

# What's on



## August 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 5 <sup>th</sup> & 19 <sup>th</sup> August.	<b>MUSICAL MASH-UP</b> Trinity Church – small church Hall, Elgin. Meets 1st & 3rd Tuesday of the month.  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> .	1.30-3pm
Tuesday 12th August.	<b>HIDDEN GEMS of MORAY- Fochabers Heritage centre &amp; Simpsons (Christies) Garden centre.</b>  Join us to explore the fascinating <b>Heritage Centre in Fochabers</b> (12.00) followed by a visit to the newly opened <b>Simpsons (Christies) Garden centre</b> for lunch and look around.  The Beeline bus will collect from the Harbour Road garage in Hopeman at 10.30, then to Lossie, Elgin & Lhanbryde if requested. Max seats in bus 12 people.  <b>We need to request £5 pp towards the bus hire.</b> Please confirm your wish to attend with Helen asap.	10.30 – 4.00pm
Tuesday 12th	<b>Elgin Community Drop-in Session</b> Room 212, UHI Moray College, Elgin.  A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.	1.30-3pm

<b>Tuesday 26<sup>th</sup> Aug.</b>	<b>Visit LOSSIEMOUTH or CULLEN BEACH.</b> I'll confirm location nearer the time.  Deck chairs, games, rock pools, BYO packed lunches, flask of tea and of course ICE CREAM! Come and join us for an enjoyable social outing. Nb I've booked the sunshine as well. 😊  Unfortunately, there will be no group transport. Please confirm your wish to attend with <b>Helen</b> .	<b>12-2.30pm</b>
<b>Thursday 21<sup>st</sup> Aug.</b>	<b>THURSDAY ART GROUP for people living with dementia &amp; partners / carers.</b> <b>UHI Moray College Elgin – Room 212 – Upstairs.</b>  Come join us, either bring your own art project or join Helen for a session making something wonderful & creative.... No experience or skill needed, just come along for some fun & explore your creative side. Refreshments and chat. All Welcome.  Any Queries? please <b>contact Helen</b> . 😊	<b>2-3.30pm</b>
<b>Thursday 21<sup>st</sup></b>	<b>Carers Support Group</b> <b>Room 212, UHI Moray College Elgin</b>  A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.	<b>10.30-12.00</b>
<b>Friday 22<sup>nd</sup></b>	<b>Speyside Community Session</b> <b>Room 3 (enter via entrance D) - Fleming Hospital Aberlour</b>  A drop in session for anyone who would like to chat to a Dementia Advisor	<b>10.30-12.00</b>
<b>Friday 29<sup>th</sup> August.</b>	<b>Indoor Games.</b> <b>UHI Moray College Elgin – Room 212 – Upstairs.</b>  Enjoy playing games, having fun? You can choose from a variety of indoor games – whether Jenga, Jigsaw puzzles, Ballon tennis, Boules, the Parachute game to name but a few.....  Any Queries? please <b>contact Helen</b> . All welcome. 😊	<b>10.15 – 12.00</b>

**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)**



## **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)

## 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**

**[joan.wood@moray.gov.uk](mailto:joan.wood@moray.gov.uk) | 07929 784845**

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## 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](http://www.alzscot.org/stopthecuts)**

**Share your support with: #StopTheCuts**