

What's on



May 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 6 th & 27 th	Walk and Talk @ Aden Aden Country Park, Station Road, Mintlaw (Meet in the car park beside carer's garden) Group on Mon 27th is part of the Wellbeing Festival, open to members of the public	11.00 – 12.30 pm
Tuesday 7 th	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 Wellbeing Festival – Taster session of Indian Head Massage with Laura, max 6, booking required, open to members of the public	11.00 – 12.30 pm
Tuesday 28 th	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 Wellbeing Festival – Taster session of Indian Head Massage with Laura, max 6, booking required, Angus on the piano, open to members of the public.	11.00 – 12.30pm
Wednesday 1 st Evening session	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 daytime session - Wednesday 5th June, 11 – 12,30pm	6.00–7.30pm

Wednesday 8th	<p>Peterhead Hae A News Peterhead Library, St Peter Street, Peterhead</p> <p>For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity. Wellbeing Festival – Taster session of Indian Head Massage, max 6, booking required, Angus on the piano, open to members of the public.</p>	11.00 – 12.30 pm
Wednesday 15 th	<p>Gardening Group @ Banff Castle Banff Castle, Castle Street, Banff</p> <p>For people living with dementia and their carers to meet up. Come along and join in with some light gardening.</p>	11.00 – 12.30pm
Wednesday 22 nd	<p>Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead</p> <p>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.</p>	2–3.30pm
Wednesday 29 th	<p>Chair Yoga with Gill Peterhead Library, St Peter Street, Peterhead</p> <p>Wellbeing Festival – Come along for a taster session of Chair Yoga followed by cuppie & cake, open to members of the public. Booking required.</p>	11.00am– 12.30pm
Thursday 2 nd & 16th	<p>Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd,</p> <p>For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity. Group on Thurs 16th, part of the Wellbeing Festival, open to members of the public.</p>	11.00 – 12.30 pm
Thursday 9th	<p>Pop Up Dementia Café & Carer Support Group @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff</p> <p>For people living with dementia and their carers. Both groups to run alongside each other within The Vinery.</p> <p>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.</p> <p>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.</p>	11.00–12.30pm

Thursday 30th	Gardening Group @ Banff Castle Banff Castle, Castle Street, Banff	11.00 – 12.30pm
	For people living with dementia and their carers to meet up. Come along and join in with some light gardening.	
	Banff Hae A News We will be meeting at The Vinery from April - September and back at Banff Library October – March. Contact Kathy for further details.	

In Person Group What's On In Central Aberdeenshire

Next group meets in June	Inverurie Carers Support Group	
Tuesday 7th	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch	!New time ! 10.45-11.45 am
	A social group for people living with dementia and their carers. Looking at Toys and games from bygone days.	
NB GROUP IS CANCELLED FOR THIS MONTH ONLY	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.	
Tuesday 21st	Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.	11.00 –12.00pm
	A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.	
Tuesday 21st	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive	2.00-3.00pm
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	
Wednesday 1st	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive	2.00 -3.00 pm
	A social group for people living with dementia and their carers to have a blether and a cuppa. Looking at Toys and games from bygone days.	
Wednesday 29th	GRAMPIAN WELLBEING FESTIVAL / DEMENTIA AWARENESS WEEK Walk at Ellon Castle Gardens BOOKING ESSENTIAL – Spaces are limited. For further details contact Susan - swestcott@alzscot.org or 07876 003 154	

Thursday 9 th & 23 rd	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs)	2.00 -3.00pm
	A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	
Thursday 9 th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon	2.00 -3.00pm
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	
Thursday 30 th	DEMENTIA AWARENESS WEEK - Tea & Blether Forvie Room (upstairs) Kirk Centre, Station Road, Ellon.	2.00-3.00pm
	Come along and join us for some tea & a blether (& some cake!) All welcome	
	!! No Group at Meldrum this month. New group starts next month!!	

In Person Group	What's On In South Aberdeenshire	
Monday 13 th No group 6 th May - Bank Holiday	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. Contact Dee Cobban for further details.	11.00 – 12.30pm
Tuesday 7 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 14 th & 28 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 14 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 15 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 2 nd & 16 th	Banchory Activities & Social Group Banchory Library, Bridge Street, Banchory AB31 5SU. !NEW VENUE!	1.30 – 3.00 pm
	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 Library to enjoy a chat, social activities & a cuppa.	

In Person Group – Younger Onset (Under 65)		
Thursday 2 nd	Men's Peer Support Group A chance for Men living with dementia to get together over a cuppa.	1.00-2.30pm
	Brain Health & Resource Centre ,13-19 King Street, Aberdeen	
Thursday 9 th	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.	10.30-11.30am
	Brain Health & Resource Centre ,13-19 King Street ,Aberdeen	
Wednesday 29 th	Drum Castle Walk For Dementia Awareness Week this year, we thought it would be a nice idea to hold a walk around Drum Castle. Weather Dependent Time for refreshments afterwards! Please meet at the Car Park. Drum Castle, Banchory, Drumoak, AB31 5EY	1,30-3.30pm
	Contact Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07824524213	

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.

On-line Groups		
Tuesday 7 th	Letting Go – Mags Corbett	2.00-3.00pm
Thursday 2 nd	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 16 th	Aberdeenshire Carer Support – Mags & Laura	11.00 am

Contact details for groups:

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



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

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.



Online Carer Information

Session 1: Dementia

An overview of the impact and causes of dementia and approaches to help

Session 2: Focus on Caring

The impact of caring and looking after yourself.

Session 3: Strategies for the future

Planning options and what to do if things become more difficult

Click [here](#) to book sessions from the VRC, these go live the last week of each month.

Tuesdays 2-3.30 on Teams

Virtual Resource Centre (VRC)

Dates:

Block 1: **April 23rd 30th April May 7th**

Block 2: **August 20th, 27th and September 3rd**

Block 3: **November 12th, 19th and 26th**

Contact Our National Dementia Advisor Service on NDAS@alzscot.org

Our Virtual Resource Centre (VRC) is an online space where people will be able to access groups, activities, and information sessions all from the comfort of their own homes.

You can access a range of free live and 'on demand' activities including live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques. The VRC also runs a program of information sessions on topics such as financial advice, using technology, and support and services. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.

Everybody is welcome at our online group sessions. You can attend independently or with

a companion. Find our upcoming and on-demand program and booking links in our 'what's on guide'. For further guidance on using our what's on guide please view the how to guide video.

If you are not familiar with joining a group online we have created a guide which explains how to join the VRC online sessions. This can be found on the joining a VRC session button.

We welcome any comments, feedback and ideas, use our feedback button or contact the VRC facilitator by email. VRC Facilitator Email sberesford@alzscot.org. To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>

VSA Aberdeenshire Carer Support Service

Introducing the new Carer Support Service for Aberdeenshire, providing advice, information and support for both adult carers and young carers from Monday 1st April.

VSA’s contact details are noted below for your information, or you can contact the Carer Support team at Aberdeenshire Council with any queries by emailing carersupport@aberdeenshire.gov.uk



the best of care VSA Aberdeenshire Carer Support Service, 38 Castle Street, Aberdeen,

AB11 5YU Email: carers.shire@vsa.org.uk Telephone: 01224 727670

Website: <https://www.vsa.org.uk/our-services/aberdeenshire-carers>



Get the kettle on for Tea & Blether 2024

Alzheimer Scotland is calling on you to get the kettle on and start talking about dementia and your brain health. Tea & Blether is whatever you want it to be – coffee morning, afternoon tea, bake sale... the choice is yours. At home, work or in your local community, your Tea & Blether will help to change the world for people with dementia and those who care for them.



It’s easy! Pick a date during **Dementia Awareness Week (27 May – 2 June)**, a place and bring your favourite people together for a chat, a cuppa and a slice of cake. **Sign up for Tea & Blether now** and you’ll get access to our great fundraising guide full of hints and tips, posters, print-your-own bunting and more.

In South Aberdeenshire

Stonehaven Visual Arts Group finishes their current workshop on **13th May**, with the group taking a break for the summer, but hope to restart their next session in September. Some of the stunning artwork the current workshop has produced this session.



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.