

What's on



March 2024 - Aberdeen

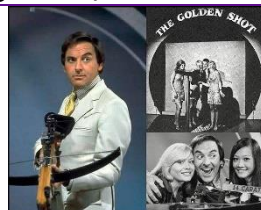
Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support 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 5 March	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 6 March	“New” Information Café 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	10am- 12noon
Wednesday 6 March	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 7 March	“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	1.30-3pm
Friday 8 March	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 8 March	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 11 March	A trip down memory lane – all welcome Join Alan Johnston as he gives a talk about memories of the Castlegate. This is the first in our series of talks that is 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 12 March	“New” Soup café Join us for a soup and bread lunch and a chance to chat with people in a similar situation. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12noon- 2pm
Wednesday 13 March	A word in your ear A group for people living with dementia. A chance to come and chat to your peers, selecting words about how you are feeling and having the chance to explore that. Carers are welcome to enjoy a cuppa and blether together. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30- 1.30pm
Wednesday 13 March	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 14 March	“New” 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 15 March	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
Monday 18 March	Under 65 Young Onset PDS Café A chance to meet with Lori, Young Onset PDS Link Worker, share information and meet others over a cuppa. Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07398666019. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1-2.30pm
Tuesday 19 March	The kettle’s on A chance to drop in and enjoy a cuppa and a chat. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Wednesday 20 March	Musical entertainment afternoon – Kate 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 21 March	Doggie Bingo Join us for a dog based game of bingo. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm
Friday 22 March	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 22 March	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 22 March	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 25 March	Carers Support Group For anyone supporting someone with dementia- an opportunity to meet carers in the same situation. To share experiences and get peer support. We are delighted to welcome Teresa from Quarriers along to this session to speak about Adult Carer Support Plans and emergency planning. There is a reminiscence group running at the same time for people living with dementia in a separate area. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	10.30am- 12noon
Monday 25 March	Coffee Morning Memories Join Alan Johnston and reminisce about television game shows. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	 10.30am- 12noon
Tuesday 26 March	Bacon butty, blether and a brew Pop in, enjoy some refreshments and meet with others. Please let us know if you require a different butty. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12-2pm
Wednesday 27 March	Musical entertainment afternoon – Jack McPherson 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 28 March	Movie afternoon Join us to watch Save the Cinema. Based on a true story when a local cinema is threatened with demolition, Liz Evans does everything in her power to keep it open. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.30pm
Friday 29 March	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 29 March	Young Onset (Under 65 Group) Men's Peer Support Group A chance for the men to get together over a cuppa and have a chat! Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07398666019. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.00pm

Contact details for groups

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

