

AAMH Activities

Type of activity	Day and time	Location	Frequency	Next date
The Way Forward – peer support group for people affected by depression	Mondays 7-9pm	Strathyre House, Ayr	Fortnightly	20 th August
Ayrshire Bipolar Group (facilitated by Bipolar Scotland)	1 st Tuesday of every month, 7-9pm	Strathyre House, Ayr	Monthly	4 th September
Anxiety Café (facilitated by PCMHT)	Thursdays 6.30-8pm	Strathyre House, Ayr	Weekly	9 th August
Parent/Carer support group	Fridays 1-3pm	Carnegie Library, Ayr	Fortnightly	31 st August
Troon peer-support group	Tuesdays 2-4pm	The Cabin, Troon	Fortnightly	28 th August
Yoga	Tuesdays 11.15am-12.15pm	Lochside Community Centre, Ayr	Weekly (ends 11 th September)	14 th August
Yoga	Fridays 1.30-2.30pm	Tesco, Whitletts Rd, Ayr	Weekly (ends 14 th September)	24 th August
Drop-in	1 st Tuesday of every month, 10am-12pm	Lochside Church, Ayr	Monthly	4 th September
Drop-in	1 st Tuesday of every month, 11am-12pm	Mossblown Community Centre	Monthly	4 th September
Drop-in	1 st Tuesday of every month, 1-3pm	Tarbolton Community Campus	Monthly	4 th September
Drop-in	2 nd Tuesday of every month, 10am-12pm	South Ayrshire Life, Ayr	Monthly	14 th August
Living Life to the Full	Mondays 1.30-3.30pm	Committee Room (next to the Walker Hall), Troon	Weekly (ends 1 st October)	13 th August
Living Life to the Full	Thursdays 1.30-3.30pm	Community Centre Prestwick	Weekly (ends 20 th September)	9 th August