

# What's on



## May 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 7 <sup>th</sup> & 21 <sup>st</sup>	<b>MUSICAL MASH-UP</b> 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 <b>contact Helen</b> .	1.30-3pm
Tuesday 7th	<b>Community Drop In Session</b> 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
Tuesday 28 <sup>th</sup>	<b>HIDDEN GEMS of MORAY -</b> Picnic & Ice cream at East Lossiemouth Beach. Meet at the shop side of the new foot bridge  Bring a picnic, hot flask & deck chair/camping chair. Myself & Emma will help carry over your chair & I'll bring some spare chairs too. On our return we can treat ourselves to a delicious ice cream sat on the benches. If it's wet we'll head to the café. Please let Helen know if you wish to join us.	1.00-2.30pm
Wednesday 22 <sup>nd</sup>	<b>Online Dementia Advisor Drop in Session</b>  An online session for anyone who wants advice and a chat about their memory, brain health or dementia with a dementia advisor.	1.30-2.30pm



<p>Thursday 2nd, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup></p>	<p><b>Pop Up Dementia Café</b></p> <p><b>2<sup>nd</sup> Cullen Community Centre</b>  <b>9<sup>th</sup> Forres Community Centre, Garden Room</b>  <b>16<sup>th</sup> Hopeman Memorial Hall</b>  <b>23<sup>rd</sup> Aberlour Fleming Hall</b></p> <p>The pop up cafes are for anyone with Dementia, their families and carers to come along for a cuppa and a chat.</p>	<p>10.00- 11.30am</p>
<p>Thursday 2nd</p>	<p><b>BIKEABILITY</b></p> <p><b>Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR.</b></p> <p>Everyone has really enjoyed our previous sessions, so come join us and try an adapted bike; Tri-cycles or side by side bikes etc, carefully guided by Outfit Moray's Bikeability team. Held inside the massive gym hall, so warm &amp; dry! Followed by a cuppa in the cafe. Please let Helen know if you wish to join us.</p>	<p>2.00- 3.00pm</p>
<p>Thursday 23<sup>rd</sup></p>	<p><b>THURSDAY ART GROUP for people living well with dementia &amp; their carers. UHI Moray college/Elgin college - Room 212</b></p> <p>For people living well with dementia. Come join us, either bring your own art project or join Helen for a creative session.... No experience or skill needed, just come, have fun &amp; explore your creative side. Helen will wait in reception and accompany you to the room.</p>	<p>2.00- 3.30pm.</p>
<p>Friday 3<sup>rd</sup> &amp; 24<sup>th</sup></p>	<p><b>Carer Education Sessions</b></p> <p><b>Community Hub Room , UHI Moray College Elgin</b></p> <p><b>Session 2 Communication and Dementia – 3<sup>rd</sup> May</b>  <b>Session 3 Supporting Daily Living – 24<sup>th</sup> May</b>  Please contact Emma to book your space.</p>	<p>10.00- 12.00noon</p>
<p>Friday 17th</p>	<p><b>Carers Support Group</b></p> <p><b>UHI Moray College,Elgin - Room 212 (2<sup>nd</sup> floor – lifts available).</b></p> <p>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.</p>	<p>10.30- 12.00noon</p>
<p>Friday 17th</p>	<p><b>Classic Films</b></p> <p><b>Community Hub Room, UHI Moray college</b></p> <p>Come &amp; join us to watch a good classic film, I'll bring the Popcorn and Ice Cream. All welcome. Helen will wait in reception &amp; accompany you to the room. Please let Helen know if you wish to join.  <b>NB (We're replacing the 'Friday Art Club for Carers' and trialling a selection of sessions, the classic film is the first trial).</b></p>	<p>10.30-12 noon</p> 

Contact details for groups:

**Emma Gregg**  
**Dementia Advisor (Moray)**  
[egregg@alzscot.org](mailto:egregg@alzscot.org) 07925 596232

**Helen Moore**  
**Community Activities Organiser (Moray)**  
[hmoore@alzscot.org](mailto: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**

**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 23<sup>rd</sup> 30<sup>th</sup> April May 7<sup>th</sup>

Block 2: August 20<sup>th</sup>, 27<sup>th</sup> and September 3<sup>rd</sup>

Block 3: November 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>

Contact Our National Dementia Advisor Service on [NDAS@alzscot.org](mailto: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](mailto:sberesford@alzscot.org). To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>

## 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.

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Should you no longer wish to receive Moray 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)

