

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## December 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   |                        |
|--|--|------------------------|
| <b>Tuesday 10th</b><br><b>(Please note change of date)</b> | <b>Fraserburgh Hae A News</b><br><b>Fraserburgh Library, King Edward St Fraserburgh</b><br>Come along and enjoy our festive gathering, with nibbles and party games, wear your Christmas jumper. Laura Crockatt will be offering Indian Head massage – <b>booking is required.</b> | <b>11.00am–1.00pm</b>  |
| <b>Tuesday 17th</b>  | <b>Turriff Hae a News</b><br><b>Turriff Library, Grange Villa, The Square, Turriff</b><br>Come along and enjoy our festive gathering with nibbles and party games, wear your Christmas jumper  | <b>11.00am–12.30pm</b> |
| <b>Wednesday 11th</b>                                      | <b>Peterhead Hae A News</b><br><b>Peterhead Library, St Peter Street, Peterhead</b><br>Come along and enjoy our festive gathering with nibbles and party games, wear your Christmas jumper   | <b>11.00am–12.30pm</b> |
| <b>Wednesday 18th</b>                                      | <b>Walk &amp; Talk @ Aden</b><br><b>Aden Country Park, Station Road, Mintlaw</b><br>Meet in the car park beside carers garden  | <b>11.00am–12.30pm</b> |
| <b>Thursday 5th</b>  | <b>Mintlaw Hae a News</b><br><b>Mintlaw Library, MACBI Community Hub, Newlands Rd,</b><br>Come along and enjoy our festive gathering with nibbles and party games, wear your Christmas jumper  | <b>11.00am–12.30pm</b> |
| <b>Thursday 12th</b>                                       | <b>Pop Up Dementia Cafe @ The Vinery</b><br><b>Grow @ The Vinery, Duff House Gardens, Low Street, Banff</b><br><br>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment                                     | <b>11.00am–12.30pm</b> |
| <b>Thursday</b>  | <b>No Banff Library Group/Carers Group this month</b>  |                        |

| In Person Group  |  | What's On In Central Aberdeenshire |
|--|--|------------------------------------|
| Monday 2nd   | <p><b>Inverurie Carers Support Group</b><br/> <b>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</b></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> | 2.00-3.00pm                        |
| Tuesday 3 <sup>rd</sup>  | <p><b>Insch Social Group</b><br/> <b>Bennachie Leisure Centre, Largie Rd, Insch</b></p> <p>A social group for people living with dementia and their carers.</p>  | 10.45-11.45 am                     |
| Tuesday 17 <sup>th</sup><br><b>PLEASE NOTE DATE CHANGE</b>                     | <p><b>KEMNAY Pop-up Café</b><br/> <b>Kemnay Library, Kendal Rd, Kemnay AB51 5RN</b></p> <p>A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.</p>  | 1.30-2.30pm                        |
| Tuesday 17 <sup>th</sup>   | <p><b>Port Elphinstone Social Group</b><br/> <b>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</b></p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.</p>                                       | 11.00 –12.00pm                     |
| Tuesday 17 <sup>th</sup>   | <p><b>Westhill Carers Support Group</b><br/> <b>Westhill Library, Westhill Primary, Westhill Drive</b></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>                                      | 2.00 -3.00 pm                      |
| Wednesday 4 <sup>th</sup>  | <p><b>Westhill Social Group</b><br/> <b>Westhill Library, Westhill Primary, Westhill Drive</b></p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.</p>  | 2.00 -3.00 pm                      |
| Thursday 5 <sup>th</sup>   | <p><b>Oldmeldrum Social Group</b><br/> <b>Meldrum Town Hall (downstairs room), The Square, Oldmeldrum</b></p> <p>Come along &amp; enjoy a social event for people living with dementia and their carers.</p>   | 1.30 – 2.30pm                      |
| Thursday 12 <sup>th</sup> & 19 <sup>th</sup><br><b>PLEASE NOTE DATE CHANGE</b> | <p><b>Ellon Social Group</b><br/> <b>The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift)</b></p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.</p>   | 2.00 -3.00pm                       |

|                          |   |                     |
|--------------------------|---|---------------------|
| <b>Thursday<br/>12th</b> | <b>Ellon Carers Support Group</b><br><b>Forvie Room, The Kirk Centre, Station Rd, Ellon</b>   | <b>2.00 -3.00pm</b> |
|                          | For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences |                     |

## In Person Group      What's On In South Aberdeenshire

|  |   |                        |
|--|---|------------------------|
| <b>Monday 2nd</b>  | <b>Visual Arts Workshop</b><br><b>Community Education Centre, Bath Street, Stonehaven.</b>  | <b>11 – 12.30pm</b>    |
|  | Our Visual Arts Workshop is for people living with dementia, or experiencing difficulties with their memory, and their carers to come along and enjoy a morning of creativity and fun. This art group is run by two of our Lead Volunteers.<br><b>PLEASE NOTE THIS IS THE FINAL SESSION FOR THE YEAR!</b> |                        |
| <b>Tuesday 3rd</b>                                       | <b>Portlethen Pastimes</b><br><b>Portlethen Library, Bruntland Road, Portlethen.</b>  | <b>10.30 - 11.30am</b> |
|  | A social group for people living with dementia and their carers to have a chat, a cuppa and join in a fun activity.   |                        |
| <b>Tuesday<br/>10<sup>th</sup> &amp; 24<sup>th</sup></b> | <b>Stonehaven Activities &amp; More</b><br><b>Community Education Centre, Bath Street, Stonehaven.</b>  | <b>10.30 - 12.00pm</b> |
|  | A social group for people living with dementia, and their carers, to meet up for some fun activities whilst enjoying a cuppa & a catch-up.<br><b>Wear something festive to our Christmas themed session on 24<sup>th</sup> 😊</b>  |                        |
| <b>Tuesday<br/>10th</b>                                  | <b>Stonehaven Carers Group</b><br><b>Stonehaven Community Education Centre, Bath Street.</b>  | <b>10.30 –12.00pm</b>  |
|  | For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences   |                        |
| <b>Wednesday<br/>18th</b>                                | <b>Aboyne Social Group</b><br><b>Aboyne Library, Bridgeview Road, Aboyne.</b>   | <b>2.00 -3.00pm</b>    |
|  | A social group for people living with dementia and their carers to meet up for a cuppa and a chat.  |                        |
| <b>Thursday<br/>5<sup>th</sup> &amp; 19th</b>            | <b>Banchory Social Group</b><br><b>Banchory Library, Bridge Street, Banchory.</b>   | <b>1.30 - 3.00pm</b>   |
|  | A Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.   |                        |

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 3rd    | Letting Go – Mags Corbett<br>Support group for carers who have a loved one in a care home or moving soon into a care home. | 2.00–3.00pm      |
| Thursday 5th   | Rare Dementia Carer Support – Laura Crockatt   | 11.00 am         |
| Thursday 19th  | Aberdeenshire Carers Support Group – Laura Crockatt and Mags Corbett   | 11 am<br>12.30pm |

**Check out Our Virtual Resource Centre (VRC)** An online space where people can 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 Email [sberesford@alzscot.org](mailto:sberesford@alzscot.org). **To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

Contact details for groups:

|  |  |
|--|--|
| <p><b>Laura Crockatt, Dementia Advisor</b><br/><b>Aberdeenshire (North)</b><br/><a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a> 07825 242381;</p>           | <p><b>Kathy Fraser, Comm. Activities Organiser</b><br/><b>Aberdeenshire (North)</b><br/><a href="mailto:kfraser@alzscot.org">kfraser@alzscot.org</a> 07795 391092; -</p>       |
| <p><b>Mags Corbett, Dementia Advisor</b><br/><b>Aberdeenshire (Central &amp; South)</b><br/><a href="mailto:mcorbett@alzscot.org">mcorbett@alzscot.org</a> 07769 366 175</p> | <p><b>Susan Westcott, Comm. Activities Organiser</b><br/><b>Aberdeenshire (Central )</b><br/><a href="mailto:swestcott@alzscot.org">swestcott@alzscot.org</a> 07876 003154</p> |
| <p><b>Dee Cobban, Community Activities Organiser</b><br/><b>Aberdeenshire (South)</b><br/><a href="mailto:dcobban@alzscot.org">dcobban@alzscot.org</a> 07825 546006</p>      |  |



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](mailto:vsleigh@alzscot.org)**



## CARERS CORNER



We'll be taking a break over the festive period. Most of our group activities will re-start **from w/c 6<sup>th</sup> January 2025**.

Wishing all our readers a very Happy & Peaceful Christmas!



## ACROSS ABERDEENSHIRE .....



### Dementia Helpline Volunteers

**We are always on the lookout for new volunteers to help us on our 24-hour Dementia Helpline. Could you be part of our Helpline team and make a real difference to our callers?**

**The helpline is a vital support for people with dementia, their carers & families, and the wider community by ensuring that there is always someone there to listen and act when needed, be that day or night.**

**It is delivered entirely by volunteers who receive full comprehensive introductory training as well as ongoing training and support.**

**If you can spare a minimum of 8 hours per month and are over the age of 18, we would love to hear from you.**

**Find out more about the role and fill in an application form at <https://www.alzscot.org/helplinevolunteer> or email our team if you have any further questions at [helpline@alzscot.org](mailto:helpline@alzscot.org)**



Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street Edinburgh, EH11 1DQ, 0131 243 1453, [www.alzscot.org](http://www.alzscot.org)

# What's on

## December 2024 – Aberdeenshire

### In SOUTH ABERDEENSHIRE .....

*The Visual Art Group in Stonehaven have been very busy creating their works of art for next year's calendar. These workshops are run by our two Lead Volunteers, Jen and Lin, and another amazing volunteer Margaret. The art group has produced some stunning creations this year - here are just a few examples of the work created by both carers and people living with dementia - we are so lucky to have such wonderful volunteers, who give up their time and expertise, to make all this happen*



### Useful Contact numbers over the Christmas Period:

- ❖ [AberdeenshireHSCP@aberdeenshire.gov.uk](mailto:AberdeenshireHSCP@aberdeenshire.gov.uk)
- ❖ NHS 24 Freephone 111
- ❖ Social Care Service, outside office hours call 03456 08 12 06.
- ❖ Dementia Helpline – 0808 808 3000
- ❖ Mags Corbett, Dementia Advisor – [mcorbett@alzscot.org](mailto:mcorbett@alzscot.org) ; 07769 366 175 (available 23<sup>rd</sup>; 24<sup>th</sup>; 30<sup>th</sup> ; 31<sup>st</sup>)
- ❖ Sarah Fraser, Commissioned Service Lead- [sfraser@alzscot.org](mailto:sfraser@alzscot.org) ; 07774 849697 - (available 23<sup>rd</sup>; 24<sup>th</sup>; 27<sup>th</sup>; 30<sup>th</sup> ; 31<sup>st</sup>; 3<sup>rd</sup> Jan)