

## Activities & Events in May 2023

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

#### What's On in Moray

Dates & Times	Activity	Contact Details
<b>Tuesday 2<sup>nd</sup> &amp; 16<sup>th</sup> 1.30 - 3.00pm</b>	<b>MUSICAL MASH-UP</b> <span style="color: red; font-weight: bold;">NEW</span> Trinity Church Elgin.  Join this new Musical Mash-Up! Exploring Musical Memories, and fill your lungs for a 'Sing Along' sing song. Grab a cuppa and a natter.	<b>Helen Moore</b> <a href="mailto:hmoore@alzscot.org">hmoore@alzscot.org</a> 07554 339151
<b>Tuesday 9<sup>th</sup> 10.30 – 11.30am</b>	<b>Cuppa and Chat Online Group</b>  Come along for a cuppa and a chat from the comfort of your own home. This group is for people with dementia, their carers and family to have the opportunity to chat with others in a similar situation. Contact Emma for details & for link to join.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232
<b>Tuesday 30<sup>th</sup> 1.00-2.00pm</b>	<b>Carers Support Group &amp; Activity Group</b> Elgin Community Centre Ash and Rowan Rooms  Come along to the carers support group for a cuppa and a chat with the Dementia Advisor in the Ash room, whilst your cared for enjoys an activity with our Activities Organiser in the Rowan room.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232  <b>Helen Moore</b> <a href="mailto:hmoore@alzscot.org">hmoore@alzscot.org</a> 07554 339151
<b>Thursday 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> 10.00 -11.30am</b>	<b>Pop Up Dementia Café</b> 4 <sup>th</sup> Buckie Boyd Room Fishermens Hall 18 <sup>th</sup> Hopeman Memorial Hall 25 <sup>th</sup> Aberlour Fleming Hall  The pop up cafes are for anyone with Dementia, their families and carers to come along for a cuppa and a chat and to join in with activities with our Activity Organiser, Helen.	<b>Emma Gregg</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232  <b>Helen Moore</b> <a href="mailto:hmoore@alzscot.org">hmoore@alzscot.org</a> 07554 339151





Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.

This year Dementia Awareness Week will run from

**Monday 29 May until Sunday 4 June.**

We will be holding events, sharing stories and information across our website and our social media channels.

**Watch out for more details of our local events in Moray coming soon!**

## Door To Door Fundraising

We have had some recent reports from individuals who have had someone come to their door purporting to be from a dementia charity collecting donations, and the householder has believed this to be Alzheimer Scotland. There are some fundraising tactics that we do not believe in or take part in. As a charity that supports potentially vulnerable people we would not solicit donations by 'cold calling' by telephone or door-to-door collections. We value the relationships we build with our supporters and take particular care to avoid asking vulnerable people for donations. We would never want someone to feel pressured into making a donation in this manner.

There are other similarly named dementia charities, such as Alzheimer's Research UK, who fundraise across the UK including in Scotland and who do use this type of fundraising.

If you have any concerns that any individuals at your door may have been acting unlawfully, we would urge you to contact the police and report the incident. If you or someone you know are concerned and has provided card details to sign up to regular giving, we would also advise contacting your bank to cancel the direct debit and ask the bank about freezing the bank card and having a new one issued.

If you have any questions or concerns, please do not hesitate to email us anytime: [info@alzscot.org](mailto:info@alzscot.org) or call us: **0131 243 1453** (Monday – Friday, 9am - 5pm).

## Dementia Helpline

Our confidential Dementia Helpline offers 24 hour information and emotional support every day of the year. You can call 0808 808 3000 anytime and also email: [helpline@alzscot.org](mailto:helpline@alzscot.org)



# BOOK YOUR PLACE

01343 556031 - [carersmoray@quarriers.org.uk](mailto:carersmoray@quarriers.org.uk)



8th June 2023, Elgin

0930-1100

1105-1235

1330-1500

1505-1635



## VIRTUAL DEMENTIA TOUR FOR UNPAID CARERS

YOUR WINDOW INTO THEIR WORLD

The Virtual Dementia Tour is the only scientifically proven method of giving a person an experience of what dementia might be like. The Virtual Dementia Tour was invented 22 years ago in America by PK Beville and Training2Care are the UK partners for this ground-breaking training course.

By the end of this you will be able to recognise the issues faced by people with dementia and start to think about the correct provision of services to meet their needs.

*"The Virtual Dementia Tour is all about understanding what a person living with dementia experiences daily, to gain a greater understanding."*

**- Glenn Knight, CEO Training2Care**



VDT facilitator





# What's online

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 –May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
	<b>2.00pm</b> <b>Letting Go</b> Lesley Gray/Mags Corbett		<b>11.00 am</b> <b>Rare Dementia Carers Support</b> Laura Crockatt	
8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
	<b>11.00am</b> <b>Cuppa &amp; Chat</b> Emma Gregg		<b>11.00am</b> <b>Rare Dementia Group (for PLD)</b> Laura Crockatt	
15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>
			<b>11.00am</b> <b>Aberdeenshire Carers Support</b> Mags & Laura	

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>22<sup>nd</sup></b>	<b>23<sup>rd</sup></b>	<b>24<sup>th</sup></b>	<b>25<sup>th</sup></b>	<b>26<sup>th</sup></b>
<b>29<sup>th</sup></b>	<b>30<sup>th</sup></b>	<b>31<sup>st</sup></b>	<b>1<sup>st</sup> Jun</b>	<b>2<sup>nd</sup> Jun</b>
<b>Dementia Awareness Week</b>	<b>Check our DAW Planner for events – to follow</b>	<b>Check our DAW Planner for events – to follow</b>	<b>Check our DAW Planner for events – to follow</b>	<b>Check our DAW Planner for events – to follow</b>

### [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.

#### **Cuppa & Chat – New Online**

Come along for a cuppa and a chat from the comfort of your own home. This group is for people with dementia, their carers and family to have the opportunity to chat with others in a similar situation.

#### [Thursday Groups](#)

#### **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.

## Contacts

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

<b>Lesley Gray, Dementia Advisor – Aberdeen City</b> <a href="mailto:lgray@alzscot.org">lgray@alzscot.org</a> 07769 366201	<b>Kathy Fraser, Comm. Activities Organiser – Aberdeenshire (North)</b> <a href="mailto:kfraser@alzscot.org">kfraser@alzscot.org</a> 07795 391092; -
<b>Laura Crockatt, Dementia Advisor – Aberdeenshire (North)</b> <a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a> 07825 242381; -	<b>Susan Westcott, Comm. Activities Organiser Aberdeenshire (Central)</b> <a href="mailto:swestcott@alzscot.org">swestcott@alzscot.org</a> 07876 003154
<b>Mags Corbett, Dementia Advisor – Aberdeenshire (Central &amp; South)</b> <a href="mailto:mcorbett@alzscot.org">mcorbett@alzscot.org</a> 07769 366 175	<b>Dee Cobban, Community Activities Organiser Aberdeenshire (South)</b> <a href="mailto:dcobban@alzscot.org">dcobban@alzscot.org</a> 07825 546006
<b>Emma Gregg Dementia Advisor (Moray)</b> <a href="mailto:egregg@alzscot.org">egregg@alzscot.org</a> 07925 596232	<b>Helen Moore , Community Activities Organiser Moray</b> <a href="mailto:hmoore@alzscot.org">hmoore@alzscot.org</a> 07554 339151

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



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 Moray:  
<https://www.justgiving.com/fundraising/Moray/qrcode>

