

What's on





January 2025 - 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		
Wednesday 1 January	Centre Closed Happy New Year Everybody!	
Thursday 2 January	Centre Closed	
Friday 3 January	Centre Closed	
Monday 6 January	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 6 January	Scotland the What Does the name of the famous comedy trio evoke memories of happy nights spent at HMT, full of laughter? Banish the January blues with a good laugh at content from Scotland the What played hopefully through video, or through CD. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	2-3pm
Tuesday 7 January	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 7 January	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

Wednesday 8 December	<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 the first session of a 5-week block. 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>   <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	11am- 12 noon
Wednesday 8 December	<p>Musical entertainment afternoon – Cate McPherson</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>	1.30pm- 3pm
Thursday 9 January	<p>Men’s Young Onset (under 65s) Peer Support Group</p> <p>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</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1-2pm
Friday 10 January	<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>	11am- 12.30pm
Friday 10 January	<p>Community Café with information from Home Energy Scotland- All welcome</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	12.30- 2.30pm
Friday 10 January	<p>Musical Memories</p> <p>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.</p> <p>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</p>	1.30-3pm
Monday 13 January	<p>The Way It Was: Torry</p> <p>Join us to reminisce about Old Torry using a fabulous collection of slides and photos put together by one of our carers.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3pm
Tuesday 14 January	<p>Community Café with talk on Telecare from Bon Accord Care: All Welcome</p> <p>Bon Accord Care will be attending our café. Come along for a cuppa and find out about all the different products and services the Telecare Team can offer which includes the community alarm service.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	1.30-3pm

Wednesday 15 January	<p>Chair based yoga</p> <p>Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. 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>  <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>11am- 12 noon</p>
Wednesday 15 January	<p>Musical entertainment afternoon – Jack McPherson</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 16 January	<p>Bacon Butty, a Brew and a Blether</p> <p>Join Diane for a bacon butty and brew, and a chance for a catch up!</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>11am- 12.30pm</p>
Thursday 16 January	<p>Professionals Drop-In</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>2-3pm</p>
Friday 17 January	<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 17 January	<p>Music Performance: Burns and Musicals</p> <p>We are delighted to welcome tenor and retired minister Kenneth Petrie to the centre. Kenneth is an experienced performer with a wide repertoire, including many Burns songs and musical numbers, which he will share with us today. Kenneth will be accompanied by the extremely talented Harry Williamson on keyboard.</p> <p>The performance will start at 2pm and we will have an interval for refreshments, to allow the performers to also have a break.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>2-3.30pm</p>
Monday 20 January	<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>
Monday 20 January	<p>Boogie Bingo - Tracks with a link to Scotland!</p> <p>For all you music lovers out there -not to be missed! Join DJ Ian McIndoe for another brilliant game of boogie bingo. Feel free to join us at 2.30pm for a coffee before the game starts.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>	<p>3-4pm</p>

Tuesday 21 January	<p>*NEW* Talkspot : Alzheimer Scotland’s Outdoor Resource Centre 2-3pm</p> <p>We would be delighted if you could join us for the first in a monthly series of informative and entertaining talks from a variety of guest speakers. To kickstart the year we are very pleased to host Kenny, who works at the Alzheimer Scotland Outdoor Resource Centre at Badaguish, in the heart of the Cairngorms. Kenny is going to tell us about life at the centre through a short film, some photos and a live online talk which will be shared on the big screen. The centre enables people living with dementia and their family and carers to experience the mental and physical benefits of spending time outdoors.</p> <p>Please arrive from 1.30pm so we can get a cuppa before the talk starts at 2pm.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>
Wednesday 22 January	<p>Chair based yoga 11am-12 noon</p> <p>Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. 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; margin: 0 10px;"> <p style="margin: 0;">Kathy Julius Yoga Trust</p> </div>  </div> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>
Wednesday 22 January	<p>Musical entertainment afternoon – Kath Keith 1.30-3pm</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>
Thursday 23 January	<p>Relaxation session 10.30-12 noon</p> <p>Join us for a chance to relax and unwind.</p> <p>Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen</p>
Friday 24 January	<p>Art Group 11am-12.30pm</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>
Friday 24 January	<p>Musical Memories 1.30-3pm</p> <p>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.</p> <p>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</p>
Monday 27 January	<p>Carers Support Group 10.30am-12noon</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>
Monday 27 January	<p>Coffee Morning Memories 10.30am-12noon</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>
Monday 27 January	<p>Soup Café 12-2pm</p> <p>Drop in for a soup light lunch and a chance to meet others. All welcome.</p> <p>Brain Health & Dementia Resource Centre, 13 – 19 King Street Aberdeen</p>

Tuesday 28 January	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
Tuesday 28 January	*NEW* Crime Scene Investigates with Aberdeen Science Centre Are you an armchair detective? Do you like crime novels and tv shows? Then come along and do some super sleuthing through science experiments with experts from Aberdeen Science Centre. The session will include a break for refreshments. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-3.30pm
Wednesday 29 January	Chair based yoga Come and join Ester, an experienced yoga teacher, for a chair-based session suitable for all abilities. 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 SC03978	11am- 12 noon
Wednesday 29 January	Musical entertainment afternoon – Raymond Mack 'The Singing Bobby' 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 30 January	Technology Awareness Sessions 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. Brain Health & Dementia Resource Centre 13 – 19 King Street Aberdeen	1.30-2.30pm
Friday 31 January	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 31 January	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	2-3.30pm

Contact details for groups

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

