

Activities & Events in November 2022

Please note that any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate.

In Person Groups

In line with our current guidance for COVID-19, places for all our In Person groups must be booked in advance. Please contact Group Organiser if you would like to attend.

What's On in North Aberdeenshire-

Dates & Times	Activity	Contact Details
Tuesday 1st 11.00 am -12.30pm	Turriff Hae a News Turriff Library, Grange Villa, The Square, Turriff For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	Kathy Fraser kfraser@alzscot.org 07795 391092
Tuesday 8th 11.00am- 12.30pm	Activity Group at Banff Castle Castle Street, Banff Contact Kathy Fraser for further details.	Kathy Fraser kfraser@alzscot.org 07795 391092
Tuesday 15th 11.00am -12,30pm	Cake & Curling Turriff Library, Grange Villa, The Square, Turriff A monthly group for people with dementia and their carer's to enjoy a game of floor curling, followed by a cuppie & cake.	Kathy Fraser kfraser@alzscot.org 07795 391092
Wednesday 2nd, 16th. 30th 11.00 am-12.30 pm	Peterhead Hae A News Peterhead Library, St Peter Street, Peterhead For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	Kathy Fraser kfraser@alzscot.org 07795 391092
Thursday 3rd & 17th 11.00am -12.30pm	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Road, Mintlaw	Kathy Fraser kfraser@alzscot.org 07795 391092

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	We are moving the outdoor group at Aden indoors over the winter months to Mintlaw Library For further details & booking, please contact Kathy Fraser.	
Thursday 24th 11.00 am–12.30pm	Banff Hae A News Banff Library, High Street, Banff For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity.	Kathy Fraser kfraser@alzscot.org 07795 391092

What's On in Central Aberdeenshire-

Dates & Times	Activity	Contact Details
Tuesday 1st 2.00 -3.00 pm	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers to have a blether, cuppa and some fun.	Susan Westcott swestcott@alzscot.org 07876 003154
Tuesday 29th 10.15am -11.45am	Huntly Carers Support Group Linden Community Centre, Castle St, Huntly For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.	Mags Corbett mcorbett@alzscot.org 07769 366 175
Wednesday 2nd 2.00 -3.00 pm	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive A social group for people living with dementia and their carers to have a blether, cuppa and some fun.	Susan Westcott swestcott@alzscot.org 07876 003154
Wednesday 9th 1.30 -2.30 pm	Huntly Social Group Square Deal , 22-23 The Square,Huntly A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.	Susan Westcott swestcott@alzscot.org 07876 003154
Thursday 10th 10.30 -12.00pm	Memories, Social & Sports Chat Inverurie Loco Works Football Club, 54 Harlaw Rd, Inverurie A social group for people living with dementia and their carers to come along for a cuppa and a chat, topics including local history, old adverts and sporting reminiscences	Susan Westcott swestcott@alzscot.org 07876 003154
Thursday 10th & 24th 2.00 -3.00pm	Ellon Social Group The Kirk Centre, Station Road, Ellon A social group for people living with dementia and their carers to catch up and have a blether.	Susan Westcott swestcott@alzscot.org 07876 003154

<p>Thursday 10th 2.00 -3.00pm</p>	<p>Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon</p> <p>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences. Contact Mags Corbett for further details.</p>	<p>Mags Corbett mcorbett@alzscot.org 07769 366 175</p>
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What's On in South Aberdeenshire-

Dates & Times	Activity	Contact Details
<p>Monday 7th,14th,21st,28th 11.00am –12.30pm</p>	<p>Visual Arts Workshop Community Education Centre, Bath Street, Stonehaven</p> <p>See below for further details.</p>	<p>Mags Corbett mcorbett@alzscot.org 07769 366 175</p>
<p>Tuesday 8th & 22nd 10.30am –12.00pm</p>	<p>Activities & More Community Education Centre, Bath Street, Stonehaven.</p> <p>For people living with Dementia and their Carers. This group runs the 2nd and 4th Tuesday of the month Join us for some gentle chair exercise, social activities and a cuppa.</p>	<p>Mags Corbett mcorbett@alzscot.org 07769 366 175</p>
<p>Tuesday 8th 10.30 – 12.00pm</p>	<p>Stonehaven Carer Support Group Community Education Centre, Bath St. Stonehaven.</p> <p>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences</p>	<p>Mags Corbett mcorbett@alzscot.org 07769 366 175</p>
<p>Thursday 3rd & 17th 1.30pm – 3.00 pm</p>	<p>Activities & Social Group Banchory Town Hall, Banchory.</p> <p>For people living with Dementia and their Carers. This group runs the 1st and 3rd Thursday of the month. Join us in Banchory Town Hall to enjoy a chat, social activities and a cuppa.</p>	<p>Mags Corbett mcorbett@alzscot.org 07769 366 175</p>

*Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently **and/or for** those unable to do so should come with a companion who can provide any support for them.*

We don't provide transport for these groups and therefore it is your responsibility to get to and from these community activities, safely

Stonehaven Visual Arts Group, Community Education Centre, Bath Street, Stonehaven
Monday 7th, 14th, 21st & 28th November
11am – 12.30pm

This group, for people with dementia and their carers, is running again for an 8 week block from **Monday, 7th Nov – Mon 28th Nov** and the cost is £30 per person. Come along and enjoy a morning of creativity and fun at our Art Group in Stonehaven Community Education Centre. If you are interested please **contact Mags Corbett**.



CARERS CORNER

How can I get help during the cost of living crisis?.....

Here is the link below for cost of living support regarding energy & bills; benefits & income; children & families; debt & money; health & wellbeing; elderly & disabled:

<https://costofliving.campaign.gov.scot/>

Communication 12 Helpful Hints

What can someone with dementia feel? Imagine if you were to lose the ability to say the right word or understand what was being said, eg when on holiday in a foreign country where you don't speak the language. You may feel frustrated, angry and look for help, perhaps someone to interpret for you. You might respond by not speaking at all and withdrawing into yourself or avoiding situations where you have to communicate with people.

Try these 12 Helpful Hints

1. Be calm and patient.
2. Face the person, speak clearly and slowly.
3. Make sure that you have their attention by gently touching their arm and saying their name.
4. Use short, simple sentences and say exactly what you mean.
5. Try to get one idea across at a time.
6. Allow plenty of time for the person to take in what you say and to reply.

7. Try not to confuse or embarrass the person by correcting them bluntly.
8. Use questions which ask for a simple answer.
9. Don't ask questions which test their memory, eg 'who am I?' or 'what did you do yesterday?'
10. Talk about familiar people, places and ideas.
11. Use the names of the people you are talking about instead of 'he' or 'she'. It will remind the person of who you are talking about.
12. Use facial expressions and hand gestures to make yourself understood.

Remember too that actions speak louder than words! A smile, touch or gesture can be just as important in getting the message across and showing that you care. Sometimes holding the person's hand when you talk can be very reassuring.

Dementia Helpline

Our confidential Dementia Helpline offers 24 hour information and emotional support. You can call 0808 808 3000 anytime and also email:

helpline@alzscot.org

www.alzscot.org



As well as our groups detailed above, there will continue to be online groups run throughout Aberdeen/Shire/Moray which anyone is welcome to join.

The next pages give details about what is on offer. Contact Group Organisers for further details & link to join.

Online Groups – November 2022

Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	<p>2.00pm Letting Go Lesley Gray/Mags Corbett</p>		<p>11.00am Chair Based Exercise Susan Westcott</p> <p>11.00 am Rare Dementia Carers Support Laura Crockatt</p>	
7th	8th	9th	10th	11th
			<p>11.00am Rare Dementia Group (for person living with dementia) Laura Crockatt</p>	
14th	15th	16th	17th	18th
			<p>11.00am Chair Based Exercise Susan Westcott</p> <p>11.00am Aberdeenshire Carers Support Mags Corbett/Laura Crockatt</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
21st	22nd	23rd	24th	25th
			11.00am Chair Based Exercise Susan Westcott	
28th	29th	30th		
		1.00pm Moray Carers Support Group Emma Gregg		

[More about our online activities](#)

Tuesday groups

Letting Go

Support group for carers who have a loved one in a care home or moving soon into a care home. The group will offer carers the opportunity to meet with other carers in the same situation for emotional support and information.

Rare Dementia Carers Support

A Group where carers can gain support and advice from other carers in a similar situation and also ask advice from a Dementia Advisor.

Rare Dementia Group (for person living with dementia)

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.

Thursday Groups

Chair Based Exercise

Online exercise group for people living with dementia and their carers. The session consists of a full body warm up, followed by a chair-based exercise session, a cool down and some relaxation/mindfulness exercise. The intensity of the session is low-moderate, lasting around 30 minutes. We will finish the session with a fun health quiz for everyone to join in on together.

Aberdeenshire Carers Support

For people who support someone with dementia in the Aberdeenshire area to get together for a chat with others in the same situation, share information and experiences.

Moray Carers Support Group

An online group for carers to chat with the Dementia Advisor and other carers.

Contacts

For further information on any of our groups please contact the following group organisers or Val Sleigh, Service Admin Coordinator on 01467-530516

Lesley Gray, Dementia Advisor – Aberdeen City lgray@alzscot.org 07769 366201	Kathy Fraser, Comm. Activities Organiser – Aberdeenshire (North) kfraser@alzscot.org 07795 391092; -
Laura Crockatt, Dementia Advisor – Aberdeenshire (North) lcrockatt@alzscot.org 07825 242381; -	Susan Westcott, Comm. Activities Organiser Aberdeenshire Central swestcott@alzscot.org 07876 003154
Mags Corbett, Dementia Advisor – Aberdeenshire (Central & South) mcorbett@alzscot.org 07769 366 175	Emma Gregg Dementia Advisor (Moray) egregg@alzscot.org 07925 596232

Should you no longer wish to receive Aberdeenshire What's On or updates, please call or write to: Val Sleigh, Service Admin Coordinator on 01467-530516 or vsleigh@alzscot.org



Making sure nobody faces dementia alone.

If you like and attend our 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/Aberdeenshire:
<https://www.justgiving.com/fundraising/aberdeendrc>

