

What's On: August 2025 Aberdeen



The works in the centre are still ongoing, which means that we can only hold smaller groups here. **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.

We are still available 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 seeing you!


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		
Friday 1 August	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 1 August	Community Café with information from Home Energy Scotland: Please book Home Energy Scotland will be available by appointment. Come along for a cuppa and have a chat with the advisor about ways to reduce energy bills, how to make your home warmer and potential funding possibilities to make your home more efficient and cheaper to heat. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30- 2.30pm
Monday 4 August	No groups.	
Tuesday 5 August	Football Memories Please book Join us for a chance to reminisce about football. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Wednesday 6 August	Musical entertainment afternoon – Melting Pot (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 7 August	No Groups	
Friday 8 August	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 8 August	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
Monday 11 August	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 11 August	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 11 August	Quarriers (Aberdeen Carers Support Service) – Please book Quarriers provide support for unpaid carers in Aberdeen. Come along to find out more about their services and to register with them. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	12-2pm
Tuesday 12 August	No Groups	
Wednesday 13 August	Musical entertainment afternoon: Jack McPherson 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 14 August	Bacon Butty, a brew and a blether: Please book Join Sonia for a bacon butty and brew, and a chance for a catch up! Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	10.30-12 noon
Friday 15 August	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
Monday 18 August	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	10.30- 11.30pm
Tuesday 19 August	No groups	
Wednesday 20 August	Musical entertainment afternoon with All at C (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 21 August	Professionals Information Session – Please book An opportunity for professionals to find out more about Alzheimer Scotland and the support and services we provide, including the Aberdeen Brain Health Service. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Friday 22 August	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 22 August	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

Sunday 24 August	Alzheimer Scotland Memory Walk 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, only guidance dogs are permitted on this walk. Register: https://memorywalk.alzscot.org/event-info-aberdeen If you can't do the Memory Walk, there is an opportunity to do 'Your Walk, Your Way' - the link above also takes you to this information and registration. Aberdeen Sports Village, Linksfield Road, AB24 5RU	11.30am-2pm
Monday 25 August	Quarriers (Aberdeen Carers Support Service) Please book Quarriers provide support for unpaid carers in Aberdeen. Come along to find out more about their services and to register with them. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	12-2pm
Tuesday 26 August	No Groups	
Wednesday 27 August	Musical entertainment afternoon: The Singing Bobby 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 28 August	Relaxation Join us for an opportunity to relax and unwind. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	10.30-11.30am
Friday 29 August	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

Stop the Cuts campaign

Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country. Services such as day care, post-diagnostic support, respite and local community programmes are facing significant cuts to their budgets. This means that they are not available to those who need them most and people are being turned away when they reach out for help. People with dementia, their families, and carers are unable to access the care and support they need, when they need it.

Alzheimer Scotland thinks this is unfair. People with dementia deserve access to high-quality, local support at every stage of their condition and our campaign highlights the need to protect dementia services from cutbacks.

You can help us stop the cuts and demand change by adding your voice to our campaign and signing our petition.

Find out more: <https://www.alzscot.org/stopthecuts/>

Share your support with: **#StopTheCuts**