

What's on



March 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 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.. **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 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 26th	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh 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 6 th (evening group)	Carers' Support Group In partnership with St Modans Care Home, 2 Christian Watt Drive, Fraserburgh 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. Next day group will be 3rd April - 11-12.30pm	6pm–7,30pm
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 27th	Carer Support Group Kirkburn Court Care Home, Academy Place, Peterhead 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. Contact Laura Crockatt or Kathy Fraser for further details.	2-3.30pm
Thursday 7th & 21st	Mintlaw Hae a News 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.	11.00 – 12.30 pm
Thursday 14th	Pop Up Dementia Café & Carer Support Group @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff For people living with dementia and their carers. Both groups to run alongside each other within The Vinery. Carers support is a safe space for carers to gain peer support and get advice from their local Dementia Advisor Social group is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment. Please contact Laura Crockatt 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
Thursday 28th	Banff Hae A News Banff Library, High Street, Banff 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

In Person Group	What's On In Central Aberdeenshire	
Next group in April	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.	2.00-3.00pm
Tuesday 5th	Insch Social Group !New time starting from March ! Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers. Mags Corbett, Dementia Advisor for the area will run the group this month.	10.45-11.45 am

Tuesday 12th	KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN A social group for people living with dementia and their carers. Come along for some coffee, chat and 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 some fun. Balloon fun this month!	11.00 –12.00pm
Tuesday 19th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive Pamela Brown, Cornerstone SDS will be talking about what her service can offer.	2.00–3.00pm   Cornerstone SDS
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. Dee will be taking the group this month.	2.00 -3.00 pm
Wednesday 13th	Huntly Social Group Square Deal, 22-23 The Square, Huntly PLEASE NOTE THIS WILL BE THE FINAL GROUP.- LOOK OUT FOR POP-UP CAFES IN THE FUTURE A social group for people living with dementia and their carers to have a blether and a cuppa.	1.30 -2.30 pm
Thursday 14th & 28th	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs) A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	2.00 -3.00pm
Thursday 14th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon Gemma Wilson, Cornerstone SDS will be talking about what her service can offer.	2.00 -3.00pm   Cornerstone SDS
Thursday 21st	OLD MELDRUM POP-UP CAFÉ Meldrum Community Café, The Square , Old Meldrum Come along and enjoy coffee and cake at a social event for people living with dementia and their carers.	2-3.00pm 

In Person Group	What's On In South Aberdeenshire	
Monday 4 th , 18 th & 25 th	Visual Arts Workshop 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. New 8 week block starting - 18th March and finishing on 13th May 2024. (Mon 6 th May being a Bank Holiday). Contact Dee Cobban for further details.	11.00 – 12.30pm
Tuesday 5 th	Portlethen Pastimes Portlethen Library, Bruntland Rd, Portlethen For people living with Dementia and their Carers. Join us to enjoy a chat, social activities and a cuppa.	10.30-11.30am
Tuesday 12 th & 26 th	Stonehaven 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.	10.30 -12.00pm
Tuesday 12 th	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 20 th	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 7 th & 21 st	Banchory Activities & Social Group Banchory Library, Bridge Street, Banchory AB31 5SU. !NEW VENUE! 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	
Monday 18 th	Under 65 Young Onset PDS Café Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen 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.	1.00-2.30pm

Friday 29th	Young Onset (Under 65 Group) Men's Peer Support Group Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.00pm
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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.

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 5th	Letting Go – Mags Corbett with Laura Crockatt	2.00-3.00pm
Thursday 7th	Rare Dementia Carer Support – 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>

What's on

March 2024 – Aberdeenshire

CARERS CORNER



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 (North Aberdeenshire)**

Or Mags Corbett Dementia Advisor for South and Central on 07769366175 or email 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 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



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**



Alzheimer Scotland
Action on Dementia

Stitching Stars

Could you be a Stitching Star for Alzheimer Scotland?

Take part in our March 2024 Facebook Challenge!

Complete a star-themed project in one month and get family, friends & colleagues to sponsor you.

Crochet • Knit • Quilt • Sew
Beginners to Experts

Every penny raised will support people with dementia and those who care for them across Scotland.

Scan the QR code to register today and be a Stitching Star

Could you be a Stitching Star for Alzheimer Scotland?

Stitching Stars is our exciting new craft-focused challenge for 2024. Whether you knit, sew, crochet or quilt – you could be a Stitching Star for people with dementia this March.

There are as many connections between our brain cells as there are stars in our galaxy. We're asking Scotland's crafters to commit to completing a stars-themed project within the month of March and ask family, friends and colleagues to sponsor them. The money raised will support people with dementia and those who care for them across Scotland.

Sign up today!

Crafting's even more fun with other people. Join our [Stitching Stars Facebook page](#) and tell us all about your progress, as well as sharing photos of what you're making for the challenge. The group has links to free star-themed patterns for different crafts and more resources will be added throughout the challenge.

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.