

What's on



April 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 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.

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 2 nd & 16 th	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month. Join this Musical Mash-Up! Fill your lungs for a 'Sing-Along' sing song and explore Musical Memories. Grab a cuppa and a natter. Any Queries? please contact Helen .	1.30-3pm
Tuesday 9 th	Community Drop In Session Community Hub Room UHI Moray College/Elgin College. Informal drop in session to come along and chat about all things dementia or brain health related with a Dementia Advisor.	1.30 – 2.30 pm
Tues 23 rd	HIDDEN GEMS of MORAY Elgin Motor Museum Explore the wonderful vehicles, and remember when.... Then we'll pop over the road to Decora for a cuppa & cake. Please let Helen know if you wish to join us.	1.30-2.30pm
Thursday 11 th , 18 th , 25 th	Pop Up Dementia Café 11th Forres Community Centre, Garden Room 18th Hopeman Memorial Hall 25th Aberlour Fleming Hall The pop up cafes are for anyone with Dementia, their families and carers to come along for a cuppa and a chat.	10.00-11.30am

Thursday 4th	BIKEABILITY At Cooper Park – meet at Elgin Library.	2.00- 3.00pm
	Wrap up warm and remember your gloves. Afterwards Helen has reserved a table in the Library café, for a cuppa & cake if you wish to join us. Please let Helen know if you wish to join us on the bikes.	
Thursday 18th	THURSDAY ART GROUP for people living well with dementia & their carers. UHI Moray college/Elgin college - Room 212	2.00- 3.30pm.
	Come join us, either bring your own art project or join Helen for a creative session.... No experience or skill needed.	
Friday 12 th	Carers Education Sessions Community Hub Room , UHI Moray College Elgin	10.00- 12.00noon
	Session 1 : Understanding Dementia Please contact Emma to book your space.	
Friday 19th	Carers Support Group Community Hub Room UHI Moray College,Elgin	10.30- 12.00noon
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.	
Friday 26th	FRIDAY ART CLUB for Carers UHI Moray college/Elgin college - Room 212 (2nd floor – lifts available).	10.30-12 noon
	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. You're welcome to bring your relative living with dementia. 4th Friday of each month. Any Queries? please contact Helen.	
Friday 26 th	Online Dementia Advisor Drop in Session	10.00- 11.00 am
	An online session for anyone who wants advice and a chat about their memory, brain health or dementia with a dementia advisor.	

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>



Carer Education Sessions - a block of 4 sessions over April and May.

Get in contact with Emma Gregg to register your interest and for more information.

- Session 1 Understanding Dementia
- Session 2 Communication and Dementia
- Session 3 Supporting Daily Living
- Session 4 Sleeping Patterns and Routines

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](https://www.alzscot.org/24-hour-dementia-helpline) is here for you on [0808 808 3000](tel:08088083000).

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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,



Some fab pictures taken at our groups during March



Card Bird painting



Immersed in nature



Having a kick around.....

Having a well earned coffee & chat

