

What's on



**Alzheimer
Scotland**
Action on Dementia

January 2025 – 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
	Happy New Year everyone! 🎉🎊🥂
Tuesday 21st	Turriff Hae a News Turriff Library, Grange Villa, The Square, Turriff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment. 11.00am-12.30pm
Tuesday 28th	Fraserburgh Hae A News Fraserburgh Library, King Edward St Fraserburgh For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment. 11.00am-12.30pm
Wednesday 8th	Peterhead Hae A News (to be confirmed) (Venue to be confirmed) Peterhead For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment. 11.00am-12.30pm
Wednesday 15th & 29th	Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden 11.00am-12.30pm
Thursday 9th	Pop Up Dementia Cafe @ 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 11.00am-12.30pm
Thursday 16th	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment. 11.00am-12.30pm

Thursday 23rd	<p>Banff Hae A News & Carer Support Group</p> <p>Banff Library, High Street, Banff</p> <p>For people living with dementia and their carers. Both groups to run alongside each other within The Library.</p> <p>CARER SUPPORT is a safe space for carers to gain peer support and get advice from their local Dementia Advisor</p> <p>SOCIAL GROUP is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment</p> <p>From Jan – April will meet every 4th Thurs of the month.</p>	11.00am-12.30pm
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In Person Group		What's On In Central Aberdeenshire
Monday 6th	<p>Inverurie Carers Support Group</p> <p>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</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 7th	<p>Insch Social Group</p> <p>Bennachie Leisure Centre, Largie Rd, Insch</p> <p>A social group for people living with dementia and their carers.</p>	10.45-11.45 am
Tuesday 14th	<p>KEMNAY Pop-up Café</p> <p>Kemnay Library, Kendal Rd, Kemnay AB51 5RN</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 21st	<p>Port Elphinstone Social Group</p> <p>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</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
Wednesday 15 th	<p>Westhill Carers Support Group</p> <p>Westhill Library, Westhill Primary, Westhill Drive</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> <p>*PLEASE NOTE CHANGE OF DAY – NOW ON THE 3rd THURSDAY OF THE MONTH *</p>	2.00 -3.00 pm
Wednesday NO GROUP THIS MONTH	<p>Westhill Social Group</p> <p>Westhill Library, Westhill Primary, Westhill Drive</p> <p>A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.</p> <p>NO GROUP THIS MONTH</p>	2.00 -3.00 pm

Thursday NO GROUP THIS MONTH	Oldmeldrum Social Group Meldrum Town Hall (downstairs room), The Square, Oldmeldrum	1.30 – 2.30pm
	Come along & enjoy a social event for people living with dementia and their carers. NO GROUP THIS MONTH	
Thursday 9 th & 23 rd	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift)	2.00 -3.00pm
	A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	
Thursday 9 th	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 13 th 20 th , 27 th	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. *NEW 8-WEEK BLOCK STARTS ON 13th - BOOKING IS ESSENTIAL *	
Tuesday 7 th	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 14 th & 28 th	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 14 th	Stonehaven Carers Group Stonehaven Community Education Centre, Bath Street.	10.30 –12.00pm
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	
Wednesday 15 th	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 16th	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. *PLEASE NOTE ONLY ONE MEETING THIS MONTH AS 2nd IS A BANK HOLIDAY*	

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 7th	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 9th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 16th	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>

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.

CARERS CORNER



WINTER SUPPORT

We want to reassure you that Alzheimer Scotland will remain here for you this winter. Read more about the different ways we will support you in the coming months.



Our 24 hour Freephone Dementia Helpline

Our Helpline is there for you day or night, whenever you need us. Our highly skilled team will offer a listening ear and emotional support, provide information and will signpost on to other supports if necessary. Call on **0808 808 3000**. You can also contact our Helpline team via email on helpline@alzscot.org

Our Dementia Advisors

If you need information, advice or advocacy in dealing with issues relating to dementia, our Dementia Advisors are here to help you. You can contact them between 9am - 5pm, Monday to Friday, and they can help with a wide range of issues such as accessing health and social care support, help with complaints, power of attorney, guardianship, and money and legal matters. Call us on **0300 373 5774** (charged at a local call rate), or email NDAS@alzscot.org

Our Centres

We know that energy and other costs of living remain a worry for many people. Our Centres are here to welcome you and offer a warm space and a cuppa. Remember our Centres are also open when no groups are running so do drop in and bring a friend or family member. To find out more about how we can help, and what's on at your local Centre, please click [here](#), or contact Alzheimer Scotland's National Dementia Advisor Service on **0300 373 5774**

❄️❄️ KEEPING WARM THIS WINTER ❄️❄️

Keeping warm this winter is important for all of us but especially if you are aged over 65, have a long term health condition or are at risk of falls. With temperatures dropping this time of year people living with dementia and their families may face heightened feelings of social isolation and stress.

Here are some top tips in keeping warm as temperatures drop.

- If you are struggling to keep warm, Home Energy Scotland have funds available to help you with things like: replacing or upgrading your heating and hot water, draught proofing, insulation and heat pumps

Home Energy Scotland 'warmer Homes Scotland' is a Scottish Government Funded scheme to help owner occupiers and private sector tenants who are struggling to heat their homes. To find out if they can help you, call them on 0808 808 2282

- Simple changes can help to keep your home warm. These include: adding thermal linings to the back of your curtains, using draught excluders on doors, Insulate pipework and bleed your radiators to eliminate any cold spots
- Increasing vitamin D intake helps maintain healthy bones and strengthen the immune system
- Wear several layers of clothes. A tight fitting long sleeved base layer like a thermal vest, and leggings or tights for your legs, helps trap heat and keep you warm
- Keep moving, make sure you move at least every hour. If walking is difficult, try some seated exercises to boost your circulation
- Having warm meals, drinks and snacking throughout the day can help you maintain energy levels
- Heated over blankets or heated throws can help keep you warm and can be cheap to run
- Pharmacies offer a minor ailments service and the Pharmacist can prescribe and supply treatments free of charge to treat coughs and colds to people over 60 if required
- Staying indoors in the cold weather can make us more isolated. Keep in touch with family and neighbours by phone or join a telephone companion services, eg [Age UK's](#) telephone friendship service, find out more on 0800 434 6105. Or get in touch with our [24 hour Freephone Dementia Helpline](#)

WINTERING WELL

Our 2024 Winter Fundraising Campaign . Warm hearts and healthy connections... wintering well, together.

Our 2024 Winter Campaign focuses on the importance of staying healthy and connected while still enjoying nature. Our Outdoor Dementia Resource Centre in Badaguish provided the inspiration for the campaign. This December, we're asking our supporters to help people with dementia and their carers to winter well by enjoying the great outdoors. Being able to enjoy nature can make all of us feel happier. It is especially beneficial for people living with

dementia, bringing a sense of pleasure, comfort, stimulation and freedom. However, we also know that people with dementia face many challenges in safely accessing nature, from their local park to the wider countryside and Scotland's many beautiful wild landscapes.

Your donation will help us to continue addressing these challenges, so many more people living with dementia can benefit from the wonders of Scotland's green spaces.

[Support our Wintering Well campaign here](#)

Check out the winter edition - **Dementia in Scotland** here - https://alis.alzscot.org/News/Lists/Photos/DiS_Winter%202024.pdf