

What's on



December 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	
Tuesday 3rd & 17th December.	MUSICAL MASH-UP Trinity Church, Elgin. Meets 1st & 3rd Tuesday of the month. Join this Musical Mash-Up! Fill your lungs for a 'Sing-Along' sing song and explore Musical Memories. Grab a cuppa and a natter. It's December which means Christmas songs, dig out those Xmas Jumpers, we've got a couple of wonderful raffle prizes, & possibly we'll have a wee performance from a couple of musicians, so we'll have a little party!!! Any Queries? please contact Helen .	1.30-3pm
Tuesday 10th	CHRISTMAS MEAL – At The Beechtree, within Elgin college / UHI. A wonderful Xmas celebration, time to relax, enjoy lovely food and good conversation. 16 of us are going and have paid our deposits, the remainder £17.50 to be paid following the meal. Any Queries? please contact Helen .	12- 1.30pm
Tuesday No Drop-in session in December	Community Drop-in Session Room 212 , UHI Moray College, Elgin. A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.	1.30-3pm

<p>Thursday 5th</p>	<p>BIKEABILITY Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR.</p> <p>Cycle your cares away, come join us and try an adapted bike; Tricycles, side by side, hand or recumbent bikes, lots to choose from, guided by Outfit Moray's Bikeability team. Inside the massive sports hall. Followed by a cuppa and lots of chat in the cafe.</p> <p>Please let Helen know if you wish to join us.</p>	<p>1.30-3pm</p>
<p>Thursday 19th</p>	<p>Speyside Community Drop-in Session Room 11, Fleming Hospital, Aberlour (enter via entrance B)</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>2 - 3.30pm New time!</p>
<p>Thursday 19th</p>	<p>THURSDAY ART GROUP for people living well with dementia & their carers. UHI Moray college/Elgin college - Room 212 Xmas Wreath making.</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 along for some fun & explore your creative side. Refreshments provided.</p> <p>Helen will wait in reception and accompany you to the room.</p>	<p>2 -3.30pm</p>
<p>Friday 13th</p>	<p>Carers Support Group Room 212, UHI Moray College Elgin</p> <p>A group for anyone who supports someone with dementia, cognitive impairment, or memory concerns to come along for a cuppa and peer support.</p>	<p>10.30-12.00</p>
<p>Friday 20th</p>	<p>Indoor Games and Quizzes Community Hub Room, UHI Moray college</p> <p>Come and join Helen for some fun & laughter playing indoor games & quizzes. Refreshments provided. All welcome.</p> <p>Helen will wait in reception & accompany you to the room.</p>	<p>10.15-12.15</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

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. VRC Facilitator - sberesford@alzscot.org.

To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>

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>



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



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

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



Making sure nobody faces dementia alone.