONE OUT THE WINDOW?

FEEL LIKE JUST **GIVING UP**?

SUS



Call the Digital Helpline @



0800 432 0510

Monday - Friday
9am - 5pm



LIVING WELL

Are you living with a long-term health condition or feeling a bit isolated?

Would you like to meet some like-minded people in a friendly, relaxed environment?

A **FREE** group that helps you:

- Connect with others
- Build confidence
- Learn relaxation techniques
- Feel secure online

Where?

Online via Zoom and/or face-to-face

For more information or to book

Email: enquiries@vasa.scot

Phone: **0800 432 0510**



Be the voice of the
OVER 50s
in South Ayrshire

Come along to have your say in helping to
shape a better future for older people in
your area

Join now!

For more information:

Call: **0800 432 0510**

Email: **enquiries@vasa.scot**



south ayrshire
health & social care
partnership

Useful Contacts

South Ayrshire Council

0300 123 0900
south-ayrshire.gov.uk

South Ayrshire Lifeline

0800 432 0510
southayrshirelifeline.org

NHS Ayrshire & Arran

0800 169 1441
www.nhsaaa.net

NHS 24

111
www.nhs24.com

Police Scotland

101 - non-emergencies
999 - emergencies
www.scotland.police.uk

Home Fire Safety Visit

0800 731 7898
www.firescotland.gov.uk

Age Scotland

0333 32 32 400
www.ageuk.org.uk/scotland

Citizens Advice

0808 808 7777
www.citizensadvice.org.uk/scotland

Breathing Space

0800 83 85 87
breathingspace.scot

Energy Agency

01292 521 896
www.energyagency.org.uk

Thank you to everyone who contributed to this year's Strictly Seniors magazine.

Strictly Seniors is an annual publication, we are keen to share as information about all services and support available in our community. If you could like to be featured in the next edition of Strictly Seniors please get in touch to be added to our contact list:

sahscp.communications@south-ayrshire.gov.uk



south ayrshire
health & social care
partnership

