

# What's on



## June 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 Groups	What's On in Moray	
	<b>Dementia Awareness Week</b>	
	<b>Monday 2<sup>nd</sup> June to Sunday 8<sup>th</sup> June- check out Events below</b>	
<b>Tuesday 3<sup>rd</sup></b>	<b>Elgin Community Drop-in Session</b> <b>Room 212, UHI Moray College, Elgin.</b>  A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.	<b>1.30-3pm</b>
<b>Tuesday 3<sup>rd</sup> &amp; 17<sup>th</sup> June.</b>	<b>MUSICAL MASH-UP</b> <b>Trinity Church, Elgin. Meets 1st &amp; 3rd Tuesday of the month.</b>  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 <b>contact Helen.</b>	<b>1.30-3pm</b>
<b>Tuesday 24<sup>th</sup> June.</b>	<b>HIDDEN GEMS of MORAY – Exploring Blairs Loch with 'Wild-Things'.</b> Discover the natural wonders of Blairs Loch, whether birds, plants, trees or life within the loch. We'll be guided by Wild-Things our local nature organisation from Findhorn. With the comfort of an indoor classroom if the weather is unkind. Please bring YOUR OWN PACKED LUNCH, Wild-things will provide refreshments & Cake! This outing is <b>FREE due to their Funding.</b> The Wild-Things bus will collect from: Elgin Com Centre Car park 10.30 / Hopeman the Garage on harbour road 10.50 / Forres Grant Park car park (nr Police stn) 11.20. Returning around 3-3.30pm. Max seats in bus 12 people. Please <b>book with Helen</b> , by the 12 <sup>th</sup> June- so the Wild-Things 'Participant form' can be completed and returned.	<b>10.30 – 3.30pm</b>

Thursday 19th	<b>THURSDAY ART GROUP</b> for people living well with dementia & their carers. UHI Moray College Elgin – Room 212 – Upstairs. 2 -3.30pm  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 contact Helen.
Thursday 12 <sup>th</sup>	<b>Carers Support Group</b> 10.30-12.00 Room 212, UHI Moray College Elgin  A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.
Friday 20th	<b>Either Indoor games or Classic Films?</b> 10.30-12.30pm UHI Moray College Elgin – Room 212 – Upstairs.  Any Queries? please contact Helen. All welcome. 😊

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)**



# What's on

## June 2025 – Moray



**Dementia Awareness Week 2025 – which runs from Monday 2 June to Sunday 8 June** – is an opportunity to support the 90,000 people living with dementia in Scotland and their families and carers.



The theme for this year's campaign focuses on the importance of maintaining friendships and social connections at every step of a person's dementia progression.

Alzheimer Scotland has seen first-hand how staying connected, listening, and showing kindness can bring comfort, joy and a sense of belonging. Friends help keep memories alive, reduce loneliness, and support people with dementia as well as their carers, friends and family.

### **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>

DEMENTIA AWARENESS WEEK 2-8 JUNE 2025

# Every Step Matters

## PROMOTING WELLNESS IN DEMENTIA

INFORMATION DROP-IN

WEDNESDAY 4TH JUNE 2025 | 2-4PM

AUCHERNACK HOUSE, HIGH STREET,  
FORRES, IV36 1DX

Let's connect, share, and support – one step at a time  
**Meet:**

- Emma Gregg (Alzheimer Scotland – Dementia Advisor, Moray)
- Janice MacLeod (NHS Grampian – Occupational Primary Care Occupational Therapist)
- Day Opportunities Team, Health and Social Care Moray
- Laura Shreenan & Susie Kemp (Community Connectors CIC)



Alzheimer  
Scotland  
Action on Dementia



DEMENTIA  
AWARENESS  
WEEK 2-8  
June

## Alzheimer Scotland Conference 2025

Our Annual Conference will be held on **Monday 22 September at the Edinburgh International Conference Centre (EICC)**. Early Bird tickets are now available to buy at Eventbrite using the link below.

**Alzheimer Scotland Annual Conference 2025 Tickets, Mon 22 Sep 2025 at 09:00 | Eventbrite**

As always, tickets for people with dementia and carers are free - please email [conference@alzscot.org](mailto:conference@alzscot.org) for more information about free tickets.

More details of the conference, including the full programme will be made available closer to the event.

For more information, or if you would be interested in exhibiting at our conference, please contact our team: [conference@alzscot.org](mailto:conference@alzscot.org)



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

