

What's on



April 2024 - Aberdeen

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		
Tuesday 2 April	Football Memories Join us for a chance to reminisce about football. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Wednesday 3 April	Musical entertainment afternoon – Melting Pot Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	1.30pm- 3pm
Thursday 4 April	Knit and Natter Bring along your knitting and join others for some company. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	2-3pm
Friday 5 April	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 5 April	Community Café with information from Home Energy Scotland- All welcome Home Energy Scotland will be attending our café. Come along for a cuppa and have a chat with the advisor about ways to reduce energy bills, how to make your home warmer and potential funding possibilities to make your home more efficient and cheaper to heat. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30- 2.30pm
Friday 5 April	Musical Memories This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3pm

Monday 8 April	A trip down memory lane – all welcome Join Alan Johnston as he gives a talk and takes us down memory lane. These talks are open for anyone in the community to attend. Tea and coffee will be available. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Tuesday 9 April	The kettle's on A chance to drop in and enjoy a cuppa and a chat. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Tuesday 9 April	"New" Quiz afternoon Put on your thinking caps and join us for a fun quiz! Questions will be on the screen in the style of "Who wants to be a Millionaire" Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Wednesday 10 April	Musical entertainment afternoon – Jack MacPherson Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	1.30pm- 3pm
Thursday 11 April	Musical Bingo Join us for a music based game of bingo. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Friday 12 April	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Tuesday 16 April	*New* Relaxation session Join us for a chance to relax and unwind. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm
Wednesday 17 April	Musical entertainment afternoon – Jack MacPherson Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	1.30pm- 3pm
Friday 19 April	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 19 April	Soup lunch Stay behind after art group, or come in and join us for a bowl of soup. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30-2pm
Friday 19 April	Musical Memories This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3pm

Monday 22 April	<p>Carers Support Group</p> <p>For anyone supporting someone with dementia- an opportunity to meet carers in a similar situation. To share experiences and get peer support. There is a reminiscence group running at the same time for people living with dementia in a separate area.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen</p>	<p>10.30am- 12noon</p>
Monday 22 April	<p>Coffee Morning Memories</p> <p>Join Alan Johnston for some reminiscence. For people with dementia.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen</p>	<p>10.30am- 12noon</p>
Tuesday 23 April	<p>Professionals drop-in</p> <p>An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide including the new Aberdeen Brain Health Service.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>2-3.30pm</p>
Wednesday 24 April	<p>Musical entertainment afternoon – Kath Keith</p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen</p>	<p>1.30pm- 3pm</p>
Thursday 25 April	<p>*New* Technology awareness session</p> <p>Come and join us to find out more about technology and how it can support you. This session is suitable for those who have never used technology before, those who know a little and those who know a lot. The content of the session will be guided by those attending and what they'd like to know more about.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>1.30-2.30pm</p>
Friday 26 April	<p>Art Group</p> <p>Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>11am- 12.30pm</p>
Monday 29 April	<p>*New* Talk from Andy's Man Club</p> <p>We will be joined by Mark who will explain more about Andy's Man Club. Although Andy's Man Club is open only to men, this session is open to both men and women over the age of 18. All welcome to come along and hear more about this club.</p>	<p>10.30- 11.30am</p>
Tuesday 30 April	<p>Community Café with information from Epilepsy Scotland- All welcome</p> <p>Epilepsy Scotland will be attending our café. Come along for a cuppa and have a chat with them about the work they do.</p>	<p>2-4pm</p>

Contact details for groups

Alzheimer Scotland Brain Health & Dementia Resource Centre aberdeencityservices@alzscot.org 01224 644077	Karen Black - Centre Manager KarenBlack@alzscot.org 07585 669654
Diane Johnston – Support Worker Aberdeen City djohnston@alzscot.org 01224 644077	Lesley Gray, Dementia Advisor Aberdeen City lgray@alzscot.org 07769 366201

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>

