

What's on



April 2025 – 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	
Tuesday 1st	Musical Memories Banff Library, High Street, Banff For people living with dementia and their carers. Sing along to some old favourites, hear different musicians, have a chat and a coffee. If interested, please get in touch to book a space.	2.00pm-3.30pm
Tuesday 15th	Turriff Hae a News Turriff Library, Grange Villa, The Square, Turriff Come along for a reminiscing session with Richard and Memories Scotland. For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Tuesday 22nd	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Tuesday 29th	Dementia Information & Advice Surgery Fraserburgh Community & Sports Centre, Maconochie Pl, Fraserburgh Alzheimer Scotland want to make sure that nobody faces dementia alone. Our Dementia Advisors support people with dementia, their families and carers and work with local communities. Your local dementia advisor can: <ul style="list-style-type: none">• Provide information and advice.• Help you to find the dementia-specific support that you need.• Connect you to local groups and services. Pop in past to chat to Laura Crockatt & Kathy Fraser to find out more about the range of services on offer.	10.00am-1.00pm

Wednesday 9th	Peterhead Hae A News (Please note change of venue) Peterhead Leisure & Community Centre, Balmoor Terrace, Peterhead Community Room 1 For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Wednesday 16th & 23rd	Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden	11.00am-12.30pm
Wednesday 23rd	Carer Support Group Kirkburn Court Care Home, Academy Pl. 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	2.00pm -3.30pm
Wednesday 30th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Come along and join us planting our tatties, followed by a cuppie in the cafe.	11.00am-12.30pm
Thursday 3rd & 17th	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw On the 3 rd April, Police Scotland will be providing a talk on scams in the first half of the group. For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Thursday 10th	Pop Up Dementia Cafe @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment	11.00am-12.30pm
Thursday 24th	Banff Hae A News & Carer Support Group Banff Library, High Street, Banff For people living with dementia and their carers. Both groups to run alongside each other within The Library. CARER 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 From Jan – April will meet every 4th Thurs of the month.	11.00am-12.30pm

In Person Group		What's On In Central Aberdeenshire
Monday 7th	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie. For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	2.00-3.00pm
Tuesday 1st	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers.	10.45-11.45 am
Tuesday 8th	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 15th	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.	11.00 – 12.00pm
Tuesday 22nd	Information Stand Westhill Library NEW Westhill Library, Westhill Primary, Westhill Drive Join us on Tuesday, 22nd April 10 - 6pm at our Information Stand. For anyone who would like to chat to the team about anything dementia related, brain health or memory concerns. Learn more about our local groups in Westhill. We run a Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa. We also run a Carers Group for people supporting someone at home who lives with dementia.	10am - 6.00pm
Wednesday 2nd	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.	2.00 -3.00 pm
Wednesday 16th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	2.00 -3.00 pm

Wednesday 30th	In the Same Boat Stonehaven Library, Even Street, Stonehaven New in person carers support group for those carers who support someone with dementia living in a care home, or about to move into long term care. It's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm
Thursday 3rd	Oldmeldrum Social Group Meldrum Town Hall (downstairs room), The Square, Oldmeldrum Come along & enjoy a social event for people living with dementia and their carers.	1.30 – 2.30pm
Thursday 10th & 24th	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift) 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 10th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon  Mike Urquhart from Police Scotland will speak about the most common frauds and scams affecting people in the North East with some real life examples and how to avoid them, stay safe online, shop safely online as well as advice regarding mobile phones and going on holiday.	2.00 -3.00pm

In Person Group	What's On In South Aberdeenshire	
Monday 7th, 14th, 21st & 28th	Visual Arts Workshop Community Education Centre, Bath Street, Stonehaven. Our Visual Arts Workshop is for people living with dementia, or experiencing difficulties with their memory, and their carers to come along and enjoy a morning of creativity and fun. This art group is run by two of our Lead Volunteers.	11 – 12.30pm
Tuesday 1st	Portlethen Pastimes Portlethen Library, Bruntland Road, Portlethen. A social group for people living with dementia and their carers to have a chat, a cuppa and join in a fun activity.	10.30 - 11.30am

Tuesday 8th & 22nd	Stonehaven Activities & More Community Education Centre, Bath Street, Stonehaven. A social group for people living with dementia, and their carers, to meet up for some fun activities whilst enjoying a cuppa & a catch-up.	10.30 - 12.00pm
Tuesday 8th	Stonehaven Carers Group Stonehaven Community Education Centre, Bath Street. 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 16th	Aboyne Social Group Aboyne Library, Bridgeview Road, Aboyne. A social group for people living with dementia and their carers to meet up for a cuppa and a chat.	2.00 -3.00pm
Wednesday 30th	In the Same Boat Stonehaven Library, Even Street, Stonehaven New in person carers support group for those carers who support someone with dementia living in a care home, or about to move into long term care. It's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm
Thursday 3rd & 17th	Banchory Social Group Banchory Library, Bridge Street, Banchory. A Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.	1.30 - 3.00pm

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, 1st	Letting Go Group – Mags Corbett Support group for carers who have a loved one in a care home or moving soon into a care home.	2.00-3.00pm
Thursday 3rd	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 17th	Aberdeenshire Carers Support Group – Laura Crockatt and Mags Corbett	11 am – 12.30pm

Check out Our Virtual Resource Centre (VRC)

An online space where people can 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. VRC Facilitator Email sberesford@alzscot.org. To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>

Contact details for groups:

Laura Crockatt, Dementia Advisor Aberdeenshire (North) lcrockatt@alzscot.org 07825 242381;	Kathy Fraser, Comm. Activities Organiser Aberdeenshire (North) kfraser@alzscot.org 07795 391092; -
Mags Corbett, Dementia Advisor Aberdeenshire (Central & South) mcorbett@alzscot.org 07769 366 175	Susan Westcott, Comm. Activities Organiser Aberdeenshire (Central) swestcott@alzscot.org 07876 003154
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>

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



Clocks Changing – Some Useful Tips -



Each year, the clocks go forward 1 hour on the last Sunday in March to mark the beginning of British Summer Time. This year, the clocks will change at 1am on 30 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

In South Aberdeenshire

**Kincardine & Mearns
Citizens Advice Bureau**



Digital Support Sessions

DROP IN & GO SERVICE



Are you seeking benefits support & advice?

Are you facing barriers to access this type of support?

Why not come along to one of our sessions?

Fully facilitated by trained staff and volunteers available to help where necessary!

Offering Support For:

- Benefit Checks
- Income Maximisation
- Council Tax Reductions
- Young Scot Card Applications
- Blue Badge Applications
- Adult Disability Payment - Part 1 Applications
- Pension Credit Applications
- Crisis Grant Applications



Thursdays - 12pm - 4pm

**Sheriff Court Building, Dunnottar
Avenues, Stonehaven, AB39 2JD**

Aberdeenshire COUNCIL

Scottish Government
Riaghaltas na h-Alba

Aberdeenshire LocalActionGroup

This Project was supported by the Scottish Government's Rural Community Led Local Development Fund 2024/25

An Aberdeenshire community group is helping people with dementia to connect through art.

Alzheimer Scotland's Visual Arts Group brings together people living with the condition and their carers for weekly classes designed to boost their wellbeing and show off their creative side.

The sessions, held in Stonehaven Community Education Centre, are led by local artists Jen Stephen and Lin Anderson who volunteer for the charity, with help from fellow artist Margaret MacDonald.

Those taking part are encouraged to try their hand at a range of creative techniques, from painting to collage, printing and drawing. Completed works are then displayed in a public gallery space inside the community centre.

Check out the full article here - <https://www.thebellman.co.uk/2025/03/20/stonehaven-group-helps-people-with-dementia-connect-through-art/> as featured in the recent Stonehaven Bellman News.

