

What's on



July 2024 – 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 8 th & 22 nd	Walk and Talk @ Aden Aden Country Park, Station Road, Mintlaw (Meet in the car park beside carer's garden) Please note, a change of time for Monday 8 th – only 10.00am-11.30pm	11.00 – 12.30 pm
Monday 15 th	Gardening Group @ Banff Castle Banff Castle, Castle Street, Banff For people living with dementia and their carers to meet up. Come along and join in with some light gardening.	11.00 – 12.30pm
Tuesday 16 th	Turriff Hae a News Turriff Library, Grange Villa, The Square, Turriff For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	11.00 – 12.30 pm
Tuesday 23 rd	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	11.00 – 12.30pm
Wednesday 3 rd July (evening)	Carers' Support Group In partnership with St Modans Care Home, 2 Christian Watt Drive, Fraserburgh For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences. Contact Laura Crockatt for further details. Next daytime group will be 7th August, 11-12.30pm	6.00–7.30pm

<p>Wednesday 10th</p>	<p>Peterhead Hae A News Peterhead Library, St Peter Street, Peterhead</p> <p>For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity.</p>	<p>11.00 – 12.30 pm</p>
<p>Wednesday 24th</p>	<p>Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead</p> <p>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.</p>	<p>2-3.30pm</p>
<p>Thursday 4th & 18th</p>	<p>Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd,</p> <p>For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity.</p>	<p>11.00 – 12.30 pm</p>
<p>Thursday 11th</p>	<p>Pop Up Dementia Café & Carer Support Group @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff</p> <p>For people living with dementia and their carers. Both groups to run alongside each other within The Vinery.</p> <p>Carers 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.</p> <p>Please contact Laura Crockatt for further information and to book a place. If you would like to attend the carers group and would like the person you care for to attend the social group at the same time, please get in touch so we can establish if this will be suitable.</p>	<p>11.00-12.30pm</p>
<p>Thursday 25th</p>	<p>Gardening Group @ Banff Castle Banff Castle, Castle Street, Banff</p> <p>For people living with dementia and their carers to meet up. Come along and join in with some light gardening.</p>	<p>11.00 – 12.30pm</p>
	<p>Banff Hae A News We will be meeting at The Vinery from April - September and back at Banff Library October – March. Contact Kathy for further details.</p>	

In Person Group	What's On In Central Aberdeenshire	
	Inverurie Carers Support Group ! Next group meets in August !	2.00-3.00pm
Tuesday 2nd	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 9th	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 16th	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 have a blether, a cuppa and some fun.	11.00 –12.00pm
Tuesday 16th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	2.00 -3.00 pm
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 and a cuppa.	2.00 -3.00 pm
Thursday 4th	Oldmeldrum Social Group ! NEW ! 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 11 th & 25 th	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 For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	2.00 -3.00pm

In Person Group		What's On In South Aberdeenshire
Tuesday 2nd	Portlethen Pastimes Portlethen Library, Bruntland Rd, Portlethen For people living with Dementia and their Carers. Join us to enjoy a chat, social activities and a cuppa.	10.30-11.30am
Tuesday 9 th & 23rd	Stonehaven Activities & More Community Education Centre, Bath Street, Stonehaven. For people living with Dementia and their Carers. This group runs the 2 nd and 4 th Tuesday of the month. Join us for some gentle chair exercise, social activities & a cuppa.	10.30 -12.00pm
Tuesday 9th	Stonehaven Carer Support Group Community Education Centre, Bath St. Stonehaven. For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	10.30 –12.00pm
Wednesday 17th	Aboyne Activities & Social Group Aboyne Library, Bridgeview Road, Aboyne A monthly group for people living with dementia and their carers. Join us to enjoy a chat, social activities and a cuppa.	2.00-3.00pm
Thursday 4 th & 18 th	Banchory Activities & Social Group Banchory Library, Bridge Street, Banchory AB31 5SU. For people living with Dementia and their Carers. This group runs the 1 st and 3 rd Thursday of the month. Join us in Banchory Library to enjoy a chat, social activities & a cuppa.	1.30 – 3.00 pm

In Person Group – Younger Onset (Under 65)		
Thursday 11 th	Younger Onset Walk & Talk The Barn, Banchory, AB31 5QA Time to enjoy the lovely scenery and take a walk at the wild gardens. A chance to meet others. Time for refreshments afterwards! Contact Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07824524213	1.30pm

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 – Mags Corbett	2.00–3.00pm
Thursday 4th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 25 th	Aberdeenshire Carer Support – Laura Crockatt Note change of date for July only	11.00 am

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
Lori Fotheringham, Young Onset PDS Link Worker LFotheringham@alzscot.org 07824524213	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>

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



ACROSS ABERDEENSHIRE



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.

During July there will be an information session on Blue badge and concessions, a whole host of Live music and More and Gaelic Conversations available to book. In our available on demand videos, we have some new content; an introduction to the You Me and Grief Programme set to run in August, AHP Physiotherapy information, a Yoga practice session with Lesley and Tabletop Arts and Crafts with Pam creating herb planters aptly named 'Pizza Pots' alongside many other available on demand videos.

We welcome any comments, feedback and ideas, use our feedback button or contact the VRC facilitator by email. VRC Facilitator Email sberesford@alzscot.org. **To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

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Online Carer Information

Session 1: Dementia

An overview of the impact and causes of dementia and approaches to help

Session 2: Focus on Caring

The impact of caring and looking after yourself.

Session 3: Strategies for the future

Planning options and what to do if things become more difficult

Click [here](#) to book sessions from the VRC, these go live the last week of each month.

**Tuesdays 2-3.30 on Teams
Virtual Resource Centre (VRC)**

Dates:

Block 2: **August 20th, 27th and September 3rd**

Block 3: **November 12th, 19th and 26th**

Contact Our National Dementia Advisor Service on NDAS@alzscot.org

In Central Aberdeenshire

Networks of Wellbeing Information Day

at 14, The Square, Rhynie

Come along and meet us on 18th July 2024 between 12-4pm.

In South Aberdeenshire

Visual Arts Workshop for people with dementia, or experiencing difficulties with their memory, and their carers.



6 Week Block starting Monday 2nd September - Monday 7th October 2024 (11 – 12.30pm). There is no charge for attending these workshops but people are welcome to make a donation towards teas & coffees and art materials.

Stonehaven Community Education Centre, Bath Street. If you are interested, or require more information, please contact:

Dee Cobban, Community Activities Organiser on 07825 546006 or email dcobban@alzscot.org

to book your place, as numbers may be limited. Come along and enjoy a morning of creativity and fun.



Some of the stunning artwork from a previous workshop

