

What's On:

May 2025 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		
Thursday 1 May	Bacon Butty, a Brew and a Blether Join Diane for a bacon butty and brew, and a chance for a catch up! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am-12noon
Friday 2 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 2 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 2 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 5 May	Relaxation Join us for a chance to relax and unwind. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12noon
Tuesday 6 May	Football Memories Join us for a chance to reminisce about football. There will also be an opportunity to look through our extensive collection of football/sporting books available in the centre. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am-12noon

Tuesday 6 May	Carers Cuppa Whilst the footballers reminisce, an opportunity for others to have a chat and enjoy a fine piece. All carers welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Wednesday 7 May	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.   Kathy Julius Yoga Trust Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon
Wednesday 7 May	Musical entertainment afternoon: The 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	1.30-3pm
Thursday 8 May	Professionals Drop-In This event is part of the Grampian Wellbeing Festival. An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide, including the new Aberdeen Brain Health Service. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm 
Friday 9 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 9 May	Cycling Without Age Scotland Please note that today's session is for information to find out more about this activity. Please come along and support Alistair as he tells us about this opportunity and shares some photos. CWAS (Cycling Without Age Scotland) aim is to get people outdoors to experience the wind in their hair and create miles of smiles! Using their unique tri-shaws they take passengers of any age out on bike rides in different parts of Aberdeen, such as at parks or along the beach. If you thought your cycling days were over, or if you've never been on a bike but would like to have the experience, then this is for you! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2.30- 3.30pm 
Monday 12 May	Quarriers Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12-2pm
Tuesday 13 May	Talkspot: Social Work/Care Management We are delighted to welcome a Social Worker from Aberdeen City Council who will talk to us about the services of Social Work and Care Management. There will be an opportunity to ask questions in an open forum. Please arrive from 1.30pm so we can get a cuppa before the talk starts at 2pm. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm

Wednesday 14 May	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.   Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon
Wednesday 14 May	Musical entertainment afternoon – All At C 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	1.30-3pm
Thursday 15 May	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30- 11.30am
Friday 16 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 16 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 19 May	Quiz and Beetle Drive The session will start with a fun quiz – this time spot places in Aberdeen through photos on the screen. Thereafter throw the dice for a round of the Beetle Drive game! Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	2-3.30pm
Tuesday 20 May	The Way It Was Reminiscence: Images of Aberdeen This event is part of the Grampian Wellbeing Festival. Join us to talk through images of Aberdeen in recent decades. This is not a history lesson but more a chance to share anecdotes and stories of familiar local spots no longer around. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm 
Wednesday 21 May	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.   Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon

Wednesday 21 May	Musical entertainment afternoon with Jack McPherson 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	1.30-3pm
Thursday 22 May	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30-11.30am
Friday 23 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 23 May	Lunch Café An opportunity to chat over a light sandwich lunch. Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	12.30-2pm
Monday 26 May	Carers Support Group 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 in a separate area for people with dementia. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	10.30am-12noon
Monday 26 May	Coffee Morning Memories Join Alan Johnston for some reminiscence. For people with dementia. Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	10.30am-12noon
Monday 26 May	Quarriers Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	12-2pm
Tuesday 27 May	Tea, toast and a try! Join Sonia for some tea and toast, and some fun in trying out a new activity but only if you want to! Activities will vary each month. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am-12 noon
Wednesday 28 May	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.  Kathy Julius Yoga Trust  Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12 noon
Wednesday 28 May	Musical entertainment afternoon with Cate McPherson 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	1.30-3pm

Thursday 29 May	Technology Awareness Session 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. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-2.30pm
Friday 30 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 30 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



Alzheimer Scotland is taking part in this year's Grampian Wellbeing Festival. Please visit the website to find the booklet for events in Aberdeen City. A printed copy is available in the centre so please just ask to see this or contact us for further information.

<https://www.nhsgrampian.org/wellbeingfestival/>





SAVE THE DATE!

Sunday 24 August 2025

Alzheimer Scotland Memory Walk Aberdeen

Further details to follow.

For anyone planning a trip to Glasgow or knows someone there who may be interested:

Dementia-Friendly Visits at the Scottish Football Museum in Hampden

 *Drop in between 2–5pm on Thursdays in May & June 2025*

Come along for a relaxed, dementia friendly visit at the Scottish Football Museum

 Try out Alzheimer Scotland's VR Reminiscence Technology

 Enjoy a cuppa and a chat

 Explore Scotland's footballing history in a calm, friendly setting

Free of charge | No booking needed | All welcome including family, friends & carers

Let football memories come alive in a space built for comfort, connection, and community.

Location: Scottish Football Museum. Hampden Park, Letherby Drive, Mount Florida, Glasgow, G42 9BA.

Phone: 0141 616 639 for more information

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	Sonia Gow – Centre Activities Coordinator sgow@alzscot.org 01224 644077

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>

