

What's on



**Alzheimer
Scotland**
Action on Dementia

November 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	
Tuesday 19th	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	11.00am-12.30pm
Tuesday 26th	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	11.00am-12.30pm
Wednesday 6th	Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden	11.00am-12.30pm
Wednesday 13th	Peterhead Hae A News Peterhead Library, St Peter Street, Peterhead For people living with Dementia and their carers to meet up, have a cuppa, chat and take part in an activity	11.00am-12.30pm
Wednesday 20th	Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden	11.00am-12.30pm
Wednesday 27th	Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead 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	2.00pm -3.30pm

Thursday 7th	<p>Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, For people living with dementia and their carers to meet up, have a cuppa, chat and take part in an activity</p>	11.00am -12.30pm
Thursday 14th	<p>Pop Up Dementia Café @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment</p>	11.00am -12.30pm
Thursday 21st	<p>Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, For people living with dementia and their carers to meet up, have a cuppa, chat and take part in an activity</p>	11.00am-12.30pm
Thursday 28th	<p>Banff Hae A News & Carer Support Group Banff Library, High Street, Banff For people living with dementia and their carers. Both groups to run alongside each other within The Library. CARER 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 From Jan – April will meet every 4th Thurs of the month.</p>	11.00am-12.30pm

In Person Group	What's On In Central Aberdeenshire
Monday 4 th	<p>Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</p> <p>2.00-3.00pm</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>
Tuesday 5 th	<p>Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch</p> <p>10.45-11.45 am</p> <p>A social group for people living with dementia and their carers.</p>
Tuesday 12 th	<p>KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN</p> <p>1.30-2.30pm</p> <p>A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.</p>
Tuesday 19 th	<p>Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</p> <p>11.00 –12.00pm</p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.</p>
<p>Wednesday 20th (Please note change of usual day)</p>	<p>Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive</p> <p>2.00 -3.00 pm</p> <div style="display: flex; align-items: flex-start;">  <p>Angela Pointen from NHS is coming to talk to us about a project running to better understand how people living with dementia and those who support them access the services of Allied Health Professionals (AHP's which include Dietitians, Occupational Therapists, Physiotherapists, Podiatrists and Speech and Language Therapists). Come and let her know your experiences.</p> </div>
Wednesday 6 th	<p>Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive</p> <p>2.00 -3.00 pm</p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.</p>
Thursday 7 th	<p>Oldmeldrum Social Group Meldrum Town Hall (downstairs room), The Square, Oldmeldrum</p> <p>1.30 – 2.30pm</p> <p>Come along & enjoy a social event for people living with dementia and their carers.</p>
Thursday 14 th & 28 th	<p>Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift)</p> <p>2.00 -3.00pm</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>

Thursday 14th	Ellon Carers Support Group Forvie Room, The Kirk Centre, Station Rd, Ellon	2.00 -3.00pm
	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

Monday 4th, 11th, 18th & 25th	Visual Arts Workshop Community Education Centre, Bath Street, Stonehaven.	11 – 12.30pm
	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. *Booking is essential*	
Tuesday 5th	Portlethen Pastimes Portlethen Library, Bruntland Road, Portlethen.	10.30 - 11.30am
	A social group for people living with dementia and their carers to have a chat, a cuppa and join in a fun activity.	
Tuesday 12th & 26th	Stonehaven Activities & More Community Education Centre, Bath Street, Stonehaven.	10.30 - 12.00pm
	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.	
Tuesday 12th	Stonehaven Carers Group Stonehaven Community Education Centre, Bath Street. Warwick Brown, an Advocate from Voice Ability, will be letting us know about what his organisation can offer.	10.30 –12.00pm
Tuesday 19th	Care Home Funding and Finances Talk/Q&A Stonehaven Community Education Centre, Bath St, Stonehaven	10.30 –12.00
	** See page 7 below for fuller details. ** Booking is essential.	
Wednesday 20th	Aboyne Social Group Aboyne Library, Bridgeview Road, Aboyne.	2.00 -3.00pm
	A social group for people living with dementia and their carers to meet up for a cuppa and a chat.	
Thursday 7th & 21st	Banchory Social Group Banchory Library, Bridge Street, Banchory.	1.30 - 3.00pm
	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 5th	Letting Go – Mags Corbett 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 7th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 21st	Aberdeenshire Carers Support Group – Laura Crockatt and Mags Corbett	11 am 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. **To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

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
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>

ACROSS ABERDEENSHIRE

CARERS CORNER



Online Carer Information

Session 1: Dementia

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

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)**

Session 2: Focus on Caring

The impact of caring and looking after yourself.

Dates:

Session 3: Strategies for the future

Planning options and what to do if things become more difficult

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

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

CLOCKS GO BACK

October has now drawn to a close and the clocks moved back one hour. This can be disorienting for people living with dementia, so we've pulled together some tips on how to make things a bit easier to manage:



- Change the clocks earlier in the evening to help maintain a sense of routine. This can reduce confusion and minimise the impact of sundowning
- Close curtains or blinds before it gets dark so the change in outdoor light isn't so noticeable. This makes the transition from day to night smoother and can help to maintain a healthy sleep routine
- Try to spend time outdoors during the day to improve sleep quality and mood. Fresh air during daylight hours can stimulate our body's natural sleep hormones – even five minutes each day can make a big difference
- Ensure that indoor lightening is bright and even to help people with dementia adjust to the shortening daylight hours. Good lighting can provide a reassuring environment and make it easier to maintain a regular routine
- Use clocks with large, easy-to-read displays to help people with dementia see and understand the new time more easily

In SOUTH ABERDEENSHIRE

Care Home Funding and Finances Talk/Q&A

Tuesday, 19th November - 10.30 – 12 noon

Stonehaven Community Education Centre, Bath Street, Stonehaven, AB39 2DH

Jim Pearson, Alzheimer Scotland's Deputy Chief Executive, will give a talk about care home fees and finances to allow families to gain a better understanding of the financial implications of someone going into long term care. There will be plenty of time for questions. This event is open to anyone who supports a family member living with dementia. **Please note that places are very limited and require to be booked.**

People can also join a video link via Teams – please book for this and a link will be sent out near the time.

Please contact Mags Corbett mcorbett@alzscot.org or phone/text on 07769 366 175.

**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**



Making sure nobody faces dementia alone.