

What's On:



1-19 September 2025 Aberdeen

We are still awaiting confirmation of the date the centre will be closed for essential roof repairs so we are only able to issue the guide for the first half of September at present.

Please read the guide carefully to ensure you go to the correct venue for our groups. Any groups at the centre **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, whether the centre is partially open or closed. Please call us to arrange an appointment time.

Throughout September, we will be offering appointments to those who have recently had a diagnosis of dementia but have not yet received Post Diagnostic Support (PDS). Lori Fotheringham, Young Onset PDS Link Worker will be able to provide support, guidance and practical information, as well as signposting to appropriate services. If you would like to book an appointment, please contact Lori on: LFotheringham@alzscot.org or 07824 524213.





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
Diane Johnston- Support Worker 07880 069684	

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 1 September	No groups.		
Tuesday 2 September	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 3 September	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation. Please join us for a cuppa before the group starts.   Kathy Julius Yoga Trust 10.30am Aberdeen Arts Centre Café /Bar 33 King Street Aberdeen 11am Aberdeen Arts Centre Children's Theatre, 31 King Street, Aberdeen.	11am-12 noon	
Wednesday 3 September	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 4 September	No Groups		
Friday 5 September	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 5 September	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	
Friday 5 September	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 8 September	Carers Support Group 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 Conference Room, 33 King Street Aberdeen	10.30am-12noon	
Monday 8 September	Coffee Morning Memories Join Alan Johnston for some reminiscence. For people with dementia. Aberdeen Arts Centre Café/Bar, 33 King Street Aberdeen	10.30am-12noon	
Monday 8 September	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 9 September	No Groups		
Wednesday 10 September	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation. <i>Please note- the café bar at the Arts Centre will not be available for a drink before the group. Please make your way directly to the Children's Theatre for 11am.</i>  Kathy Julius Yoga Trust  11am Aberdeen Arts Centre Children's Theatre, 31 King Street, Aberdeen.	11am-12 noon	
Wednesday 10 September	Musical entertainment afternoon: Cate McPherson Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Please note: the venue for this session is still to be confirmed. We will notify regular attendees but please call if you would like to come along.	1.30-3pm	
Thursday 11 September	Bacon Butty, a brew and a blether: Please book Join us 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 12 September	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 12 September	Active Voice: Have Your Say. Please book Please see the information at the end of this guide for more details about this session. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm	
Monday 15 September	Activity café. Please book Join us for a cuppa, a chat and some activities. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm	
Tuesday 16 September	No groups		

Wednesday 17 September	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation. Please join us for a cuppa before the group starts.    10.30am Aberdeen Arts Centre Café /Bar 33 King Street Aberdeen 11am Aberdeen Arts Centre Conference Room, 33 King Street, Aberdeen.	11am- 12 noon 
Wednesday 17 September	Musical entertainment afternoon with Jack McPherson (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 18 September	No groups	
Friday 19 September	Art Group 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 19 September	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

Dates for your diary

Monday 22 September 2025

Alzheimer Scotland Annual Conference 2025

Every step: improving brain health, informing policy, influencing care

Our Annual Conference will take place at the Edinburgh International Conference Centre (EICC) on Monday 22 September 2025.

As always, tickets for people with dementia and carers are free – please email conference@alzscot.org for more information about free tickets.

For everyone else, tickets are available to buy through our website:

<https://www.alzscot.org/events/conference/>

Thursday 20 November 2025

Belated birthday bash!

On 21 September Alzheimer Scotland will have been in the King Street Centre for 10 years. As we are unable to celebrate in the centre this month we are planning a belated birthday bash/return to the centre. We will have live music from the band Peppercorn. More details to follow.

Tuesday 23 December 2025

Christmas Party!

Join us for our Christmas Party. Food, fun and friendship along with music from Jack MacPherson.

Have Your Say – Engagement Session. Friday 12 September.

Are you living with dementia, or caring for someone who is? Join us for a **Have Your Say** event — a welcoming and inclusive space to share your experiences, raise concerns, and highlight good practice.

This event is designed for people affected by dementia, including current and former carers, to speak openly about their experiences with local services and support. It offers a safe and supportive space to raise concerns, share what's working well, and highlight areas for improvement. Your insights will directly inform the work of Alzheimer Scotland's key campaigning and awareness-raising groups: the **Scottish Dementia Working Group (SDWG)** and the **National Dementia Carers Action Network (NDCAN)**.

By sharing your views, you'll be helping to:

- Identify gaps in dementia care and support
- Help ensure improvements are truly person-centred
- Influence national policy and practice
- Strengthen the voice of people affected by dementia in your local area

These sessions are informal, supportive, and focused on listening to what matters most to you. Whether you've had positive experiences or faced challenges, your voice matters. Help us drive meaningful change by telling us what's working - and what needs to improve.

