

What's on



May 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 13 th May	Elgin Community Drop-in Session 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 20 th May.	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month.	1.30-3pm
(Due to staff A/L only 1 session in May).	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 contact Emma .	
Thursday 1 st May.	HIDDEN GEMS of MORAY - Cullen Heritage Centre & The Rockpool cafe.	10.20 – 4.30pm
	Join us to explore the fascinating Cullen Heritage centre , its coastal & inland history, followed by soup & sandwiches at the Rockpool cafe . (Hopefully you received my earlier email regarding this trip & have contacted me if you want to join this trip).	
	Please contact Helen (by the 24th April).	
Thursday 22 nd May	THURSDAY ART GROUP for people living well with dementia & their carers. We're back at the UHI – Room 212 – Upstairs.	2 -3.30pm
	For people living well with dementia. Come join us, either bring your own art project or join Emma 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 contact Emma.	
Friday 23rd May	Carers Support Group Room 212, UHI Moray College Elgin	10.30- 12.00
	A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.	
Friday 30th May.	Classic Films. UHI – Room 212 – Upstairs. Plenty to choose from, though possibly the 'Return of the Pink Panther' – with Peter Sellers – your choice. Refreshments provided + Popcorn!!!. All welcome. 😊	10.30- 12.30pm

Contact details for groups:

Emma Gregg

Dementia Advisor (Moray)

egregg@alzscot.org 07925 596232

Helen Moore

Community Activities Organiser (Moray)

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**.

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



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CARERS CORNER



Some highlights from our recent activities VR headset / Augmented Reality - our visit to the Speyside Cooperage and the Sidings Café and making Leaping Easter Bunnies.







NB. We appreciate you paying for your lunch at the Rockpool café, the cafe will take your payment.