

What's on




January 2024 – Moray

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 Moray	
Tuesday 9th	Community Drop In Session Community Hub Room, Moray College . Elgin	1.30 – 2.30 pm
	Informal drop in session to come along and chat about all things dementia or brain health related with a Dementia Advisor.	
Tuesday 16th	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month.	1.30-3pm
	Join this Musical Mash-Up! Fill your lungs for a 'Sing-Along' sing song and explore Musical Memories. Grab a cuppa and a natter. Queries? please contact Helen .	
Tuesday 23 rd	HIDDEN GEMS of MORAY - Johnstons of Elgin	12.45 pm
	1pm- Fabulous cashmere & interesting guided tour around the Mill then a coffee in the cafe afterwards. Meet at 12.45pm beforehand then the tour begins at 1pm.	
Thursday 11 th , 18 th , 25 th	Pop Up Dementia Café 11th Forres Community Centre 18th Hopeman Memorial Hall 25th Aberlour Fleming Hall	10.00- 11.30am
	The pop up cafes are for anyone with Dementia, their families and carers to come along for a cuppa and a chat.	
Thursday 18th	THURSDAY ART GROUP for people living with dementia & their carer- Elgin Community Centre – The Willow Room	2.30 – 4.00pm
	Come along and join us. A great opportunity to get creative, discover your hidden artistic talents, have fun, and enjoy a wee natter. No prior experience needed. 3rd Thursday of a month. Any Queries? please contact Helen .	

Friday 19 th	Carers Support Group Community Hub Room UHI Moray College 	10.30- 12.00
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.	
Friday 26 th	FRIDAY ART CLUB for Carers UHI Elgin in the Community Hub Room (Entrance from Hay St/Sunninghill Hotel or via the main reception entrance)	11.00 - 12.30pm
	Come along for some CREATIVE 'ME TIME'. Explore and express your artistic flare, have fun, enjoy a wee natter. No prior experience needed. ALL WELCOME. 4 th Friday of each month. Any Queries? please contact Helen .	

Contact details for groups:

Emma Gregg
Dementia Advisor (Moray)
egregg@alzscot.org 07925 596232

Helen Moore
Community Activities Organiser (Moray)
hmoore@alzscot.org 07554 339151

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/Moray>



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



CARERS CORNER



WINTER SUPPORT

We want to reassure you that Alzheimer Scotland will remain here for you this winter. Read more about the different ways we are supporting you in the coming months.

Our 24 hour Freephone Dementia Helpline - Our Helpline is there for you day or night, whenever you need us. Our highly skilled team will offer a listening ear and emotional support, provide information and will signpost on to other supports if necessary. Call on **0808 808 3000**. You can also contact our Helpline team via email on helpline@alzscot.org

National Dementia Advisor Service - relating to dementia, our National Dementia Advisor Service is here to help you. As with our Helpline, the service is funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service is available from 9am - 5pm, Monday to Friday, and can help with a wide range of issues such as accessing health and social care support, help with complaints, power of attorney, guardianship, and money and legal matters. You can call the service on **0300 373 5774** (charged at a local call rate), or email NDAS@alzscot.org

Warm spaces - We know that energy and other costs of living remain a worry for many people. All our 25 Centres are here to welcome you and offer a warm space and a cuppa. Where possible all our centres will be providing extra groups and activities. This might be additional Tea & Blether sessions or Coffee Catch Ups where a warm welcome, company and a hot drink awaits. Remember our Centres are also open when no groups are running so do drop in and bring a friend or family member. To find out more about how we can help, and what's on at your local Centre, please click [here](#), or contact Alzheimer Scotland's National Dementia Advisor Service on **0300 373 5774**

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Winter Campaign - This year, our winter campaign focuses on research and some of the wonderful people we support and work with that give their time to dementia research. In our 'We're All In' campaign, we celebrate the idea that each of us, in our own unique way, can contribute to dementia research. Find out more at <https://research.alzscot.org>

Together, we're the change – are you in?

Connect with us: www.alzscot.org | [like us on Facebook](#) | [follow us on Twitter](#) | [24 hour Freephone Dementia Helpline 0808 808 3000](#)



Complete 90k steps in one week for the 90,000 people living with dementia in Scotland

Join our Facebook Fundraising challenge this January to kick off 2024 as we mean to go on; looking after our health and wellbeing while supporting people with dementia in Scotland. For full details, click on the following webpage link: <https://www.alzscot.org/90kchallenge>