

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## July 2024 - Aberdeen

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. 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		
Monday 1 July	<b>Indoor Bowling</b> Come and join us for a game of bowls, some light refreshments and a chance to chat whilst enjoying some physical exercise. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3.30pm</b>
Tuesday 2 July	<b>Football Memories</b> Join us for a chance to reminisce about football. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12noon</b>
Wednesday 3 July	<b>Musical entertainment afternoon – Melting Pot</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	<b>1.30pm- 3pm</b>
Thursday 4 July	<b>Anyone for tennis?</b> During Wimbledon fortnight come and try a light-hearted tennis quiz, participate in some balloon tennis and savour that summer favourite – strawberries and cream! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30- 11.30am</b>
Friday 5 July	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>

Friday 5 July	<p><b>Community Café with information from Home Energy Scotland- All welcome</b></p> <p>Home Energy Scotland will be attending our café. 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.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	12.30- 2.30pm
Monday 8 July	<p><b>Quiz afternoon</b></p> <p>Put on your thinking caps and join us for a fun quiz!</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	2-3pm
Tuesday 9 July	<p><b>The kettle's on – drop in session</b></p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	10-11am
Tuesday 9 July	<p><b>Beetle Drive</b></p> <p>Come and have some fun with this easy to play, roll a dice beetle game. Who will roll the first 6?</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	1.30-3pm
Wednesday 10 July	<p><b>An afternoon with Alistair Eddie</b></p> <p>Join us for a cuppa followed by musical entertainment, provided by local jazz singer Alistair Eddie. Dance the afternoon away or sit back and sing along at your own pace.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	1.30-3pm
Thursday 11 July	<p><b>STARS programme (for ages 8-12) MY AMAZING BRAIN!</b></p> <p><b>Open to any children on school holidays.</b></p> <p>Join us for some fun games and activities to learn that our brain really is amazing.</p> <ul style="list-style-type: none"> <li>• Drink and snack provided.</li> <li>• A parent/carer must stay. (Tea/coffee available)</li> <li>• Please contact 01224 644077 to register your child.</li> </ul> <p><b>There are 5 sessions of STARS: MY AMAZING BRAIN in the holidays. These sessions are the same so offer a choice of dates and times.</b></p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	10.30- 11.30am
Thursday 11 July	<p><b>The kettle's on – drop in session</b></p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	2-3pm
Friday 12 July	<p><b>Art Group</b></p> <p>Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	11am- 12.30pm

Friday 12 July	<p><b>Musical Memories</b></p> <p>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.</p> <p><b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b></p>	<b>1.30-3pm</b>
Monday 15 July	<p><b>A trip down memory lane – all welcome</b></p> <p>Join Alan Johnston as he gives a talk and takes us down memory lane. These talks are open for anyone in the community to attend. Tea and coffee will be available.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>10.30am- 12noon</b>
Tuesday 16 July	<p><b>The kettle's on – drop in session</b></p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>10-11am</b>
Tuesday 16 July	<p><b>STARS programme (for ages 8-12) MY AMAZING BRAIN!</b></p> <p><b>Open to any children on school holidays.</b></p> <p>Join us for some fun games and activities to learn that our brain really is amazing.</p> <ul style="list-style-type: none"> <li>• Drink and snack provided.</li> <li>• A parent/carer must stay. (Tea/coffee available)</li> <li>• Please contact 01224 644077 to register your child.</li> </ul> <p><b>There are 5 sessions of STARS: MY AMAZING BRAIN in the holidays. These sessions are the same so offer a choice of dates and times.</b></p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>2-3pm</b>
Wednesday 17 July	<p><b>Musical entertainment afternoon – Cate MacPherson</b></p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b></p>	<b>1.30-3pm</b>
Thursday 18 July	<p><b>Relaxation session</b></p> <p>Join us for a chance to relax and unwind.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>10.30- 11.30am</b>
Thursday 18 July	<p><b>Professionals drop-in</b></p> <p>An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide, including the new Aberdeen Brain Health Service.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>2-3pm</b>
Friday 19 July	<p><b>Art Group</b></p> <p>Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>11am- 12.30pm</b>

Friday 19 July	<p><b>Lunch Café</b></p> <p>Join us for a light lunch and a chance to chat with others in a similar situation.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>12.30-2pm</b>
Monday 22 July	<p><b>Carers Support Group</b></p> <p>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 for people living with dementia in a separate area.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b></p>	<b>10.30am-12noon</b>
Monday 22 July	<p><b>Coffee Morning Memories</b></p> <p>Join Alan Johnston for some reminiscence. For people with dementia.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b></p>	<b>10.30am-12noon</b>
Tuesday 23 July	<p><b>The kettle's on – drop in session</b></p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>10.00-11am</b>
Tuesday 23 July	<p><b>Summer Celebrations</b></p> <p>Come with a photo or object that is meaningful to you. Whether from a wedding, graduation, or something from everyday life...the choice is yours. Share, chat and reminisce.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>1.30-3pm</b>
Wednesday 24 July	<p><b>Musical entertainment afternoon – Kath Keith</b></p> <p>Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace.</p> <p><b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b></p>	<b>1.30-3pm</b>
Thursday 25 July	<p><b>STARS programme (for ages 8-12) MY AMAZING BRAIN!</b></p> <p><b>Open to any children on school holidays.</b></p> <p>Join us for some fun games and activities to learn that our brain really is amazing.</p> <ul style="list-style-type: none"> <li>• Drink and snack provided.</li> <li>• A parent/carer must stay. (Tea/coffee available)</li> <li>• Please contact 01224 644077 to register your child.</li> </ul> <p><b>There are 5 sessions of STARS: MY AMAZING BRAIN in the holidays. These sessions are the same so offer a choice of dates and times.</b></p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>10.30-11.30am</b>
Thursday 25 July	<p><b>Technology Awareness Sessions</b></p> <p>Come and join us to find out more about technology and how it can support you. This session is suitable for those who have never used technology before, those who know a little and those who know a lot. The content of the session will be guided by those attending and what they'd like to know more about.</p> <p><b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b></p>	<b>1.30-2.30pm</b>

Friday 26 July	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 26 July	<b>Musical Memories</b> 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. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	<b>1.30-3pm</b>
Monday 29 July	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10-11am</b>
Tuesday 30 July	<b>Dog bingo</b> Join us for a game of bingo with a dog theme. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>
Wednesday 31 July	<b>Musical entertainment afternoon – Jack MacPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	<b>1.30-3pm</b>

## In Person Group – Younger Onset (Under 65)

Thursday 11 <sup>th</sup>	<b>Younger Onset Walk &amp; Talk</b> <b>The Barn, Banchory, AB31 5QA</b>  Time to enjoy the lovely scenery and take a walk at the wild gardens. A chance to meet others. Time for refreshments afterwards !  <b>Contact Lori Fotheringham, Young Onset PDS Link Worker by email: <a href="mailto:LFotheringham@alzscot.org">LFotheringham@alzscot.org</a> or call 07824524213</b>	1.30pm
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### Contact details for groups

<b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b> <a href="mailto:aberdeencityservices@alzscot.org">aberdeencityservices@alzscot.org</a> 01224 644077	<b>Karen Black - Centre Manager</b> <a href="mailto:KarenBlack@alzscot.org">KarenBlack@alzscot.org</a> 07585 669654
<b>Diane Johnston – Support Worker</b> <b>Aberdeen City</b> <a href="mailto:djohnston@alzscot.org">djohnston@alzscot.org</a> 01224 644077	<b>Sonia Gow – Centre Activities Coordinator</b> <a href="mailto:sgow@alzscot.org">sgow@alzscot.org</a> 01224 644077

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>

