

# What's on






## April 2024 – 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 provide 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.

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.. **Please contact your Activity Organiser in advance of attending any of the groups. – see contact details below.**

In Person Group	What's On In North Aberdeenshire	
Monday 8 <sup>th</sup> & 29 <sup>th</sup>	<b>Walk and Talk @ Aden</b> <b>Aden Country Park, Station Road, Mintlaw</b> <b>(Meet in the car park beside carer's garden)</b>	11.00 – 12.30 pm
Tuesday 2 <sup>nd</sup>	<b>Turriff Hae a News</b> <b>Turriff Library, Grange Villa, The Square, Turriff</b> 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 16 <sup>th</sup> & 30 <sup>th</sup>	<b>Gardening Group @ Banff Castle</b> <b>Banff Castle, Castle Street, Banff</b>  For people living with dementia and their carers to meet up. On <b>the 16<sup>th</sup></b> we will be planting our tatties, 🥔🥔 come along and join in.	11.00 – 12.30pm
Tuesday 23 <sup>rd</sup>	<b>Fraserburgh Hae A News</b> <b>Fraserburgh Library, King Edward St Fraserburgh</b>  For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	11.00 – 12.30pm
Wednesday 3 <sup>rd</sup>	<b>Carers' Support Group In partnership with</b> <b>St Modans Care Home, 2 Christian Watt Drive, Fraserburgh</b>  For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences. Contact Laura Crockatt for further details.	11.00-12.30pm

Wednesday 10th	<b>Peterhead Hae A News</b> <b>Peterhead Library, St Peter Street, Peterhead</b>  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 24 <sup>th</sup>	<b>Carer Support Group</b> <b>Kirkburn Court Care Home, Academy Pl. Peterhead</b>   Peer support, establish new friendships and get advice from your local Dementia Advisor. If you need to bring your cared for with you, please get in touch and we can arrange for them to join our dementia friendly social group in a safe environment so you can relax and get the support you need. <b>Contact Laura Crockatt or Kathy Fraser for further details.</b>	2-3.30pm
Thursday 4 <sup>th</sup> & 18th	<b>Mintlaw Hae a News</b> <b>Mintlaw Library, MACBI Community Hub, Newlands Rd,</b>  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
Thursday 11 <sup>th</sup>	<b>Pop Up Dementia Café &amp; Carer Support Group @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff</b>  For people living with dementia and their carers. Both groups to run alongside each other within The Vinery.  <b>Carers support</b> is a safe space for carers to gain peer support and get advice from their local Dementia Advisor <b>Social group</b> is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment.  Please contact <b>Laura Crockatt</b> for further information and to book a place. If you would like to attend the carers group and would like the person you care for to attend the social group at the same time, please get in touch so we can establish if this will be suitable	11.00-12.30pm
	<b>Banff Hae A News</b> <b>We will be meeting at The Vinery from April - September and back at Banff Library October – March. Contact Kathy for further details.</b>	

In Person Group	What's On In Central Aberdeenshire	
Monday 1 <sup>st</sup>	<b>Inverurie Carers Support Group</b> <b>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</b>  <b>Shona Masson, Cornerstone SDS</b> will be talking about what her service can offer   	2.00-3.00pm

<b>Tuesday 2<sup>nd</sup></b>	<b>Insch Social Group</b> Bennachie Leisure Centre, Largie Rd, Insch	<b>!New time !</b>	<b>10.45-11.45 am</b>
	A social group for people living with dementia and their carers. <b>Balloon tennis this month!</b>		
<b>Tuesday 9<sup>th</sup></b>	<b>KEMNAY Pop-up Café</b> Kemnay Library, Kendal Rd, Kemnay AB51 5RN		<b>1.30 – 2.30pm</b>
	A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.		
<b>Tuesday 16<sup>th</sup></b>	<b>Port Elphinstone Social Group</b> Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.		<b>11.00 –12.00pm</b>
	A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.		
<b>Tuesday 16<sup>th</sup></b>	<b>Westhill Carers Support Group</b> Westhill Library, Westhill Primary, Westhill Drive		<b>2.00-3.00pm</b>
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences		
<b>Wednesday 3<sup>rd</sup></b>	<b>Westhill Social Group</b> Westhill Library, Westhill Primary, Westhill Drive		<b>2.00 -3.00 pm</b>
	A social group for people living with dementia and their carers to have a blether and a cuppa.		
<b>Thursday 11<sup>th</sup> &amp; 25<sup>th</sup></b>	<b>Ellon Social Group</b> The Kirk Centre, Station Road, Ellon (Upstairs)		<b>2.00 -3.00pm</b>
	A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.		
<b>Thursday 11<sup>th</sup></b>	<b>Ellon Carers Support Group</b> Forvie Room, The Kirk Centre, Station Rd, Ellon		<b>2.00 -3.00pm</b>
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences		
<b>Thursday 18<sup>th</sup></b>	<b>OLDMELDRUM POP-UP CAFÉ</b> Meldrum Café, The Square , Oldmeldrum		<b>2-3.00pm</b>
	Come along and enjoy coffee and cake at a social event for people living with dementia and their carers.		

In Person Group	What's On In South Aberdeenshire	
<b>Monday</b> <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>,</b> <b>22<sup>nd</sup>, 29<sup>th</sup></b>	<b>Visual Arts Workshop</b> <b>Community Education Centre, Stonehaven</b>  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. <b>New 8 week block started - 18<sup>th</sup> March</b> and finishes on <b>13<sup>th</sup> May 2024</b> . (Mon 6 <sup>th</sup> May being a Bank Holiday). Contact Dee Cobban for further details.	<b>11.00 –</b> <b>12.30pm</b>
<b>Tuesday</b> <b>2nd</b>	<b>Portlethen Pastimes</b> <b>Portlethen Library, Bruntland Rd, Portlethen</b>  For people living with Dementia and their Carers. Join us to enjoy a chat, social activities and a cuppa.	<b>10.30-11.30am</b>
<b>Tuesday</b> <b>9<sup>th</sup> &amp; 23rd</b>	<b>Stonehaven Activities &amp; More</b> <b>Community Education Centre, Bath Street, Stonehaven.</b>  For people living with Dementia and their Carers. This group runs the 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month. Join us for some gentle chair exercise, social activities & a cuppa.	<b>10.30 -12.00pm</b>
<b>Tuesday 9<sup>th</sup></b>	<b>Stonehaven Carer Support Group</b> <b>Community Education Centre, Bath St. Stonehaven.</b>  <b>Helen Goldie, Independent Mobility Assessor</b> with Blue Badge Team, Aberdeenshire Council, will come along to speak informally about her job and about the criteria for applying for a Blue Badge	<b>10.30 –12.00pm</b>
<b>Wednesday</b> <b>17th</b>	<b>Aboyne Activities &amp; Social Group</b> <b>Aboyne Library, Bridgeview Road, Aboyne</b>  A monthly group for people living with dementia and their carers. Join us to enjoy a chat, social activities and a cuppa.	<b>2.00-3.00pm</b>
<b>Thursday</b> <b>4<sup>th</sup> &amp; 18<sup>th</sup></b>	<b>Banchory Activities &amp; Social Group</b> <b>Banchory Library, Bridge Street, Banchory AB31 5SU. !NEW VENUE!</b>  For people living with Dementia and their Carers. This group runs the 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday of the month. Join us in Banchory Town Hall to enjoy a chat, social activities & a cuppa.	<b>1.30 – 3.00 pm</b>

## In Person Group – Younger Onset (Under 65)

Wednesday 24 <sup>th</sup>	<b>The Barn, Banchory, Wild Garden Visit.</b>  A chance to have a look round the Wild Garden in Banchory and appreciate the beautiful views and nature. Time for Refreshments afterwards. <b>Contact Lori to register your interest – details below</b>	1.30pm
Tuesday 31 <sup>st</sup>	<b>Younger Onset (Under 65) CFINE Community Garden Visit</b> We will be spending some time in the community garden in Tillydrone with CFINE. They will give us a garden tour, learn more about the work they do and spend some time in the Garden. There will then be time for refreshments afterwards at the Community Centre.  <p style="text-align: center;"><b>Lori Fotheringham, Young Onset PDS Link Worker by email:  <a href="mailto:LFotheringham@alzscot.org">LFotheringham@alzscot.org</a> or call 07824524213</b></p>	1.30-3.00pm

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.

Crockatt		
Tuesday 2nd	Letting Go – Mags Corbett	2.00-3.00pm
Thursday 4 <sup>th</sup>	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 18th	Aberdeenshire Carer Support – Mags & Laura	11.00 am

### Contact details for groups:

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

24 HOUR  
Dementia  Alzheimer Scotland  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)

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 .....



### Online Carers Education Classes



Online Carer Education classes block of 4. Gain more awareness and understanding around dementia, learn how to cope with stress and distress, find out about support and advice and gain peer support.

To book a place please contact **Dementia Advisor Laura Crockatt on 07825242381 or email [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org) (North Aberdeenshire)**

**Or Mags Corbett Dementia Advisor for South and Central on 07769366175 or email [mcorbett@alzscot.org](mailto:mcorbett@alzscot.org)**

Maximum number for the groups is **6** so if you are unable get a place on the first block then your details will be kept on a list for the second block

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### 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](mailto:lcrockatt@alzscot.org) mobile 07825242381 or **Mags Corbett Dementia Advisor for South and Central Aberdeenshire** email [mcorbett@alzscot.org](mailto:mcorbett@alzscot.org) , mobile 07769 366 175 to be added to the list for future courses

# What's on

## April 2024 – Aberdeenshire

### *In North Aberdeenshire .....*



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](mailto:lcrockatt@alzscot.org) or call mobile -07825 242381**

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### **Clocks Changing – Useful Tips**



Clocks go forward 1 hour at 1am on the last Sunday in March. The clocks going forward can be a difficult time for a person living with dementia, but there are some things you can do to make the change less of a challenge and help them cope with the loss of an hour:

- Change clocks in the late afternoon/early evening on the Saturday, so that the person goes to bed an hour earlier and sleeps their usual amount of sleep
- Get out during the day so that the person may be more ready to go to bed earlier
- Try to avoid programmes that are shown at set times, like the news, as if you have moved the clocks forward early this will be very confusing for the person
- Have lunch and dinner an hour earlier on the Saturday, as this will help the person gently reorientate their body clock to the new time zone ahead
- Black out curtains to avoid the bright mornings

If you, or someone in your life, requires information or emotional support, our [24 hour freephone Dementia Helpline](#) is here for you on [0808 808 3000](tel:08088083000).

## Morrisons and Alzheimer Scotland Forget Me Not appeal 2024

We are teaming up with Morrisons supermarkets in a nationwide fundraising appeal from **Monday 13 – Sunday 19 May**. Could you spare a couple of hours to make a difference?

You'll be joining a group of volunteers working across Scotland in Morrisons' stores.

We will be collecting donations from the public and showcasing our iconic purple sparkly badges in-store for donation.

We are looking for friendly people who can spare a couple of hours to help us by collecting during the appeal week. This is the ideal opportunity for someone who would like to volunteer but is unable to commit regularly. No experience is

needed, just an enthusiastic and approachable nature.

You'll receive a full briefing in advance and you won't have to handle money directly as donations will be counted and banked by Morrisons colleagues.

Register at

<https://www.alzscot.org/MorrisonsVolunteers>

and a member of our team will be in touch with all the information you'll need and to answer any questions you may have.

Thank you for helping us make sure no one faces dementia alone.

**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](mailto:vsleigh@alzscot.org)**



Making sure nobody faces dementia alone.