

What's on





November 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		
Friday 1 November	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 1 November	Community Café with information from Home Energy Scotland- All welcome 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. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30- 2.30pm
Friday 1 November	Musical Memories 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. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3pm
Monday 4 November	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30- 11.30am
Monday 4 November	Musical performance: The Garioch Fiddlers Come and enjoy a Scottish selection performed today by 2 fiddles, accordion and piano, all from the Garioch Fiddlers. The group play the range of traditional Scottish tunes - strathspeys, reels, marches, jigs and waltzes, so you'll be toe tapping in no time! Feel free to join us for a cuppa at 1.30pm before the performance starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm

Tuesday 5 November	Football Memories Join us for a chance to reminisce about football. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Tuesday 5 November	Carers Cuppa Whilst the footballers reminisce, an opportunity for others to have a chat and enjoy a fine piece. All carers welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12 noon
Tuesday 5 November	Letting Go – please note this is an ONLINE group Support group for carers who have a loved one in a care home or moving soon into a care home. The group will offer carers the opportunity to meet with other carers in the same situation for emotional support and information. If you wish a link to join, please contact Mags Corbett at MCorbett@alzscot.org Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Wednesday 6 November	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is running for a 7-week block until mid-December. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.  Kathy Julius Yoga Trust  Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon
Wednesday 6 November	Musical entertainment afternoon – Melting Pot Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen	1.30pm- 3pm
Thursday 7 November	Men’s Young Onset (under 65s) Peer Support Group A chance for men living with dementia to get together over a cuppa. Contact Lori Fotheringham, Young Onset PDS Link Worker by email: LFotheringham@alzscot.org or call 07824524213 Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1-2pm
Friday 8 November	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 8 November	Group with student Dietitian Come along and join us for a group led by the students currently based in our centre. Please contact us to find out more about what will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	3-4pm
Monday 11 November	Reminiscence group: The Way It Was Come and meet Ian and share in his recollection of growing up in the Rosemount area, in the 40s and 50s. Share your childhood memories of where you grew up, be that as a ‘toonser’ or from further afield. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am-12 noon
Monday 11 November	Quarriers Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12-2pm

Monday 11 November	Musical Mondays: at the Movies Come and choose from the various Musicals film options on offer and feel free to sing along! Will the hills be alive with the Sound of Music, or will we rock you with Bohemian Rhapsody? Various titles to choose from! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2.30-4pm
Tuesday 12 November	Carers Cuppa All carers welcome to come and join others in a similar situation, to have a chat and enjoy a fine piece. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30-11.30am
Tuesday 12 November	Curling The game will start after a cuppa. The centre flooring is perfect to let the curling stones glide onto the target mat. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3.30pm
Wednesday 13 November	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is running for a 7-week block until mid-December. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.  Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12 noon
Wednesday 13 November	Musical entertainment afternoon – Kath Keith Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm
Thursday 14 November	Bacon Butty, a Brew and a Blether Join Diane for a bacon butty and brew, and a chance for a catch up! Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12.30pm
Thursday 14 November	Professionals Drop-In 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. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Friday 15 November	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am-12.30pm
Friday 15 November	Musical Memories 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. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3pm
Friday 15 November	Group with Physiotherapy and Occupational Therapy students Come along and join us for a group led by the students currently based in our centre. Please contact us to find out more about what will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm

Monday 18 November	The kettle's on – drop in session A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30- 11.30am
Monday 18 November	Boogie Bingo – 60s For all you music lovers out there -not to be missed! Join DJ Ian McIndoe for another brilliant game of boogie bingo. This theme features music from the swinging sixties. Feel free to join us at 2.30pm for a coffee before the game starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	3-4pm
Tuesday 19 November	Relaxation session Join us for a chance to relax and unwind. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	10.30am- 12noon
Tuesday 19 November	Public Engagement Session: Dementia and Drug Treatments Join us for a special event hosted by Alzheimer Scotland. We want to hear your views on new drug treatments for dementia, like Lecanemab. Your feedback will help shape Alzheimer Scotland's response to the Scottish Medicines Consortium's upcoming decision on this treatment. This is a great chance to share your thoughts and help influence future dementia care in Scotland. Everyone is welcome. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.30pm
Wednesday 20 November	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is running for a 7-week block until mid-December. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.  Kathy Julius Yoga Trust  OSCR Scottish Charity Regulator www.oscr.org.uk Registered Charity Scotland Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12 noon
Wednesday 20 November	Musical entertainment afternoon – Jack McPherson Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3pm
Thursday 21 November	Quiz/Beetle Drive The choice is yours – a selection of quiz type games or a beetle drive will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12noon
Friday 22 November	Art Group Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	11am- 12.30pm
Friday 22 November	Soup and bread lunch Join us for a lunch and a chance to chat with others in a similar situation. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	12.30-2pm
Friday 22 November	Group with Physiotherapy and Occupational Therapy students Come along and join us for a group led by the students currently based in our centre. Please contact us to find out more about what will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm

Monday 25 November	<p>Carers Support Group</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>Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen</p>	<p>10.30am- 12noon</p>
Monday 25 November	<p>Coffee Morning Memories</p> <p>Join Alan Johnston for some reminiscence. For people with dementia.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen</p>	<p>10.30am- 12noon</p>
Monday 25 November	<p>Quarriers</p> <p>Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>12-2pm</p>
Tuesday 26 November	<p>The kettle's on – drop in session</p> <p>A chance to drop in and enjoy a cuppa and a chat or ask for advice. All welcome.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>10.30- 11.30am</p>
Tuesday 26 November	<p>Mixed sports session</p> <p>Some fun and exercise and some friendly competition – darts, curling and skittles as a triathlon! Only after the essential cuppa and chat though.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>2-3.30pm</p>
Wednesday 27 November	<p>Chair based yoga</p> <p>Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. This is running for a 7-week block until mid-December. During the session you will practise movement, breathing exercises and relaxation. Bring a water bottle and your favourite blanket to keep warm during relaxation.</p> <div style="display: flex; align-items: center;">  <div style="background-color: #0070C0; color: white; padding: 5px; display: flex; align-items: center;"> <div style="margin-right: 10px;"> <p style="font-size: 1.2em; margin: 0;">Kathy Julius Yoga Trust</p> </div>  </div> </div> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>11am- 12 noon</p>
Wednesday 27 November	<p>Musical entertainment afternoon – Cate MacPherson</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>Brain Health & Dementia Resource Centre, 13 – 19 King Street, Aberdeen</p>	<p>1.30-3pm</p>
Thursday 28 November	<p>Technology Awareness Sessions</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>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>1.30-2.30pm</p>
Friday 29 November	<p>Art Group</p> <p>Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>11am- 12.30pm</p>

Friday 29 November	Musical Memories 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. Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)	1.30-3pm
Friday 29 November	Group with Physiotherapy and Occupational Therapy students Come along and join us for a group led by the students currently based in our centre. Please contact us to find out more about what will be on offer. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm

Contact details for groups

Alzheimer Scotland Brain Health & Dementia Resource Centre <u>aberdeencityservices@alzscot.org</u> 01224 644077	Karen Black - Centre Manager <u>KarenBlack@alzscot.org</u> 07585 669654
Diane Johnston – Support Worker Aberdeen City <u>djohnston@alzscot.org</u> 01224 644077	Sonia Gow – Centre Activities Coordinator <u>sgow@alzscot.org</u> 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>

