



What's on in Irvine for People Over 50



Introduction

Irvine Locality Team have worked in partnership with local groups and organisations to put together a guide to the variety of activities and opportunities on offer for people over the age of 50 in the Irvine Community. We hope that this guide proves to be a useful tool in supporting people over 50 in the Irvine area to access new opportunities and connect with others.

The dates and times of the activities in this guide may be subject to change. Please contact group organisers prior to attending to verify details and confirm if places are available, prices and if booking is required.

If you are aware of any changes to the groups or activities in this guide or any additional information please contact irvinelocalityteam@north-ayrshire.gov.uk

Redburn Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Canny Crafters Group with Friends of Redburn	<p>Mondays 1:00-3:00pm</p> <p>Come along and learn to sew and recycle old clothes into something you can use again.</p>	Adults	Redburn Community Centre Dickson Drive Irvine	Friends of Redburn Janice 07765045201
Lunch at Mandy's Kitchen	<p>Thursdays 12:30pm-2:00pm</p> <p>Enjoy a hot lunch and make new friends. Suggested donation for lunch is £2</p>	Adults	Redburn Community Centre Dickson Drive Irvine	Friends of Redburn Janice 07765045201
Bingo	<p>Thursdays 2:00-3:00pm</p> <p>£1 bingo</p> <p>Have fun, win prizes and meet new people.</p>	Adults	Redburn Community Centre Dickson Drive Irvine	<p>Irvine Locality Team 01294 318438</p> <p>gtait@north-ayrshire.gov.uk</p>

Redburn Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Breakfast Club	Every second Saturday between 10:00am-12:00pm (contact for dates) Come along to meet new people and enjoy a free breakfast.	All welcome	Redburn Community Centre Dickson Drive Irvine	Irvine Youth Legacy Centre on Facebook 07471797282

Dreghorn Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Ayrshire Flydressers	Mondays 7:00pm-9:30pm Seasonal September- March	Adults	Townend Community Centre Dreghorn	For more information contact: dreghorncommunitycentre@gmail.com
Ayrshire Metal Detectors	Every second Wednesday 7:30pm-8:30pm	Adults	Townend Community Centre Dreghorn	For more information contact : dreghorncommunitycentre@gmail.com
Ayrshire Touring Motorbike Club	First and third Wednesday of each month 7:30pm-9:30pm	Adults	Townend Community Centre Dreghorn	For more information contact : dreghorncommunitycentre@gmail.com
ASK Spiritualist Church	Thursdays 6:45pm-10pm	Adults	Townend Community Centre Dreghorn	For more information contact : dreghorncommunitycentre@gmail.com

Springside Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Carpet Bowls	Mondays 1:00pm-3:00pm Have fun and meet new people.	Adults	Springside Community Centre	Springsidecommunityassociation@gmail.com
Bingo	Mondays 6:30pm-8:30pm Eyes down for bingo fun!	Adults	Springside Community Centre	Springsidecommunityassociation@gmail.com
Arts and Crafts	Wednesdays 10:00am-12:00pm Enjoy creative activities and meet new people.	Adults	Springside Community Centre	Springsidecommunityassociation@gmail.com

Castlepark Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Craft Club	Tuesdays 1:00pm-3:00pm	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238
Lunch Club	Tuesdays 12:00pm-1:30pm £3.50 for 2 courses and tea/coffee	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238
Second Time Around Music Group	Wednesdays 11:30am-3:30pm Have fun meeting others, listening to and playing music. Tea/coffee and rolls.	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238
Zumba	Thursdays 9:00am-10:00am Have fun and meet new people.	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238
Art Class	Thursdays 1:00pm-3:00pm Painting class.	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238

Castlepark Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Line Dancing	Fridays 1:00pm-3:00pm Have fun and meet new people.	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238
Jonny's Music Group/ASN Disco	Sundays 12:30pm-3:00pm Have fun and meet new people.	Adults	Castlepark Community Centre	castleparkcc@gmail.com 01294 311238

Fullarton Community Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Lunch Club	Monday and Thursday 12:00pm-2:00pm 1 course £1.75 2 courses £3.50	Adults	Fullarton Community Hub School Lane Irvine	Contact Fullarton Community Hub on 01294 278207
Seated Zumba	Tuesdays 11:15am-12:15pm Fun class suitable for adults of all ages.	Adults	Fullarton Community Hub School Lane Irvine	Contact Fullarton Community Hub on 01294 278207
Community Bingo	Wednesdays 7:00pm-9:00pm Have fun and meet new people.	All welcome	Fullarton Community Hub School Lane Irvine	Contact Fullarton Community Hub on 01294 278207
Fullarton Friends Lunch Club	Thursdays 12:15pm-2:30pm	All welcome	Fullarton Community Hub School Lane Irvine	Contact Fullarton Community Hub on 01294 278207

Fullarton Community Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Zumba Gold	Fun activity suitable for adults of all ages.	Adults	Contact Fullarton Community Hub on 01294 278207	Contact Fullarton Community Hub on 01294 278207

Drybridge Community Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Hatha Yoga Class	Wednesdays 4pm A traditional practice which is soft, slow and suitable for beginners	Adults	Drybridge Hall	Contact: 07933523707 to book

Vennel Gardens Engagement Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Bingo with NAC	<p>Mondays 2:00pm-4:00pm</p> <p>Aimed at people aged 50+ to connect with others and have fun.</p>	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	Catherine Beck 07747565435 catherinebeck@north- ayrshire.gov.uk
ESOL Adult Learning run by North Ayrshire Council	<p>Mondays and Tuesdays 11:45am-2:00pm</p>	Adults	Vennel Gardens East Road Irvine KA12 0BQ	Catherine Beck 07747565435 catherinebeck@north- ayrshire.gov.uk
Strength and Balance Chair Exercise with KA Leisure	<p>Tuesdays 10:00am-11:00am</p> <p>Exercise class aimed at people aged 50+</p>	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	KA Leisure Active Lifestyles 01294 605128

Vennel Gardens Engagement Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Friendship Group with Irvine Locality Team	<p>Tuesdays 2:00pm-3:30pm</p> <p>Aimed at adults who want to meet new people and try new activities.</p>	Adults over 50	Vennel Gardens East Road Irvine KA12 0BQ	<p>Irvine Locality Team 01294 318438 andeamckenzie@north- ayrshire.gov.uk</p>
Over 50's Discovery Group with Irvine Locality Team	<p>Wednesdays 10:00am-12:00pm</p> <p>Aimed at adults aged 50+ who want to meet new people and try new activities.</p>	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	<p>Irvine Locality Team 01294 318438 andeamckenzie@north- ayrshire.gov.uk</p>
Chair Dance with KA Leisure	<p>Wednesdays 12:00pm-1:00pm</p> <p>Exercise class aimed at people aged 50+</p>	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	<p>KA Leisure Active Lifestyles 01294 605128</p>

Vennel Gardens Engagement Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Tea and Quiz with NAC	Wednesdays 3:00pm-4:00pm Aimed at adults aged 50+ who want to meet new people and have fun.	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	Catherine Beck 07747565435 catherinebeck@north- ayrshire.gov.uk
Tai Chi with Jared	Wednesdays 1:30pm-2:30pm Gentle class suitable for older adults.	Adults	Vennel Gardens East Road Irvine KA12 0BQ	Jared Reekie 07494491517

Vennel Gardens Enagement Hub

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Cunninghame Drop- in Centre	<p>Meeting every Thursday 12:00pm-3:00pm</p> <p>Group offers support and fellowship to people who suffer from disability, their families, carers and support workers and is run by volunteers. A lunch is provided each week.</p>	Adults	Vennel Gardens East Road Irvine KA12 0BQ	<p>Brenda Gatherer (Secretary) 07516206498</p> <p>Andrew Pollock (Treasurer) 01294 216618</p> <p>Email: acpollock@virginmedia.com</p>
Lunch Club and Entertainment with NAC and Vennel Gardens Entertainment Committee	<p>Fridays 12:30pm-2:00pm for lunch 2-4pm for live music entertainment</p>	Adults aged 50+	Vennel Gardens East Road Irvine KA12 0BQ	<p>Catherine Beck 07747565435 catherinebeck@north- ayrshire.gov.uk</p>

Fullarton Connexions

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Pilates	Mondays 10:00am-12:00pm	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Mind and Body Health and Wellbeing	Tuesdays 10:30pm-12:15pm	Adults	Fullarton Connexions Church Street Irvine	01294 273741
West Coast Stompers	Tuesdays 12:30pm-1:30pm	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Fit Steps Dance Fitness	Tuesday 6:00pm-7:00pm	Adults	Fullarton Connexions Church Street Irvine	01294 273741

Fullarton Connexions

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Rock Choir	Tuesday 7:00pm-10:00pm	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Blythswood Packers	Wednesdays 9:00am-1:00pm Donation Sorting. Tea and coffee.	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Weightwatchers	Wednesdays 9:00am-11:00am	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Black Dragon Wing Chung	Wednesdays 7:00pm-9:00pm Chinese Martial Art	Adults	Fullarton Connexions Church Street Irvine	01294 273741

Fullarton Connexions

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Arts and Crafts	<p>Thursdays 9:30am-1:30pm</p> <p>Meet new people and learn new skills.</p>	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Quilters	<p>Thursdays 1:00pm-4:00pm</p> <p>Meet new people and learn new skills.</p>	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Badminton Club	<p>Thursdays 6:00am-10:00pm</p>	Adults	Fullarton Connexions Church Street Irvine	01294 273741
Tia Chi	<p>Fridays 10:00am-11:00am</p>	Adults	Fullarton Connexions Church Street Irvine	01294 273741

Woodlands Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Line Dancing	Mondays 10:00am-12:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Gaelic Group	Mondays 10:00am-15:30pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Keep Fit	Mondays 12:45pm-15:15pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Yoga	Mondays 18:45pm-20:15pm	Open to adults of all ages	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk

Woodlands Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Carpet Bowls	Tuesdays 13:00pm-15:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Craft Class	Wednesdays 10:00am-12:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Keep Fit	Wednesdays 10:30am-11:30pam	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Carpet Bowls	Wednesdays 13:00pm-15:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk

Woodlands Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Crochet Group	Thursdays 10:00am-12:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Line Dancing	Thursdays 12:30pm-14:30pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Cross Stitch Group	Thursdays 19:00pm-22:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Debating Group	Fridays 10:30am-12:30pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk

Woodlands Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Line Dancing	Fridays 10:30pm-12:30pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk
Craft Class	Fridays 13:00pm-15:00pm	Aimed at people of retirement age.	Woodlands Centre. 16, Kilwinning Road	01294 278503 woodlandscentre@north- ayrshire.gov.uk

Irvine and Dreghorn Libraries

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Knitting Group	Tuesday and Friday mornings 10:30am-1:30pm	Adults	Dreghorn Library	Contact Dreghorn Library 01294 211072
Book Group	First Thursday of each month 4:00pm-5:00pm	Adults	Dreghorn Library	Contact Dreghorn Library 01294 211072
North Ayrshire Healing Hearts Bereavement Support Group	Drop-in on Mondays 11:00am-12:00pm A peer-support bereavement group for community members who have experienced the death of someone they love.	Adults	Irvine Library	healing-hearts123@hotmail.com 07462866154

Irvine and Dreghorn Libraries

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Writing for Wellbeing Group	<p>A free writing group suitable for all levels. Meet new people and develop your creativity.</p> <p>Limited spaces place contact for availability.</p> <p>Tuesday mornings 10:30am-12pm</p>	Adults	Irvine Library Community Room.	andreamckenzie@north-ayrshire.gov.uk

Harbour Arts Centre

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
A host of activities and events at the Harbour Arts Centre	<p>The HAC offers a varied programme of theatre, comedy, music and visual arts.</p> <p>Check out their 'What's Happening' brochure available on their website or you can pick up a printed copy at the Harbour Arts Centre, Saltcoats Heritage Centre or your local library.</p>	All ages	Harbour Arts Centre 116 harbour Street Irvine	The Harbour arts Centre team 01294 274059 thehac.co.uk

Looking to Connect with Others

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
St Mary's Parish Church Lunch Club	Fridays 11:00am-1:00pm Come along and meet other people and enjoy a free lunch.	All welcome	St Mary's Parish Church	St Mary's Parish Church on 01294 279130
Irvine Newtown Men's Shed	Monday to Friday 11am-2:30pm Sunday 11:00am-2:30pm (Closed Saturdays) Come together to make, repair, repurpose and support projects in your local area.	Men aged 18 and over	10 Lower Vennel Bourtreehill Irvine	Irvine Newtown Men's Shed 01294 214240
Harbourside Men's Shed	Tuesday and Thursday 10am-2:30pm (Woodwork) Wednesday 10:00am-3:00pm (Modelling) Come together to make, repair, repurpose and support projects in your local area.	Men aged 18 and over	Unit 36B 29 Kyle Road Irvine	Harbourside Men's Shed 01294 312194

Looking to Connect with Others

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Irvine Lasses Club	<p>The first Thursday of the month at 7:30pm (except July and August)</p> <p>For women of all ages who are interested in Robert Burns and Scottish Literature, art and music in general.</p>	Adults	Wellwood Burns Centre and Museum Eglington Street Irvine	irvinelassesburnsclub@gmail.com
Irvine Burns Club	<p>Open to individuals with an interest in Robert Burns and his work and also promotes a more general interest in Scottish Literature and music.</p>	Adults	Wellwood Burns Centre and Museum Eglington Street Irvine	<p>honsecy@irvineburnsclub.org</p> <p>01294 274511</p>
Music@Wellwood	<p>Music@Wellwood organises around 4 concerts each year. The concerts are open to music lovers of all ages. Please email to receive information on future concerts</p>	Adults	Wellwood Burns Centre and Museum Eglington Street Irvine	irvinemusicclub@gmail.com

Looking to Connect with Others

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Super Supper at Fullarton Connexions	On the last Friday of each month 3:00pm-5:00pm A three course meal for adults over retirement age. Donations welcome.	Adults over retirement age.	Fullarton Connexions Church Street Irvine	01294 273741
Community Café at Fullarton Connexions	Tuesdays, Wednesdays and Thursdays 10:00am-2:00pm	All welcome	Fullarton Connexions Church Street Irvine	01294 273741
Café Solace	Tuesdays 5:00-7:00pm A Community Café run by people in Recovery . Enjoy a three course meal for £3	All welcome	Fullarton Connexions Church Street Irvine	01294 273741
Irvine Older People's Voice Network	Bi-monthly meetings where you can connect with others and discuss issues import to you and your local community.	Adults over 50	Vennel Gardens East Road Irvine	Irvine Locality Team 01294 318438 andeamckenzie@north- ayrshire.gov.uk

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Chair Yoga with Alexis Wallace	<p>Mondays 4:00pm-5:00pm</p> <p>Yoga class suitable for:</p> <ul style="list-style-type: none"> • Elderly people • People with disabilities • Wheelchair users 	Adults	Dreghorn Church Hall	Alexis Wallace 07920281096
Line Dancing	<p>Wednesdays 10:30am-12:30pm</p> <p>Beginner level line-dancing and strolls classes for all over 50s. £5 per class</p>	Adults over 50	Dreghorn Church Hall	<p>Nicola</p> <p>07493306686</p> <p>01294 602711 option 2</p> <p>www.clasp.org.uk</p>
Irvine Tennis Community- Adult Tennis	<p>Free Adult Tennis Classes</p> <p>Mondays</p> <p>Beginners 7:00pm-8:00pm Improvers 8:00pm-9:00pm</p>	Adults	Irvine Tennis Community Thornhouse Avenue Irvine	<p>ITC</p> <p>James on 07400767444</p> <p>james.irvinetennis@gmail.com</p>

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Irvine Tennis Community- Over 50s Tennis	Free Tennis Classes for adults over 50 Fridays 10:00am-11:00am	Adults over 50	Irvine Tennis Community Thornhouse Avenue Irvine	ITC James on 07400767444 james.irvinetennis@gmail.com
50+ Fitness activities at the Portal	Fitness classes and gym sessions suitable for adults over 50. Contact The Portal for up to date times and classes available. Booking required.	Adults over 50	The Portal High Street Irvine	The Portal 01294 208364 KA Leisure Active Lifestyles 01294 605128 kaleisure.com
Nordic Walking with the Trinity Active Travel Hub	Aimed at beginners who would like to learn about Nordic Walking.	Adults	Trinity Active Travel Hub Bridgeate Irvine	thetrinity@north-ayrshire.gov.uk 01294 204800

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Led Cycle Rides for Beginners with the Trinity Active Travel Hub	Monthly cycle rides for women . On the second Wednesday of each month leaving at 12:30pm from Cunningham House in Irvine..	Adults	leaving from Cunningham House in Irvine	thetrinity@north-ayrshire.gov.uk 01294 204800

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Stroll With It Irvine!	<p>Wednesdays at 11:00am</p> <p>Free walks in the Irvine community. Each walk last approx. 1-1.5 hours</p> <p>Contact The Trinity Active Travel Hub for locations, dates and times.</p>	Adults	Trinity Active Travel Hub Bridgeate Irvine	thetrinity@north-ayrshire.gov.uk 01294 204800
Irvine Park Bowling Club	Lawn Bowls and social club	Adults	Woodlands Avenue Irvine	01294 272351
Irvine Winton Bowling Club	Lawn Bowls Club	Adults	108 East Road Irvine	01294 278251
Dreghorn Bowling Club	Bowling Club	Adults	88 Main Street Dreghorn	01294 211870
Girdle Toll Bowling Club	Bowling Club	Adults	Burns Crescent Irvine	01294 213294

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Springside Bowling Club	Lawn Bowls Club	Adults	Kyle Avenue Springside	01294 211750
Towerlands Sports Club	Lawn Bowls club	Adults	7 Towerlands Farm Road Bourtreehill South Irvine	01294 272351
Tai Chi with Jared	Wednesdays 5:00pm-6:30pm £8 per session	Adults	Volunteer Rooms	Jared Reekie 07494491517

Keep Active in Irvine

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Get Moving Health Walk	Mondays, 12.30pm A slow paced, small group health walk. Time to enjoy nature, chat and be active. Duration: around 45 minutes.	Adults	Ayrshire Central Hospital	<ul style="list-style-type: none"> Lindsay Twilley, TCV Greenspace for Health Project: lindsay.twilley@tcv.org.uk
Ayrshire Central Walking Group	Mondays, 2pm A longer distance health walk. Time to enjoy nature, chat and be active. Duration: 1 hour 30 minutes.	Adults	Ayrshire Central Hospital	<ul style="list-style-type: none"> Lindsay Twilley, TCV Greenspace for Health Project: lindsay.twilley@tcv.org.uk
Irvine Green Gym	Tuesdays, 10am Group based outdoor activity with a purpose, such as gardening and citizen science. Duration: 3 hours.	Adults	Ayrshire Central Hospital	<ul style="list-style-type: none"> Lindsay Twilley, TCV Greenspace for Health Project: lindsay.twilley@tcv.org.uk

Volunteering Opportunities

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Ayrshire Independent Living Network Dementia Befriending Service	<p>If you have a few hours per week to spare, please get in touch. We have have volunteer roles in:</p> <ul style="list-style-type: none"> • One to one befriending- supporting someone with early stage dementia to access the community. • Help with our Dementia Wellbeing Cafes • Support with fundraising/events 	Adults	Dementia Wellbeing Cafe in Castlepark Community Centre Irvine 1:30pm-3:30pm	<p>Alexis:</p> <p>07771453192 01294 475682</p>
Irvine Senior's Forum	<p>Meet on the last Tuesday of the Month 1:30pm-3:30pm</p> <p>For people over 50 who would like to be part of a local group supporting the interests of senior citizens in the Irvine area.</p>	Adults over 50	Vennel Gardens East Road Irvine KA12 0BQ	Rosemary Byrne (Chairperson) rosemary.byrne@hotmail.com
TACT Volunteering Opportunities	TACT have large number of volunteering opportunities within North Ayrshire on their database..	Adults	North Ayrshire Wide	<p>01294 443044</p> <p>email: info@tact.scot www.tact.scot</p>

Volunteering Opportunities

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Irvine Community Council	<p>Check out their website for dates and times of monthly meetings</p> <p>Irvine Community Council helps to bridge the gap between local authorities and community members. They run consultations, campaign for change and run events.</p>	Adults	Meetings held in Redburn Community Centre	www.irvinecommunitycouncil.org.uk
Friends of Redburn Community Group	<p>Meet on the first Wednesday of every month.</p> <p>A group that helps others in the local community, while providing members a place to meet new people and learn new skills.</p>	Adults	Redburn Community Centre Dickson Drive Irvine	<p>Janice 07765045201 friendsofredburn@gmail.com</p>
Irvine Clean-up Crew	Connect with others and help clean up the local community of litter.	Adults	Various locations and times throughout Irvine	<p>Jen Pless 07703319555 irvinecleanupcrew@gmail.com</p>

Volunteering Opportunities

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Fullarton Community Hub Community Gardens	If you have a few hours to spare then come along to meet new people and lend a hand in the community gardens.	Adults	Fullarton Community Hub School Lane Irvine	Contact Fullarton Community Hub on 01294 278207
Dreghorn Community Council	Dates and times of meetings vary. Email for details Help others in the local community, meet new people and learn new skills.	Adults	Dreghorn Bowling Club	For more information contact: enalbenixam@gmail.com
Coastwatch	Coastwatch is a non-governmental voluntary coastal safety and monitoring charity based at Irvine beach. They provide a team of trained individuals to provide cover 7 days a week to cover their base station for the safety of the everyone that visits the beach and harbourside.	Adults	Coastwatch Beach Pavilion Beach Drive Irvine	For more information contact: 01294 271855 07942 289658 or Complete a volunteer interest form on: www.coastwatchirvine.co.uk

Volunteering Opportunities

Name of Group/ Activity	What to expect	Age Range	Location	Run By Name & contact details
Dreghorn Community Council	Contact for dates and times of meetings Dreghorn Community Council helps to bridge the gap between local authorities and community members. They run consultations, campaign for change and run events.	Adults	Dreghorn Bowling Club	Maxine Blane Email: enalbanixam@gmail.com
Volunteering with The Conservation Volunteers TCV	Join in, feel good, make a difference! It's fun, it's different, it's good for you and it's FREE	Adults over 18	Various locations in North Ayrshire	Telephone: 07483050742 Email: lindsay.twilley@tcv.org.uk Website: www.tcv.org.uk/scotland

