

What's on

July 2024 – 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
<p>Tuesday 16th No group on 2nd July</p>	<p>MUSICAL MASH-UP 1.30-3pm Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month.</p> <p>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.</p>
<p>Next session meets in August</p>	<p>Community Drop In Session Community Hub Room UHI Moray College/Elgin College.</p> <p>Informal drop in session to come along and chat about all things dementia or brain health related with a Dementia Advisor.</p>
<p>Tuesday 23rd</p>	<p>HIDDEN GEMS of MORAY All day BADAGUISH Outdoor Centre Log Cabin & Tepee - South of Aviemore</p> <p>Set beneath the beautiful Cairngorm mountains, we'll be guided by Kenny & Andy. Gluten free/veg Soup, hot drinks & biscuits will be provided, please bring your own packed lunch. Be prepared for cooler temperatures, though we may also get a heat wave so suntan lotion too! This will be a whole day trip - Mini-Bus collection: from the rear of Forres Library at 9.10am, then Elgin Community Centre carpark at 9.30am, with optional pickups at Fogwatt, Rothes and Aberlour if requested. Return to Elgin about 3.45pm & Forres about 4.10pm. We are limited to 8 people, so please confirm with Helen asap.</p>

<p>Next cafe in August</p>	<p>Pop Up Dementia Café</p> <p>A group for anyone with dementia or memory concerns, their carers and families to come along for a cuppa and a chat to gain peer support within their local community.</p>
<p>Tuesday 30th</p>	<p>Picnic on the Beach - Cullen West beach next to the Golf club</p> <p>1.30 – 3.00pm</p> <p>Bring a picnic, hot flask & deck chair/camping chair. Myself & Emma will help carry your chair & I'll bring some spare chairs too. We can enjoy watching the waves crash whilst we chat and have a laugh. If it's wet we'll head to a café in Cullen. Please let Helen know if you wish to join us.</p>
<p>Thursday 11th</p>	<p>BIKEABILITY Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR.</p> <p>1.30- 3.00pm</p> <p>Everyone has really enjoyed our previous sessions, so come join us and try an adapted bike; Tri-cycles or side by side bikes etc, guided by Outfit Moray's Bikeability team. Either inside the massive sports hall or outside on the cycle track if it's sunny, so bring a jacket- in case. Followed by a cuppa in the cafe. Please let Helen know if you wish to join us.</p>
<p>Thursday 18th</p>	<p>THURSDAY ART GROUP for people living well with dementia & their carers. UHI Moray college/Elgin college - Room 212</p> <p>2.00- 3.30pm.</p> <p>For people living well with dementia. Come join us, either bring your own art project or join Helen for a creative session.... No experience or skill needed, just come, have fun & explore your creative side. Helen will wait in reception and accompany you to the room.</p>
<p>Friday 19th</p>	<p>Carers Support Group Community Hub Room , UHI Moray College Elgin</p> <p>10.30- 12.00noon</p> <p>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences.</p>
<p>Friday 19th</p>	<p>Classic Films Community Hub Room, UHI Moray college</p> <p>10.15-12 noon</p> <p>Come & join us to watch a good classic film, I'll bring the Popcorn and Ice Cream. All welcome. Helen will wait in reception & accompany you to the room. Please let Helen know if you wish to join.</p> 

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

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>



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>**

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

Some highlights of our activities during May

Bikeability Picnic on Lossie Beach Hoopla Modeling hankerchief hats ..
Selfie practice 😊



Thank you all so much for taking the time to fill in Helen's survey..... Helen will use this feedback to consider future activities.



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

