

What's on



September 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 2 nd & 16 th .	MUSICAL MASH-UP 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 contact Helen (or Emma for the 16th) .	1.30-3pm
Tuesday 9 th	Elgin Community Drop-in Session 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
	Reduced activity sessions this month due to staff annual leave....	
Thursday 11 th	Carers Support Group Room 212, UHI Moray College Elgin A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.	10.30-12.00

Thursday 25th	HIDDEN GEMS of MORAY – LOGIE STEADING. Join us to explore their Garden, Heritage centre & finish at their delicious café. There's also the; farm & garden shop, riverside walks, long horn cattle, book shop & timber specialist shop which we can choose whether to visit or not. £4 pp for the Garden visit. Unfortunately, we don't have a bus to collect people this time, so we'll meet at Logie Steading for 11am at the archway into the central courtyard to the shops/café. I'll book the café for 1pm. Please let Helen know if you plan to meet us there.	11.00 – 3.30pm
Friday NO Session this month will return in October	Speyside Community Session Room 3 (enter via entrance D) - Fleming Hospital Aberlour A drop in session for anyone who would like to chat to a Dementia Advisor	10.30-12.00
Friday 26th	NEW - BODY BOOSTING BINGO! UHI Moray College Elgin – Room 212 – Upstairs. A new fun Bingo session with a twist! Each square has some music and an easy stretch or movement, lots of opportunity for giggles as we all get some gentle exercises. This is a great laugh, come along and try it out! Followed by a cuppa and biscuits! Any Queries? please contact Helen. All welcome. 😊	10.15 – 12.00

Contact details for groups:

Emma Gregg

Dementia Advisor (Moray)

egregg@alzscot.org 07925 596232

Helen Moore

Community Activities Organiser (Moray)

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**.

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>



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

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 | 07929 784845

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



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.

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

