

July/August 2019

# Aberdeen Newsletter

13-19 King Street, Aberdeen, AB24 5AA



Welcome to our July/August Newsletter! It would be great to see you at some of our new events.

## Do you want to know more about dementia?

**PARKINSON'S<sup>UK</sup>**



Researchers from both Aberdeen University and industry will be on hand to answer questions at this event at the Suttie Centre, Foresterhill Health Campus

What to expect:

- Question and answer session with a panel of researchers and clinicians
- Information leaflets from local charities
- Information on Alzheimer disease, Parkinson's disease and related dementias
- Hands on activities.

This will take place on **Saturday 6<sup>th</sup> July** at **2pm** in the **Suttie Centre, Foresterhill Road, Aberdeen, AB25 2ZD**

Free tea, coffee, and biscuits will be provided.

**Everyone welcome!**



## Memories of 1965

Join volunteers Annette and Alan as they look back to some highlights of 1965, including the launch of a best-selling Corgi model car, the first episode of a popular childrens' tea-time television show and the escape of Goldie the eagle from London Zoo.

**This will be held at the Aberdeen Dementia Resource Centre, 13 – 19 King Street, Aberdeen on Thursday 25th July from 1.30 to 3.00pm.**

Teas, coffees and biscuits will be served.



## Lingo Flamingo

Our Spanish group Lingo Flamingo will be coming back on Thursday 1<sup>st</sup> August at the Aberdeen Resource Centre from 10:30 – 11:30 and we are looking for people to join in the fun. If you are a person with dementia and want to have fun and learn a new language then please email [sduff@alzscot.org](mailto:sduff@alzscot.org) or telephone 01224 644077



Telephone 01224 644077 E-mail Website [www.alzscot.org](http://www.alzscot.org)

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**Dementia Advisors,  
Supporting you, your family, your community to make sure nobody faces dementia alone.**

**Your local Dementia Advisor, Lesley Gray can:**

- Provide information and advice
- Help you find the dementia specific support you need
- Connect you to local groups and services
- Help your local community be more dementia-friendly
- Help you influence the policies and services that affect you

**So please give her a call if you require an appointment to meet with her on 01224 644077;  
Email LGray@alzscot.org.**

### **All at C Ukulele band**



We are proud to welcome back the All At C ukulele band on the **17 July** from **1:30 – 3pm** at the Aberdeen Dementia Resource Centre.

They will be playing a selection of classic tunes from the 50's, 60's and 70s from artists like Cliff Richard, The Beatles, Buddy Holly and Elvis.

Come along and have some fun!

Tea, coffee and biscuits will be provided

**Everyone welcome!**

### **Cricket Reminiscence Group**



Due to the ongoing success of the Cricket Reminiscence group, meetings are continuing the first Wednesday of every month

The next meeting is at Mannofield Cricket Club, Morningside Road, Aberdeen on **Wednesday 3 July and 7 August** from **2pm - 3:30pm**

Staff and volunteers will assist people with dementia to explore their memories of cricket with memorabilia, newspaper clippings, photos and film clips.

**You do not need to have played cricket before, you simply have to enjoy reminiscing about the game, it's players and enjoy the company and banter that is a part of this.**

**So please give it a go!**

### Name that Tune



Join us at the **Dementia Resource Centre** on **Wednesday 24 July** at **1.30 pm** for a chance to **NAME THAT TUNE**. We will be featuring songs from years gone by, so come along and test your musical knowledge.

On **Wednesday 21 August** at **1:30** we will be hosting a special name that tune based around all your favourite musicals.

Tea, coffee and biscuits will be served.

**All welcome!**

### Younger People's Group (for 65s and under living with dementia and their family carers)



**Thursday, 18th July, 1.30pm - 3pm** - Meet at the car park at **Newton Dee, Bielside, AB15 9DX**. We'll take a walk along the Deeside Line, then visit the cafe and shop at Newton Dee.

**Thursday, 22nd August, 1.30pm - 3pm** - A low level walk around Bennachie. Meet at Bennachie Visitor Centre, Chapel of Garioch, AB51 5HX. There's a car park, toilets, shop and refreshments available, so we can stop for a cuppa after our walk.

Please contact **Mags Corbett** on **01224 644077** if you are planning on coming along for the first time, incase of cancellation or change of plans due to adverse weather.



Have you heard about our group... **Bacon Butty and Blether**

Together with VSA we are hosting a breakfast club for people with Dementia and /or their carers, on the last Tuesday of the month at the Dementia Resource Centre, King Street 10.30-11.30am

The next Breakfast Club will be held on **Tuesday 30<sup>th</sup> July and Tuesday 27<sup>th</sup> August**.

We will start the morning off with a bacon butty, tea and coffee and then have a blether, look at newspapers, discuss topical issues... and most importantly have a lot of fun!

DO please come and join us, the more the merrier!

For further information contact the Aberdeen Resource Centre on 01224 644077 or VSA 01224 212021



## Dementia Friendly event

Being dementia friendly is about everyone sharing responsibility for ensuring that people with dementia feel understood, valued and have opportunities to contribute to their community. At the event, we'd like to find out more about what dementia friendly means to you and how you would like to see that being adopted in Aberdeen businesses and organisations such as shops, banks, cafes, gyms and cinemas.

**We'd like to invite you to our short event on the 11th of July from 10.30 a.m. - 12.30 p.m. at the Dementia Resource Centre, King Street. This is an opportunity for you to tell us how to make things more dementia friendly in Aberdeen City.**

This will be an informal, participative and, we hope, interesting event. If you would like to come along, please book a place by contacting Lesley Gray by email at [lgray@alzscot.org](mailto:lgray@alzscot.org) or on 01224 644077.



## POP UP PARTY

Don't miss our Pop Up Party at the Dementia Resource Centre, King Street, Aberdeen on **Wednesday 3 July** and **Wednesday 7 August** from **1:30 – 3pm**

Our Pop-up Party on Wednesday 3 July will be a special strawberry cream tea!

Music as always will be from the Melting Pot Band, singing, dancing, a fine piece and a blether.



**Everyone welcome!**

## A Walk In The Park



Our volunteer Alan will take you on a walk through Aberdeen's beautiful public parks, looking at their history and the attractions to be found there, aided by nostalgic photographs and your personal stories and memories.

**Join us at the Aberdeen Dementia Resource Centre Thursday 15th August from 1.30 to 3.00pm. Teas, coffees and biscuits will be served.**

### Your new local fundraiser



We're delighted to introduce Michael Parkes, the new Lead Locality Fundraiser for the North. Michael has been working in fundraising for 9 years, and has also supported various charities, running the London Marathon in 2015 & 2018!

If you are looking for any fundraising support or have a fundraising idea you'd like to share, feel free to contact Michael on 07919 927646 or at [mparkes@alzscot.org](mailto:mparkes@alzscot.org). Michael will also regularly be in the Aberdeen Dementia Resource Centre, if you want to drop in and catch up.

### Aberdeen Memory Walk – Save the Date!

It's nearly that time of year again! We're thrilled to announce that the **2019 Aberdeen Memory Walk** will take place on **Sunday 15th September** at **Hazlehead Park**. We're busy planning the event, to make it another fantastic year, with more details to follow. In the meantime, you can contact the Aberdeen Resource Centre with any questions you may have on 01224 644077.



### **Are you caring for someone with dementia or have you previously cared for someone with dementia?**

Then come along to our free information session on Thursday 11 July, 1.30-3.30pm at the Aberdeen Dementia Resource Centre. This session gives you a chance to learn a bit more about TIDE and find out if you want to get further involved with us.

### **If you're a carer we'd love to hear from you**

Your experiences shape our work and together, we can build a better future for carers of people living with dementia

TIDE (together in dementia everyday) is a UK wide involvement network for carers and former carers of people living with dementia, hosted by the Life Story Network CIC. We empower carers by recognising you are experts by experience. We will equip you with the tools and confidence to use your knowledge and experience in a positive way so that other carers can benefit from your strength, make your voice heard and bring about real change.

When you join tide you will be connected with our staff who will explain how tide works, including what our development programme can offer, and discuss with you how you might want to get involved. They will offer advice and guidance before, during and after any engagement activity you undertake on behalf of tide. Our members gain strength and confidence by being part of a network and can make use of a range of benefits including staying informed, learning opportunities, campaigning and networking.

For more information please visit our website <http://www.tide.uk.net/about/what-we-do/> or contact Jemma on [jemma@lifestorynetwork.org.uk](mailto:jemma@lifestorynetwork.org.uk) or 0141 353 5607.



## July and August support groups and activities - please check calendar for dates

### **Musical Memories – Dementia Resource Centre**

A fun weekly singing group for people with dementia, and current carers or their carers living in the local community. Friday mornings – 10.30 to 12 p.m. No singing experience required. Please check the calendar for dates when the Musical Memories sessions will run. **Please note that there will be no musical memories on 12 and 26 July or 9 and 23 August, 2019**

### **Cults Music to Remember – Cults Kirk Centre (Bennachie room) Cults**

Fortnightly singing group for people with dementia, family and friends. Meets fortnightly on Tuesdays from 10.15 to 11.45 am. Please contact Anne Middleton at 01224 867334 or Lilian Bruce at 01224 742532 for more information

### **Coffee and Catch Up – Citadel Community Café, 28 Castle Street**

Come and enjoy a chat, a fine piece and make new friends. Everyone welcome!  
Meets 2<sup>nd</sup> Tuesday of the month – 10.30am to 12pm at the Citadel, 28 Castle Street, Aberdeen

### **Qi Gong – Dementia Resource Centre**

An ancient form of Chinese exercise which combines gentle breathing, basic movement and calm focus to help relax, strengthen the body and improve balance. Can be enjoyed seated as well as standing. Wednesday mornings - 10.30am to 11.30am, please check the calendar for the dates when the Qi gong is running. **Please note that there will be no Qi gong on 26<sup>th</sup> June, 3<sup>rd</sup> and 10 July 2019**

### **Football Reminiscence – Aberdeen Football Club**

For anyone with a diagnosis of dementia who is passionate about football, whether you have played on the pitch or cheered from the stands. Meets monthly on Monday and Tuesday afternoons – please get in touch with Lesley Gray on 01224 644077 if you would like to come along. Sessions will be held at The Gothenberg Lounge, Pittodrie Stadium, Aberdeen

### **Art Group – Dementia Resource Centre**

Themes will include seasons and local scenes as well as looking at the work of local artists. No experience necessary. Every Tuesday morning – 10.30am to 12pm.

### **Boogie in the Bar – Hosted by The Foundry Pub, Holburn Street, Aberdeen**

Free afternoon disco for anyone who wants to have a good boogie but doesn't want to stay out late. Come along for a Friday afternoon bop to your favourites (or just enjoy the music) from the 60's, 70's and beyond in a fun, relaxed, supportive environment. 3<sup>rd</sup> Friday of the month – 12pm – 4pm

**Living Well Cafes** - Fortnightly cafes for people with dementia and their families/carers at Newhills Church, Bucksburn and Oldmachar Church, Bridge of Don (alternate Tuesdays) and Ferryhill Parish Church and High Hilton Church (alternate Thursdays) 1pm to 3pm. Call 07512 141818 or 07927 541029 or email [cafe@thelivingwellproject.org.uk](mailto:cafe@thelivingwellproject.org.uk) for more information.

### **Cake and Curling – Dementia Resource Centre**

Come and join us for some carpet curling and have a tea or coffee and a wee treat afterwards. **Meets on the 10<sup>th</sup> & 31<sup>st</sup> of July and 14<sup>th</sup> & 28<sup>th</sup> of August. For more information call 01224 644077.**

### **Playlist for Life – Dementia Resource Centre, Aberdeen**

Playlist for Life wants everyone with dementia to have a unique personal playlist of tunes that are most deeply attached to emotions or memories **We have a drop in session to help create your own playlist on the first Friday of every month from 12 – 1 pm at the Dementia Resource Centre**

**Positive Dementia Group – Dementia Resource Centre**

Informal get-together for people living with a diagnosis of dementia. We come together to share experiences, take part in discussions, share support and have a laugh. For those who want to, there are also opportunities to get involved in research, local and national consultations, citizen involvement and awareness-raising. Meets every 2<sup>nd</sup> Wednesday of the month – 10.30am to 12.30pm. **Please note that there will be no meeting of this group on Wednesday 10<sup>th</sup> July**

**Letting Go Group – Dementia Resource Centre**

Informal coffee morning for anyone who is supporting someone in residential care or hospital, or planning residential care for someone. A place to share support and information. Meets on the first Tuesday of every second month. 10.30am to 12pm. **Next meeting Tuesday 6 August 2019 from 10.30 to 12 noon at the Dementia Resource Centre.**

**Carers’ Exchange – Dementia Resource Centre**

This is an informal group for carers of people with dementia to meet, exchange information, and for peer support. It meets on the third Monday of every month from 10.30 to 12 p.m. **The next meeting is on Monday 15 July 2019 at the Dementia Resource Centre.**

**Our community groups and activities welcome anyone living with dementia, including their families and friends. Our groups are intended for people who can attend on their own safely or who can bring their own support with them.**

**Unfortunately we cannot provide transport, therefore it is your responsibility to get to and from the activity safely. For more information on any of our activities, please phone 01224 644077**

Should you wish to opt out of receiving our newsletter by email or by post, would you please let us know by:

- either completing the slip below and returning it to:  
Aberdeen Dementia Resource Centre, 13 – 19 King Street, Aberdeen AB24 5AA
- or by emailing: [lgray@alzscot.org](mailto:lgray@alzscot.org)

I no longer wish to receive the Alzheimer Scotland Newsletter by email/post

Name:.....

Email/address .....

## Calendar of Events – July

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Art Group 10.30 – 12pm Football Reminiscence (Gp3) 2pm–3.30pm	3 Cricket Reminiscence 2 – 3.30 pm Pop-up Party 1:30 – 3pm	4	5 Musical Memories 10.30 – 12pm Playlist for Life 12 – 1pm
8 Football Reminiscence (Group 1) 2 – 3.30pm	9 Art Group 10.30 – 12pm Coffee and Catch-up 10.30 – 12 p.m (citadel)	10 Cake & Curling 1:30 – 3pm	11 Dementia Friendly event 10:30 – 12:30 Tide information session 1:30 – 3:30	12
15 Carers Xchange 10.30 am - 12pm Football Rem (Gp 4) 2 – 3:30 pm	16 Art Group 10.30- 12pm	17 Qi Gong 10.30 – 11.30am All at C Ukulele band 1:30 – 3pm	18 Young Peoples Group (Newton Dee) 1:30 – 3pm	19 Musical Memories 10.30 – 12pm Boogie in the Bar 12 – 4pm
22 Football Rem Group (2) 2 – 3.30pm	23 Art Group 10.30 – 12pm	24 Qi Gong 10.30 – 11.30am Name that tune 1:30 – 3pm	25 Memories of 1965 1:30 – 3pm	26
29	30 Art Group 10.30 – 12pm Bacon Butty & Blether 10:30 – 11:30	31 Qi Gong 10.30 – 11.30am Cake & Curling 1:30 – 3pm	1 Lingo Flamingo 10:30-11:30	2 Musical Memories 10.30 – 12pm Playlist for Life 12 – 1pm

## August

Monday	Tuesday	Wednesday	Thursday	Friday
5	6 Art Group 10.30 – 12pm Letting go Group 10.30 – 12 noon Football Reminiscence (Gp3) 2pm–3.30pm	7 Qi Gong 10.30 – 11.30am Cricket Reminiscence 2 – 3.30 pm Pop-up Party 1:30 – 3pm	8 Lingo Flamingo 10:30-11:30	9
12 Football Rem (Gp 1) 2pm– 3.30pm	13 Art Group 10.30 – 12pm Coffee and Catch Up 10.30 – 12pm (Citadel)	14 Qi Gong 10.30 – 11.30am Positive Dementia Gp 10.30 - 12pm Cake & Curling 1:30 – 3pm	15 Lingo Flamingo 10:30-11:30 A Walk in the Park Talk 1:30 – 3pm	16 Musical Memories 10.30 – 12pm Boogie in the Bar 12 – 4pm
19 Carers Xchange 10.30 am - 12pm Football Rem (Gp 4) 2 – 3:30 pm	20 Art Group 10.30 – 12pm	21 Qi Gong 10.30 – 11.30am Name that tune musical special 1:30 – 3pm	22 Lingo Flamingo 10:30-11:30 Young Peoples Group (Bennachie) 1:30 – 3pm	23
26 Football Rem Group (2) 2 – 3.30pm	27 Art Group 10.30 – 12pm Bacon Butty & Blether 10:30 – 11:30	28 Qi Gong 10.30 – 11.30am Cake & Curling 1:30 – 3pm	29 Lingo Flamingo 10:30-11:30	30 Musical Memories 10.30 – 12pm