

What's on



May 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		
Wednesday 1 May	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 2 May	*New* Relaxation session Join us for a chance to relax and unwind. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Thursday 2 May	Men's Peer Support Group A chance for men living with dementia to get together over a cuppa. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen Contact Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07824524213	1-2.30pm
Friday 3 May	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 3 May	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 3 May	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 6 May	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 7 May	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 8 May	Musical entertainment afternoon – Disco Dave 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 9 May	Young Onset PDS drop in café Lori (Young Onset PDS Link Worker) will be at the resource centre if you would like to pop in and have a chat or ask any questions! Also a chance to meet others. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30-11.30am
Thursday 9 May	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
Friday 10 May	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 14 May	"New" Quiz afternoon Put on your thinking caps and join us for a fun quiz! Questions will be based on the TV programme Blockbusters. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Wednesday 15 May	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 16 May	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 17 May	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 17 May	<p>Musical Memories</p> <p>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.</p> <p>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</p>	1.30-3pm
Monday 20 May	<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>	10.30am- 12noon
Monday 20 May	<p>Coffee Morning Memories – ☺ Summer Holidays</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>	10.30am- 12noon
Tuesday 21 May	<p>Drop-in Café</p> <p>Drop in for a chat, to ask any questions you may have, or just join us for a cuppa.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	10-11am
Wednesday 22 May	<p>Musical entertainment afternoon – Jack MacPherson</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>	1.30pm- 3pm
Thursday 23 May	<p>Movie afternoon</p> <p>Join us to watch a movie together.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3.30pm
Friday 24 May	<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>	11am- 12.30pm
Monday 27 May	<p>Technology Awareness Sessions</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>	1.30-2.30pm
Tuesday 28 May	<p>Dementia Awareness Week Tea & Blether</p> <p>Come and join us for a cup of tea (other drinks will be available!) and a blether.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3pm
Wednesday 29 May	<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>	1.30pm- 3pm



Thursday 30 May	Dog bingo Join us for a game of bingo with a dog theme. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm
Friday 31 May	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 31 May	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

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>



Date for your diary

Fundraising event:

Boogie in the Four Mile, Bucksburn

At The Four Mile Inn, Inverurie Road, Bucksburn, AB21 9BB

on **Tuesday 21 May** from **1-4pm**

Food, live music with Jack MacPherson and raffles with lots of prizes

£5 per person

Raising money for Alzheimer Scotland.

Contact 01224 644077 for more information.