

What's on



May 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 6th	Musical Memories (Open to all, part of the Grampian Wellbeing Festival) 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.	1.30pm–3.30pm
Tuesday 13th	Banff Castle Gardening Group (Open to all, part of the Grampian Wellbeing Festival) Banff Castle, Castle Street, Banff Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.	11.00am–12.30pm
Tuesday 13 th	Dementia Friends Awareness Session (Open to all, part of the Grampian Wellbeing Festival) Old Mart Community Resource Centre, Deer Rd, Maud Learn more about dementia and how you can help those in your community by becoming a Dementia Friend.	12.00–1.30pm
Tuesday 20th	Turriff Hae a News (Open to all, part of the Grampian Wellbeing Festival) Turriff Library, Grange Villa, The Square, Turriff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment. We have a taster session of Indian Head Massage with Laura and join in with a fun game of Floor Curling.	11.00am–1.00pm

Tuesday 27th	Fraserburgh Hae A News (Open to all, part of the Grampian Wellbeing Festival) 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. We have a taster session of Indian Head Massage with Laura, have a go at Floor Curling and have a sing along with Jane on the keyboard.	11.00am-1.00pm
Wednesday 7th & 21st	Walk & Talk at Aden Park (Open to all, part of the Grampian Wellbeing Festival) Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden, join us for a walk round the park followed by a cuppie in the cafe.	11.00am-12.30pm
Wednesday 14th	Advice Point (Open to all, part of the Grampian Wellbeing Festival) Peterhead Leisure & Community Centre, Queen St Chat to your Local Dementia Advisor for support, guidance and signposting. Open to people with dementia, carers, family and friends.	10.00-12.30pm
Wednesday 14th	Peterhead Hae A News (Please note change of venue) Morrisons Cafe, Hay Crescent, Peterhead We are having an outing to Morrisons Cafe, join us for tea & cake	11.00am-12.30pm
Wednesday 28th	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
Thursday 1st 15th	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Thursday 22nd	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	11.00am-12.30pm

	SOCIAL GROUP is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment.	
Thursday 29th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.	11.00am-12.30pm

In Person Group		What's On In Central Aberdeenshire
Monday 19th May Note change of date for May	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 6th May	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 13th May	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 20th May	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
Wednesday 7th May	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 21st May	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 28th May	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	2.00-3.30pm

	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.	
Thursday 1st May	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 15th May	Groupfest 2025 Inverurie Town Hall Come along and meet us at our stall, find out about our groups in the area and get information on dementia and memory problems.	10.00-2.00pm
Thursday 8th & 22nd	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 8th May	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon 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

In Person Group	What's On In South Aberdeenshire	
Monday 12th & 19th	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. PLEASE NOTE NO CLASS ON 5TH May	11 – 12.30pm
Tuesday 6th	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 13th & 27th	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 13th May	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 21st	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 28th May	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 1st & 15th	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, 6th May	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 1st	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday, 15th May	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



VOLUNTEERS WANTED FOR NATIONWIDE APPEAL

We are teaming up with Morrisons supermarkets in a nationwide fundraising appeal from **Monday 2nd – Sunday 8th of June**. Could you spare a couple of hours to make a difference? You'll be joining a group of volunteers working across Scotland in Morrisons' 62 stores from 10am to 7pm between Monday 2 to Sunday 8th June 2025, in two hour slots. For further details or to register, click on the following link <https://www.alzscot.org/MorrisonsVolunteers>

Wellbeing Festival running throughout the month of May In North Aberdeenshire

GRAMPIAN
Wellbeing
festival

May 2025

Alzheimer Scotland North Aberdeenshire

MAY	
Tues 6 th	Music Memories, Banff 1.30pm-3.30pm
Wed 7 th	Walk & Talk Group, Mintlaw 11.00am-12.30pm
Thur 13 th	Dementia Friends Awareness, Maud 12.00pm-1.30pm
Thur 13 th	Garden Group, Banff 11.00am-12.30pm
Wed 14 th	Advice Point, Peterhead 10.00am-12.30pm
Tues 20 th	Indian Head Massage, Floor Curling, Turriff 11.00am-1.00pm
Tues 27 th	Indian Head Massage, Floor Curling, Fraserburgh 11.00am- 12.30pm

For further information, please contact:
Laura Crockatt, Dementia Advisor
email lcrockatt@alzscot.org or
Kathy Fraser, CAO, 07795 391092
email kfraser@alzscot.org

Scan here to find out about events in your area

<https://www.nhsgrampian.org/your-health/wellbeing-festival>

Promoting positive mental wellbeing in Grampian
The Grampian Wellbeing Festival is running throughout May.

Carers Support Group on Tuesday the 14th of May from 6pm -7.30pm at St Modans Care Home in Fraser burgh - provides carers peer support and is run by the Care Home, please contact Alison for more details - Alison Administrator St Modans Care Home 01346519921 stmodans@meallmore.co.uk

In Central Aberdeenshire

Alzheimer Scotland will be at **Groupfest 2025 at Inverurie Town Hall from 10-2pm on Thursday 15th May**. This event is organised by Inverurie Community Council and lots of organisations will be represented there. Come along and meet us at our stand.

In South Aberdeenshire

Wellbeing Festival running throughout the month of May

Join Mags and Dee on **Wednesday, 7th May 10 – 3pm** at our Information Stand in Ballater Library, Station Square, The Old Royal Station, AB35 5QB. For anyone who would like to chat to the team about anything dementia related, brain health or memory concerns.

Learn more about our local group in Aboyne - we run a Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.'

Join Mags and Dee on **Wednesday 28th May, 10 – 12pm** at our information Stand in Jubilee Hall, Cookston Rd, Portlethen AB12 4PT, (at their weekly coffee morning). For anyone who would like to chat to the team about anything dementia related, brain health or memory concerns.

Learn more about our local group in Portlethen - we run a Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.'



Online Carer Awareness Sessions

Session 1: Dementia

An overview of the causes of dementia and approaches to help

Session 2: Focus on Caring

Carer rights and eligibility, the impact of caring and looking after yourself.

Session 3: Strategies for the future

The law and capacity, Defensible decision making, where to turn for help.

Session 4 Digital and Any questions

How technology can help and an open forum to ask any questions from the sessions .

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

Tuesdays 2pm-4pm on Teams
Virtual Resource Centre (VRC)

Dates in 2025

February 4th, 11th, 18th, 25th

May 6th, 13th, 20th, 27th

August 5th, 12th, 19th, 26th

November 4th, 11th, 18th, 25th

Contact:

Our National Dementia Advisor Service on;
0300 373 5774 or via NDAS@alzscot.org

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory and 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 don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315. 180 Dundee Street, Edinburgh EH1 1QG. 01463 4452 www.alzscot.org



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

Life After Loss

Grief Support for Over 50's

A peer support group offering:

**A free 8 week person centred approach to
helping reduce the negative impact of living
with grief.**

Starting Thursday 8th May 2025

1.30pm-3.30pm

Chapelton Brio

Registering essential

If you feel you would like to
speak to someone about
feelings of sadness, isolation or
loss , or for more information
please call 01561 378130



Registered in Scotland No 325854
Scottish Charity number SC038980