

What's on

July 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 1st & 15th July.	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month.	1.30-3pm
	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 Helen .	
Tuesday 22nd July.	HIDDEN GEMS of MORAY – Speybay Dolphin Centre & IceHouse. Join us to explore the wonders of nature within the sea, at the mouth of the river Spey as it bursts into the sea, along with the ice house. Maybe we'll be super lucky to spot some dolphin's, seals or an osprey. Limited space in the café, so some may choose to bring sandwiches. The Beeline bus will collect from the Harbour Road garage in Hopeman at 10.30, then to Lossie, Elgin & Fochabers if requested. Max seats in bus 12 people. We need to request £5 pp to go towards the bus hire. Please confirm with Helen.	10.30 – 3.30pm
Tuesday 29th	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.	

Thursday 17 th July.	Classic Films. Join me to select which classic film we watch this week. Along with popcorn. (This month on a Thursday due to room availability in the UHI / Elgin college). UHI Moray College Elgin – Room 212 – Upstairs. Any Queries? please contact Helen. All welcome. 😊	10.30-12.30pm
Thursday 24 th	Carers Support Group 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.	10.30-12.00
Thursday 24 th July.	THURSDAY ART GROUP for people living well with dementia & their carers. UHI Moray College Elgin – Room 212 – Upstairs. 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.	2 -3.30pm
Friday 4 th July	Music, Movement, Gentle seated Exercise & Fun – with Ruth. Trinity Church hall * (Large Hall- left). We'll be joined again by Ruth the Community facilitator from Dance North who'll guide us all on what promises to be a fantastic morning incorporating some of your favourite music and introducing gentle movement, stretching and seated exercise. Refreshments provided. All welcome. 😊	10.30-12.00
Friday 18 th July	Speyside Community Session Room 3 (enter via entrance D) - Fleming Hospital Aberlour A drop in session for anyone who would like to chat to a Dementia Advisor	10.30-12.00

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



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 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

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Memories Scotland

Sessions are held in **Elgin, Forres, Buckie and Keith Libraries**.

The times of these sessions are as follows:-

Elgin Library – last Thursday of the month at 1.30pm
Forres Library – last Monday of the month at 2.30pm
Buckie Library – last Monday of the month at 2pm
Keith Library – first Friday at 11am

The session lasts for around an hour, there is a cup of tea/coffee and biscuits when people can sit and chat and reminiscence. There is generally a theme each month but the whole purpose is for meeting and sharing memories together.

The Elgin session has been running for quite some time now but we have only recently commenced in Forres, Buckie and Keith Libraries.

If you require further details, please feel free to contact:

Joan G Wood

Development Officer-Info, Health & Wellbeing | Education, Communities & Organisational Development

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