



**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)**

**4th Friday of each month 10.30am - 12.00pm**

**Kilmarnock (The Park Hotel)**

**Last Wednesday of each month 2.00pm - 3.30pm**

**Another South Ayrshire venue to be confirmed.**



**For more information please call 01292-266791**

**or e-mail [vols@sisg.co.uk](mailto:vols@sisg.co.uk) or**

**[denise@sisg.co.uk](mailto:denise@sisg.co.uk) or check out our website [www.sisg.co.uk](http://www.sisg.co.uk)**

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