

ARRAN FRIENDSHIP CLUB



We are an Arran-based CIC* supporting older residents and those living with memory issues on Arran.

Our purpose is to help address isolation and loneliness and encourage empowerment and peer support within Arran's older population and with those living with memory loss.

We do this by holding fortnightly meetings and providing a healthy light lunch and refreshments, in a safe and welcoming space, with stimulating activities.

Contact Us

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CIC* - COMMUNITY INTEREST COMPANY

OUR MEMBERS

At each fortnightly meeting, 25-30 older Arran residents or those living with memory issues and their carers, from across Arran, meet for food, fun and friendship.

We have linked with ACVS's volunteer driver scheme to support our dispersed community and broaden access to the club.



OUR ACTIVITIES

MUSIC

We are fortunate to have the support of a number of local musicians who regularly perform at our meetings. Our members love to join in and explore lots of different genres and styles.

GAMES

We always offer a range of games at meetings. Beetle drive and dominoes are firm favourites and a great way to support mental agility and build friendships.

CRAFTS

Many of our members are avid crafters and we provide wide ranging activities to support all abilities, from aster egg painting, to coloring and making origami flowers.

EXERCISE

We provide appropriate, fun, physical activities such as target practice and team ball games to support physical and mental health, encourage communication and to have fun!



CHAT AND REFLECTION

Catching-up and building friendships and group support is empowering for our members. It is a great way of building resilience in our community, as well as encouraging members to seek early interventions from outside services where required.

WORD GAMES AND PUZZLES

We use word games, puzzles and quizzes as a great way of drawing on past knowledge and experiences and as a fun way of supporting mental agility.