

# What's on



## April 2025 – 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 1 <sup>st</sup> & 15 <sup>th</sup> April.	<b>MUSICAL MASH-UP</b> Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month.	1.30-3pm
	Join this Musical Mash-Up! Fill your lungs for a 'Sing-Along' sing song and explore Musical Memories. Grab a cuppa and a natter. (The Trinity Church Hall are due to have building maintenance work, the dates are unknown currently, this may clash with our sessions, I will keep you posted.) Any Queries? please <a href="#">contact Helen</a> .	
Tuesday 15th	<b>Elgin Community Drop-in Session</b> Room 212, UHI Moray College, Elgin.	1.30-3pm
	A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.	
Tuesday 8 <sup>th</sup> April.	<b>HIDDEN GEMS of MORAY. Craigellachie Cooperage &amp; The Sidings Café. (13 tickets available)</b>	10.10 – 4.40pm
	Join us on this wonderful day trip followed by a visit to the local café for refreshments. We are using the <b>Beeline bus</b> . Pickup options: Hopeman 10.10, Lossie 10.30, Elgin Com Cen 10.45, Fogwatt 11.05, Rothies 11.20, Aberlour 11.35 – Arriving for our 11.50 visit. Followed by the Café. Reversing the pickups- aiming on Elgin by 4pm & Hopeman by 4.40pm.  If you would like to join us, please <a href="#">contact Helen</a> .	

Thursday	<b>BIKEABILITY – Paused until further notice.</b> <b>Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR.</b> Unfortunately, the use of the indoor space is on PAUSED.	1.30-3pm
Thursday 17 <sup>th</sup> April	<b>THURSDAY ART GROUP</b> for people living well with dementia & their carers. * <b>Trinity Church hall * (Large hall - left)</b> (UHI is very busy during April, hence our change of venue.)  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 along for some fun & explore your creative side. Refreshments provided. All Welcome.  Any Queries? please <b>contact Helen.</b>	2 -3.30pm
Friday 11 <sup>th</sup> April.	<b>Music, Movement, Gentle seated Exercise &amp; Fun – with Ruth.</b> * <b>Trinity Church hall * (Large Hall- left)</b> - (UHI is very busy during April, hence our change of venue.)  We'll be joined by Community facilitators from Dance North and guide us all on what promises to be a fantastic morning incorporating some of your favourite music and introducing gentle movement, stretching and seated exercise. Due to funding they're only able to offer 2 or 3 sessions, so let's grab them while we can!  Refreshments provided. All welcome. 😊	10.30-12pm
Friday 11th	<b>Carers Support Group</b> <b>Room 212, UHI Moray College Elgin</b>  A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.	10.30-12.00

#### 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

**Check out Our Virtual Resource Centre (VRC)** - 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. VRC Facilitator - [sberesford@alzscot.org](mailto:sberesford@alzscot.org).

**To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

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>



**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)**



## **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

## Some highlights from our recent activities .....



We were joined by Harpist & Choir mistress Irene for our Musical Mash Up – Great fun.

**Advance notice for May, due to Annual leave there will be a reduction in the normal sessions run.**