

What's on


December 2023 – Aberdeenshire

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 are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.




We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group What's On In North Aberdeenshire		
Monday 11th	Walk and Talk @ Aden Aden Country Park, Station Road, Mintlaw (Meet in the car park beside carer's garden)	11.00 – 12.30 pm
Tuesday 5th	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	11.00 – 12.30 pm
Tuesday 12th	Banff Hae A News Christmas Meal The Spotty Bag, Market Pl, Banff Booking essential, limited spaces, please contact Kathy Fraser	12.15pm–2.15pm
Wednesday 13th	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	11.00 – 12.30 pm
Wednesday 20 th	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh Christmas Party, wear your Christmas jumper, enjoy Christmas nibbles and join in with party games. Also, treat yourself to a 10 minute Indian Head massage. Taster sessions provided by your local Dementia Advisor, Laura Crockatt. Indian Head massage helps with relaxation, headaches, stress, tension, stimulates hair growth and circulation and is great for your overall wellbeing.	11.00 – 1.00pm
Thursday	Mintlaw Hae a News	11.00 – 12.30 pm

7th	Mintlaw Library, MACBI Community Hub, Newlands Rd, For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity.	
Thursday 21st 	Mintlaw Hae a News/Peterhead Hae a News Christmas Meal @ Country Park Hotel, Station Road, Mintlaw Booking essential, limited spaces, please contact Kathy Fraser	12.00pm-2.00pm

In Person Group		What's On In Central Aberdeenshire	
Monday 4 th	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.  Diane Alexander from Home Energy Scotland @ Scarf will be joining us to give an overview of their work, what help and support is currently available for householders and tips on how to save energy.	2.00 -3.00 pm	
Tuesday 5th	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers to have a blether and a cuppa. Come along for some Christmas fun. 🎄	2.00 -3.00 pm	
Tuesday 12th	KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN Come along for some coffee, chat and fun. Come along for some Christmas fun.	1.30 – 2.30pm 	
Tuesday 19th	Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie. A social group for people living with dementia and their carers to have a blether, a cuppa and fun. Contact Susan for directions and transport information. Join us for some Christmas fun. 🧑🏻	11.00 –12.00pm	
Tuesday 19 th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive  Diane Alexander from Home Energy Scotland @ Scarf will be joining us to give an overview of their work, what help and support is currently available for householders and tips on how to save energy.	2.00 -3.00 pm	
Wednesday 6th	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive A social group for people living with dementia and their carers to have a blether and a cuppa. Come along for some Christmas fun. 🎁	2.00 -3.00 pm	

Wednesday 13th	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 and a cuppa. Join us for some Christmas fun. 🎄	1.30 - 2.30 pm
Thursday 7th	KINTORE Pop-up Café Kintore Library, Castle Walk, Kintore, AB51 0RU Come along for some coffee, chat and some Christmas fun.  	1.30 - 2.30pm
Thursday 14th	Ellon Social Group The Kirk Centre, Station Road, Ellon A social group for people living with dementia and their carers to have a blether, a cuppa and some Christmas fun. 🧑🏻‍🦺	2.00 - 3.00pm
Thursday 14th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon  Social Security Scotland Tearainteachd Shòisealta Alba	2.00 - 3.00pm
	Kevin Millar from Social Security Scotland will be joining the meeting to let us know about the support his team can offer.	

In Person Group	What's On In South Aberdeenshire	
	Visual Arts Workshop Community Education Centre, Stonehaven <i>Please note that there will be a new 8-week block of art sessions starting on 8th January and finishing on 26th February 2024. (11am to 12.30pm) in the Community Education Centre, Stonehaven. Our Visual Arts Workshop is for people with dementia and their carers. This costs £30 to join (carers go free) which will go towards materials. Please contact Dee Cobban on 07825 546006 or email: DCobban@alzscot.org if you are interested in coming along or for more information.</i>	
Tuesday 5th	Portlethen Pastimes Portlethen Library, Bruntland Rd, Portlethen For people living with Dementia and their Carers. This group will run 1 st Tues of the month. Join us in Portlethen to enjoy a chat, social activities and a cuppa.	10.30 - 11.30am
Tuesday 12th	Activities & More Community Education Centre, Bath Street, Stonehaven. For people living with Dementia and their Carers. This group runs the 2 nd and 4 th Tuesday of the month. Join us for some gentle chair exercise, social activities & a cuppa. ***** (Please note that there will be only one meeting this month as 26th is a bank holiday.)	10.30 - 12.00pm

Tuesday 12th	Stonehaven Carer Support Group Community Education Centre, Bath St. Stonehaven. For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.	10.30 –12.00pm
Wednesday 20th	Aboyne Activities & Social Group Aboyne Library, Bridgeview Road, Aboyne A monthly group for people living with dementia and their carers. Join us to enjoy a chat, social activities and a cuppa.	2.00-3.00pm
Thursday 7th & 21st	Activities & Social Group Banchory Town Hall, Banchory. For people living with Dementia and their Carers. This group runs the 1 st and 3 rd Thursday of the month. Join us in Banchory Town Hall to enjoy a chat, social activities & a cuppa.	1.30 – 3.00 pm

In Person Group		What's On In Aberdeen City & the Shire
Thursday 7th	Younger Persons / Under 65 Group Contact Lori Fotheringham, Young Onset Post Diagnostic Support Link Worker 07824 524213 Come and test your musical knowledge with a music quiz and have some fun with others! Please meet at the front of Aberdeen Art Gallery . There is also a café which you can enjoy afterwards!	11.00-12.30pm
Tuesday 19th	Younger Persons / Under 65 Group Online Cuppa and Chat Peer Support Group. A chance to meet others and have a chat! People living with dementia and their partners/ carers welcome. Contact Lori for link to join.	2.00-3.00pm

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Tuesday 5th	Letting Go – Lesley Gray /Mags Corbett	2.00-3.00pm
Thursday 7th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 14th	Rare Dementia Group (person living with dementia) – Laura Crockatt	11.00 am
Thursday 21st	Aberdeenshire Carer Support – Mags & Laura	11.00 am

Contact details for groups:

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	Dee Cobban, Community Activities Organiser Aberdeenshire (South) dcobban@alzscot.org 07825 546006



Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page

<https://www.justgiving.com/fundraising/aberdeendrc>



ACROSS ABERDEENSHIRE

Carers Education Classes



Would you be interested in taking part in a Carers Education class online or within your local area - the classes will be once a week over 4-6 weeks and will give you a chance to learn more about dementia, support available, coping techniques and carers support

To be added to the list for future courses: Please contact **Laura Crockatt Dementia Advisor for North Aberdeenshire**

email lcrockatt@alzscot.org mobile 07825242381 or **Mags Corbett Dementia Advisor for South and Central Aberdeenshire** email mcorbett@alzscot.org, mobile 07769 366 175

You, Me and Grief

If you have been affected by grief and would like to join a block of classes to support you through this then please contact **Laura Crockatt Dementia Advisor for North Aberdeenshire** on lcrockatt@alzscot.org mobile 07825242381 or **Mags Corbett Dementia Advisor for South and Central Aberdeenshire** email mcorbett@alzscot.org , mobile 07769 366 175 to be added to the list for future courses

In North Aberdeenshire



Starting 6th December - Carers Support in partnership with St Modan's Care Home, Fraserburgh

Peer support, establish new friendships and get advice from your local Dementia Advisor.

Will be held first Wednesday of the month from 11am – 12.30 pm

St Modan's Care Home, Fraserburgh, AB43 9TG

For more information please contact: Laura Crockatt, Dementia Advisor – 07825242381 or email lcrockatt@alzscot.org

Would you be interested in a face to face **Carers Support group** within your area?

Carers support offers people in a similar situation the chance to come together and get peer support, establish new friendships and support networks, gain knowledge and coping techniques and the opportunity to offload. If we find there are enough people within one area we would like to start a group so please get in touch -

Email lcrockatt@alzscot.org or call mobile -07825 242381



In South Aberdeenshire ...



DEMENTIA CHOIR – WE NEED YOU!

The next Dementia Choir Meeting will be held at **Edenholme Care Home, Stonehaven, Monday, 18th at 2.30pm**. We would like to invite others to join in. No experience required but if you enjoy a sing-song and would be interested in this, please make contact with: **Carolyn Shaw, Interim Care Home Manager, Mobile: 07586713260/ Edenholme Tel: 01569 690560**

Winter with Dementia

By Tilda McCrimmon, Alzheimer Scotland Lead Nurse for Dementia,
Golden Jubilee Hospital & NHS24



Five top tips for staying well. Approaching the winter months can be unsettling for many people. Below are five helpful hints to make sure that you are prepared for the change in seasons:

1. Ask about the flu jab. It's freely available to people over the age of 65, and to many adults with pre-existing health conditions, between October and March
2. If you are able, and the weather allows, get as much fresh air as possible and stay active. If the weather makes it difficult to go out, use your time to revive any indoor hobbies
3. Check your GP's opening hours and make sure that you advance order any medication ahead of the festive period when the surgeries are closed
4. Eat well. Ensure you are eating warm, nutritious meals regularly. You could keep a supply of these in the freezer, ready to quickly heat up
5. Keep warm. Wear extra layers of clothes and have a supply of blankets. Wrap up warm when you're going outdoors with hats, scarves and gloves.

If you need medical advice during times when your GP's surgery is closed. NHS24's freephone helpline is available 24 hours a day. Just call 111. We have lots of information for people living with dementia on our website. <https://www.alzscot.org/>

Useful Contact numbers over the Christmas Period:

aberdeenshireHSCP@aberdeenshire.gov.uk.

NHS 24 111

Social Care Service, outside office hours call [03456 08 12 06](tel:03456081206).

Dementia Helpline – 0808 808 3000

Sarah Fraser

Commissioned Service Lead – Aberdeenshire | 01349 808650 | 07774 849697 (available 27th-29th Dec; 3rd & 4th Jan)



We'll be taking a break over the festive period



Most of our group activities will re-start from **8th January 2024**.

Wishing all our readers a very Happy & Peaceful Christmas!

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



Making sure nobody faces dementia alone.