

What's on





August 2025 – Aberdeenshire


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.

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.. **Please contact your Activity Organiser in advance of attending any of the groups. – see contact details below.**


In Person Group	What's On In North Aberdeenshire	
Monday 11th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.	11.00am-12.30pm
Monday 25th	Walk & Talk at Aden Park Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden, join us for a walk round the park followed by a cuppie in the cafe	11.00am-12.30pm
Tuesday 5th	Musical Memories Banff Library, High Street, Banff For people living with dementia and their carers. Sing along to some old favourites, hear different musicians, have a chat and a coffee. If interested, please get in touch to book a space.	2.00pm-3.30pm
Tuesday 12th	Annual Picnic at Aden Park Aden Country Park, Station Road, Mintlaw Join us for our annual picnic at Aden Park in Mintlaw, meeting in the main car park. (Booking essential)	11.00am-1.00pm
Tuesday 19th	Turriff Hae a News Turriff Library, Grange Villa, The Square, Turriff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment	11.00am-12.30pm

Tuesday 26th	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Wednesday 6th	Walk & Talk at Aden Park Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden, join us for a walk round the park followed by a cuppie in the cafe	11.00am-12.30pm
Wednesday 13th	Peterhead Dementia Café Mission Cafe, Union Street, Peterhead (Please note new venue and time) For people living with dementia and their carers to meet others, have a cuppie and a blether. We will have Diane Lawson from NHS Oral Health coming along for a chat.	10.30am-12.00pm
Wednesday 20th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.	11.00am-12.30pm
Wednesday 27th	Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead Peer support, establish new friendships and get advice from your local Dementia Advisor. If you need to bring your cared for with you, please get in touch and we can arrange for them to join our dementia friendly social group in a safe environment so you can relax and get the support you need. Contact Laura Crockatt or Kathy Fraser for further details	2.00pm-3.30pm
Thursday 7th & 21st	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am -12.30pm
Thursday 28th	Banff Hae A News & Carer Support Group Banff Library, High Street, Banff For people living with dementia and their carers. Both groups to run alongside each other within The Library. CARER SUPPORT is a safe space for carers to gain peer support and get advice from their local Dementia Advisor SOCIAL GROUP is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment.	11.00am-12.30pm

In Person Group	What's On In Central Aberdeenshire	
Monday 4 th	<p>Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie, AB51 3UX</p>  <p>Arlene Strachan, Advocacy North East will be speaking about what the service can offer, and how it can help carers have their voice heard and how to access their support.</p>	2.00-3.00pm
Tuesday 5 th	<p>Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch</p> <p>A social group for people living with dementia and their carers.</p>	10.45-11.45 am
Tuesday 12 th	<p>KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN</p> <p>A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.</p>	1.30-2.30pm
Tuesday 19 th	<p>Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</p> <p>A social group for people living with dementia and their carers to come along and enjoy some quality time together.</p>	11.00 –12.00pm
Tuesday 26 th	<p>NEW! Walk at Haddo Country Park, Near Ellon NEW!</p> <p>A walk in the grounds of Haddo House which is now a country park. Meet at the top of the car park.</p>	1.30 – 3.30pm
Wednesday 6 th	<p>Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive</p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.</p>	2.00 -3.00 pm
Wednesday 20 th	<p>Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive, AB32 6FY</p>  <p>Julie Murray from Fire Scotland will speak about the hazards within the home, advice on how to stop these and how to stay safe in the event of a fire.</p>	2.00 -3.00 pm

Wednesday 27th	In the Same Boat Stonehaven Library, Evan Street, Stonehaven, AB39 2ET Carers support group for those carers who support someone with dementia living in a care home, or about to move into long term care. It's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm
Thursday 7th	Oldmeldrum Social Group Meldrum Town Hall (downstairs room), The Square, Oldmeldrum Come along & enjoy a social event for people living with dementia and their carers.	1.30 – 2.30pm
Thursday 14th & 28th	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift) A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	2.00 -3.00pm
Thursday 14th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon, AB41 9AE <div>  <p><u>Arlene Strachan, Advocacy North East</u> will be speaking about what the service can offer and how it can help carers have their voice heard, and how to access their support.</p> </div>	2.00 -3.00pm

In Person Group		What's On In South Aberdeenshire
Tuesday 5th	Portlethen Pastimes Portlethen Library, Bruntland Road, Portlethen. A social group for people living with dementia and their carers to have a chat, a cuppa and join in a fun activity.	10.30 - 11.30am
Tuesday 12th & 26th	Stonehaven Activities & More Community Education Centre, Bath Street, Stonehaven. A social group for people living with dementia, and their carers, to meet up for some fun activities whilst enjoying a cuppa & a catch-up.	10.30 - 12.00pm

Tuesday 12th	Stonehaven Carers Group Community Education Centre, Bath Street, Stonehaven, AB39 2DH	10.30 –12.00pm
	 <p>Julie Murray from Fire Scotland will speak about the hazards within the home, advice on how to stop these and how to stay safe in the event of a fire.</p>	
Wednesday 20th	Aboyne Social Group Aboyne Library, Bridgeview Road, Aboyne.	2.00 -3.00pm
	A social group for people living with dementia and their carers to meet up for a cuppa and a chat.	
Wednesday 27th	In the Same Boat Stonehaven Library, Evan Street, Stonehaven, AB39 2ET Carers support group for those carers who support someone with dementia living in a care home, or about to move into long term care. It's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm
Thursday 7th & 21st	Banchory Social Group Banchory Library, Bridge Street, Banchory.	1.30 - 3.00pm
	A Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.	

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

On-line Groups		
Tuesday, 5th	Letting Go Group – Mags Corbett Support group for carers who have a loved one in a care home or moving soon into a care home.	2.00-3.00pm
Thursday 7th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday, 21st	Aberdeenshire Carers Support Group – Laura Crockatt and Mags Corbett	11 am – 12.30pm

Check out Our Virtual Resource Centre (VRC) An online space where people can 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 Email sberesford@alzscot.org. **To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

Contact details for groups:

Laura Crockatt, Dementia Advisor Aberdeenshire (North) lcrockatt@alzscot.org 07825 242381;	Kathy Fraser, Comm. Activities Organiser Aberdeenshire (North) kfraser@alzscot.org 07795 391092; -
Mags Corbett, Dementia Advisor Aberdeenshire (Central & South) mcorbett@alzscot.org 07769 366 175	Susan Westcott, Comm. Activities Organiser Aberdeenshire (Central) swestcott@alzscot.org 07876 003154
Dee Cobban, Community Activities Organiser Aberdeenshire (South) dcobban@alzscot.org 07825 546006	



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>



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



**Location:- Deveronside Club ,
Tannery St,
Banff AB45 1ER**

Come along and join in a fun afternoon of music from Starlite Discos, dance & friendship. Held once a month.

For Senior Citizens, people living with dementia and their carers and local care homes. Anyone living alone and looking for company and a chat.

Refreshments will be available – Teas, Coffee & cakes - £2.50 pp.

For more information, contact Deveronside Club on 01261 812769 during opening hours or Marlene on 07790 911503.



Attention Carers in the Aboyne/Deeside area!

We will be running 4 carers information sessions in Aboyne, starting on Monday, 29th September then spaced out over the following 2 months. The sessions will run from 2pm – 3.30pm. Topics will include What is Dementia, Supporting Someone Living with Dementia, Looking after Yourself as a Carer and Coping Day to Day, Use of Technology and Preparing for the Future.

This is an opportunity for carers to get together to increase their knowledge around these topics as well as meeting with other carers in the same situation to gain support and share information. If we have enough interest we are hoping to run the sessions alongside an activity group for the person living with dementia.

Monday, 29th September

Monday, 27th October

Monday, 10th November

Monday, 17th November

If you are interested please contact Mags Corbett, Dementia Advisor on 07769 366 175 or mcorbett@alzscot.org for more information.

VISUAL ARTS WORKSHOP will re-start in Stonehaven Community & Education Centre on Monday 1st September for an 8-week block of workshops, 11.00am to 12.30pm (for people living with dementia/memory issues, and their carers, are welcome to join. For further details, contact Dee Cobban, Community Activities Organiser - dcobban@alzscot.org 07825 546006



Sunday 24 August 2025

Alzheimer Scotland Memory Walk Aberdeen

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

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

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.

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: www.alzscot.org/stopthecuts

Share your support with: #StopTheCuts

Should you no longer wish to receive Aberdeenshire What's On or updates, please call or write to:
Val Sleigh, Service Admin Coordinator - 01467-530516 or email vsleigh@alzscot.org

