

What's Online in September 2021 Aberdeen/Aberdeenshire & Moray

Mon 13 th /27 th	Carers Group - Moray An opportunity for peer support & information	1.30 pm – 2.30pm
Tues 7 th 14 th 21 st 28 th	Football Memories For people with dementia and their carers to meet and reminisce about football and other local memories.	2.00 pm – 3.00 pm
Tues 7 th	Letting Go Group - meets 1st Tues of the month Support group for carers who have a loved one in a care home, or moving soon into a care home. This group will offer carers the opportunity to meet with other carers in the same situation for emotional support and information.	2.00 pm – 3.00 pm
Tues 14 th	Rare Dementia Group (for carers) **NEW** A Group where carers can gain support and advice from other carers in a similar situation and also ask advice from a Dementia Advisor. To find out more please contact Laura Crockatt – details below	11.00 am – 12.00 pm
Tues 28 th	Rare Dementia Group (for person living with dementia) **NEW** A social group for someone living with a rare dementia, a chance to meet others in a similar situation, to gain support and form relationships. To find out more please contact Laura Crockatt – details below.	11.00am – 12.00pm
Tues 7 th , 14 th , 21 st & 28 th	Meet, Walk & Chat **NEW** For people living with dementia and their carers to join Innes for a walk and chat along the sea front in Stonehaven (weather permitting). Meet at The Leisure Centre Car Park at 10.30am Contact Innes Wyness, details below.	10.30 am
Wed 1 st 8 th 15 th 29 th	Chat & Activity Group For people with dementia and their carers to have a chat and join in a quiz/activity	2.00 pm – 3.00 pm
Wed 8 th	Music and More Join musician Aimee for a sing a long & music quiz	11.00 am – 12.00 pm
Wed 22 nd	Doggy Bingo For people with dementia and their carers to join in with Julia and her Dementia Dog (who picks the balls with the number).	2.00 pm – 3.00 pm
Thurs 2 nd 16 th 23 rd 30 th	Dementia Café Group For people living with dementia and their carers to meet up, chat, share life experiences and feel part of the online community	11.00 am – 12 noon
Thurs 16 th	Aberdeenshire Carers Support Group **NEW** See details below	11.30 am – 12.30 pm
Thurs 9 th /23 rd	Carers Group - Moray An opportunity for peer support & information	2.00 pm – 3.00 pm
Thurs 12 th , 26 th	Younger People's Group A social group for younger people with dementia	2.00 pm – 3.00 pm
Frid 3 rd	Carers Group – Aberdeen City For people who are new to caring, or existing carers, looking for peer support and information on what is available to support them in their caring role.	11.00 am – 12 noon
Frid 3 rd	Musical Memories – YouTube recording – Aberdeen/shire - contact Lesley Gray for link to view clip (available on 1 st Frid of each month) & any further details.	

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New Aberdeenshire Carers Support Group

We are planning to run a new group for family and friends in Aberdeenshire who are supporting someone living with dementia. The group will offer people the opportunity gain support, form friendships as well as meeting your local Dementia Advisor who can offer advice. If you are interested in coming together to discuss the new group via a Teams video call at 11.30 am – 12.30 pm on **Thursday, 16 September**, please contact **Laura Crockatt Dementia Advisor on 07825 242381 LCrockatt@alzscot.org or Mags Corbett on 07769 366 175 or MCorbett@alzscot.org**. This will be an informal get together to discuss how the group will run. If you can't manage along on the day, please get in touch with either Mags or Laura to find out more and give your input that way. If you have not used Teams before, please contact us and we will support you with this prior to the meeting.



Mind over matter Firewalk!

Walk barefoot over fiery hot coals and raise vital funds to support families across Scotland.

Join #TeamAlzScot on **Saturday 2nd of October** in this fiery challenge and walk your way to victory!

For more information contact: Isabel Quinn IQuinn@alzscot.org Stakeholder Engagement Coordinator | Stakeholder Engagement | 0131 243 1474

For further information on any of our online groups please contact Val Sleigh 01467-530516 or by emailing the following:

Lesley Gray, Dementia Advisor –	lgray@alzscot.org	☎ 07769 366201; - Aberdeen City
Laura Crockatt, Dementia Advisor -	lcrockatt@alzscot.org	☎ 07825 242381; - Aberdeenshire
Wendy Menzies, Dementia Advisor -	wmenzies@alzscot.org	☎ 07768 467424; - Moray
Mags Corbett, Dementia Advisor -	mcorbett@alzscot.org	☎ 07769 366175 ; - Aberdeenshire
Kathy Fraser, Comm. Activities Org. –	kfraser@alzscot.org	☎ 07795 391092; - Aberdeenshire
Innes Wyness, Comm. Activities Org –	lwyness@alzscot.org	☎ 07771 501051; - Aberdeenshire (South)

If you like and attend our online activities, please consider a small donation via our Just Giving pages to help us support and continue to provide our services for people living with dementia and their carers.

To support Alzheimer Scotland **Aberdeen/Shire:** <https://www.justgiving.com/fundraising/aberdeendrc>
To support Alzheimer Scotland **Moray:** <https://www.justgiving.com/fundraising/Moray>