

What's on





September 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 22 nd & 29th	Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the main car park, join us for a walk round the park followed by a cuppie in the cafe	11.00am-12.30pm
Tuesday 2nd	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 16th	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 23rd	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
Tuesday 30th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Join us as we wind up the garden for the season, followed by coffee & cake in the cafe.	11.00am-12.30pm

Wednesday 17th	Peterhead Dementia Café 10.30am-12.00pm Mission Cafe, Union Street, Peterhead (Please note change of date) For people living with dementia and their carers to meet others, have a cuppie and a blether.
Wednesday 24th	Carer Support Group 2.00pm-3.30pm 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
Thursday 18th	Mintlaw Hae a News 11.00am-12.30pm 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.
Thursday 25th	Banff Hae A News & Carer Support Group 11.00am-12.30pm 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.

In Person Group	What's On In Central Aberdeenshire	
Monday 1 st	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie, AB51 3UX  Jennifer Forsyth 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.	2.00-3.00pm
Tuesday 2 nd	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers.	10.45-11.45 am
Tuesday 9 th	KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.	1.30-2.30pm
Tuesday 16 th	Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie. A social group for people living with dementia and their carers to come along and enjoy some quality time together.	11.00 –12.00pm
Wednesday 3 rd	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.	2.00 -3.00 pm
Wednesday 17 th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive, AB32 6FY  Arlene Strachan and Shaun Fowler, 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.	2.00 -3.00 pm
Wednesday 24 th	In the Same Boat Stonehaven Library, Evan Street, Stonehaven 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 4th	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 11th & 25th	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 11th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon, AB41 9AE <div>  <div> Anne Magarin, from Chest, Heart and Stroke Scotland will be talking about the work CHSS does in general and the services we offer in Grampian in particular. </div> </div>	2.00 -3.00pm

In Person Group	What's On In South Aberdeenshire	
Monday 1st, 8th, 15th, 22nd & 29th	Visual Arts Group, Stonehaven Community & Education Centre, Bath St, AB39 2DH Our Visual Arts Workshop is for people with dementia, or experiencing difficulties with their memory, and their carers. Come along and enjoy a morning of fun and creativity run by two of our Lead Volunteers, Jen & Lin.	11.00 to 12.30pm
Tuesday 2nd	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 9th & 23rd	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 9th	Stonehaven Carers Group Community Education Centre, Bath Street, Stonehaven, AB39 2DH  Arlene Strachan and Shaun Fowler, 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.	10.30 –12.00pm
Wednesday 17th	Aboyne Social Group Aboyne Library, Bridgeview Road, Aboyne. A social group for people living with dementia and their carers to meet up for a cuppa and a chat.	2.00 -3.00pm
Wednesday 24th	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 4th	Banchory Social Group Banchory Library, Bridge Street Banchory, AB31 5SU A social group for people living with dementia and their carers to meet up for some fun activities, a cuppa & a chat. *(please note this group has now changed to run just once a month)*	1.30-3pm
Tuesday 30th September	Stonehaven Health Walk Queen Elizabeth Park, Stonehaven, AB39 2RD Meeting at the picnic area, in the grounds of the Leisure Centre, for a stroll on Stonehaven Board Walk, followed by light refreshments. This is a joint walk with South Aberdeenshire and Lori (link worker) from Aberdeen.	1.30-3pm

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, 2nd	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 4th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday, 18th	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>

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CARERS CORNER



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



Just a reminder that the next UK emergency alert test takes place **at around 3pm on Sunday 7th September**. A loud alert will sound on mobile phones even if they are on silent. <https://www.gov.uk/government/news/one-month-to-go-nation-urged-to-prepare-for-emergency-alerts-test>. Please share with anyone else who may find this helpful.

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

In North Aberdeenshire



**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.

In South Aberdeenshire



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



Letting Go Group – Online

Do you support someone in a care home living with dementia, or support someone living at home who may be moving into care soon and would like to speak to people in a similar situation?

If you are in this position, this is a friendly invite to join our online **Letting Go Group** which runs monthly on Teams. It's a small group and we meet on the first Tuesday afternoon of the month for an hour. The group has been running for many years offering support, information and advice, and people have found it very useful to speak to others in the same situation about what can be a difficult and emotional time for many.

Please note we also run a similar group but in person which runs on the last Wednesday afternoon of the month in Stonehaven – please contact Mags for more information.

If you are interested in joining the group please contact Mags Corbett, Dementia Advisor on 07769 366 175 or email on mcorbett@alzscot.org.

Our community groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, and 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 don't provide transport for these groups and therefore it is your responsibility to get to and from the community groups safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator no. SC022315 160 Dundee Street, Edinburgh, EH11 1DG 0131 243 1453 www.alzscot.org



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

