



S.I.S.G

WELLBEING CAFES

We are offering Older People with Hearing and/or Sight Loss the opportunity to join others and find friendship, connections and emotional support over a coffee and chat.

Individuals will gain invaluable information/advice on how to increase their sense of wellbeing.

Coffee, Tea & Cake provided

Ayr (Smith's Restaurant)

3rd Wed of each month 10.30am -12.00pm

Doonfoot (Balgarth Hotel)

3rd Tuesday of each month 2.00pm - 3.30pm

Prestwick (The Carlton Hotel)

Phone for details

Kilmarnock (The Park Hotel)

Phone for details

Another South Ayrshire venue to be confirmed.



For more information please call 01292-266791

or e-mail vols@sisg.co.uk or

denise@sisg.co.uk or check out our website www.sisg.co.uk

Funded by - Alliance & Mental Health / Foundation Scotland / National Lottery
/ Wellbeing Fund (EA) / Wellbeing Fund (SA)