

What's On: 7-11 July 2025 Aberdeen



Update

As you will see this is not the full July What's on Guide, but only information for the week beginning Monday 7 July to Friday 11 July inclusive. We will be continuing with weekly guides until further notice.

We are delighted to be able to tell you that we are now able to partially reopen the centre by appointment only. We will be assessing the situation daily to ensure the centre is safe. Small groups will now be able to be held at the centre. **These must be booked** in advance to allow us to manage numbers and to enable us to easily contact those booked if the situation changes.

For support and advice, please call us to arrange an appointment time to come in.

Please note that larger groups such as the Wednesday Musical Entertainment will still be held at the Arts Centre Café/Bar and are clearly marked on the weekly guide with the image shown to the right.



As usual, any questions, please just phone/text/email any of the contacts below. We look forward to welcoming you back!



Contact details for groups. Use these for any bookings.

Alzheimer Scotland Brain Health & Dementia Resource Centre 01224 644077 (Please leave a message if no answer)	Alzheimer Scotland Brain Health & Dementia Resource Centre aberdeencityservices@alzscot.org
Karen Black - Centre Manager 07585 669654	Sonia Gow – Centre Activities Coordinator 07442 653671




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 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. Please see below for more details.

In Person Group		
Monday 7 July	Café at the Centre – please book Come in for a cuppa and catch up. We would love to see you! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Tuesday 8 July	Talkspot and Reminiscence: The Tall Ships No booking required We are delighted to welcome 2 of the volunteers from this year's Tall Ships event to present some slides and information on the upcoming event coming to Aberdeen this July. They will also be bringing some memorabilia from the previous Tall Ships event held in the late 90s. This promises to be an interesting and informative event – please spread the word and encourage friends to come too. Feel free to arrive from 1.30pm for a cuppa first. Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen	2-3pm 
Wednesday 9 July	Musical entertainment afternoon – The Singing Bobby (Raymond Mack) No booking required Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen	1.30-3pm 
Thursday 10 July	No Groups	
Friday 11 July	Art Group – please book Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12.30pm
Friday 11 July	Musical Memories This is a fun singing group for people with dementia, their partners, family and friends. No experience of singing required, just bring yourselves and be ready to make some noise! Teas and coffees will be served. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3.30pm

Future Events: (dates on next page)

We are going to be open during the Tall Ships! Please pop in to say hello, use the facilities and have a cuppa in quiet surroundings. If you would like to volunteer for a couple of hours on any of the 4 days, please just contact Sonia or Karen.

Monday 14 July	Carers Support Group No booking required For anyone supporting someone with dementia- an opportunity to meet carers in a similar situation, to share experiences and get peer support. There is a reminiscence group running at the same time in a separate area for people with dementia. Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen	10.30am-12noon 
Monday 14 July	Coffee Morning Memories No booking required Join Alan Johnston for some reminiscence. For people with dementia. Aberdeen Arts Centre Café/Bar 33 King Street Aberdeen	10.30am-12noon 
Monday 14 July	Quarriers (Aberdeen Carers Support Service) Please book Quarriers provide support for unpaid carers in Aberdeen. Come along to find out more about their services. Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	12-2pm
Saturday 19 July, Sunday 20 July, Monday 21 July, Tuesday 22 July	The Kettle's on for the Tall Ships! No booking required We are excited to be opening our doors to welcome the many visitors coming to the city for the Tall Ships, as well as 'oor ain folk'. Come in for a 'wee break' – to use the facilities and enjoy some refreshments, and in a calm, quiet space amongst the hustle and bustle of the city extravaganza. Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen	10am-4pm

Alzheimer Scotland Memory Walk Aberdeen: Sunday 24 August 2025

Time: Arrive from 11.30am. Walk starts at 12 noon. Event finishes at 2pm.

Location: Aberdeen Sports Village, Linksfield Road, AB24 5RU

Register: <https://memorywalk.alzscot.org/event-info-aberdeen>

Join us for a gentle 5k walk around the athletics track at Aberdeen Sports Village while raising vital funds for people living with dementia.

Adult tickets are £10. Children's tickets are free - children must be registered for a ticket to take part in the walk and must be accompanied by an adult. Please note that only guidance dogs are permitted.

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>