



Over 850,000 people are affected by dementia in the UK, with numbers set to rise to over 1 million by 2025. The ability of music to ease the symptoms of dementia and Alzheimer's has been known for years, and 'Gie It Laldy' @ Centrestage promotes the role that music and reminiscence plays in keeping memories alive.

Centrestage is also a 'Playlist for Life' partner, supporting our participants to identify the tunes that create the soundtrack to their lives.

Musical Generations and Gie It Laldy sessions are delivered at Centrestage and within care homes across Ayrshire and seeing families coming together to make new memories at these sessions is very special.

With thanks to the Life Changes Trust for continued support for Gie It Laldy;

Gie It Laldy | *Making New Memories*

Dance for Parkinson's is delivered at Centrestage in partnership with Scottish Ballet. It supports those with Parkinson's to experience the benefits of dance, with participants reporting improved balance, spatial awareness, confidence and mental wellbeing. As with all Centrestage activities, the social time over a cuppa before and after each session is just as important as the activity itself, with new friendships developing week by week.

Dance for Parkinson's | *Magic with Movement*

Every Monday at 1pm, a concert specifically created for older folks takes place in the Centrestage theatre. These will become a daily event at the Village in 2020, allowing more opportunities for more people to enjoy social events and maintain connected in the community.

Fun@1 | *It's all about shows!*

#artsattheheart #funfoodfolk

