

# What's on



## January 2025 – 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
	<b>Happy New Year everyone!</b> 🍷🎉🥂
Tuesday 7 <sup>th</sup> & 21 <sup>st</sup> January	<b>MUSICAL MASH-UP</b> <span style="float: right;">1.30-3pm</span> 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. (The Trinity Church Hall are due to have building maintenance work taking place, the dates are unknown currently, this may clash with our sessions, I will keep you posted.) Any Queries? please <a href="#">contact Helen</a> .
Tuesday	<b>HIDDEN GEMS in MORAY.</b> <span style="float: right;">12- 1.30pm</span> <b>No Visit planned during January, as everywhere appears to be closed!</b> Any Queries? please <a href="#">contact Helen</a> .
Tuesday 14th	<b>Community Drop-in Session</b> <span style="float: right;">1.30-3pm</span> <b>Room 212 , UHI Moray College, Elgin.</b>  A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.

<p>Thursday 9<sup>th</sup> Jan</p>	<p><b>BIKEABILITY</b> <b>Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR.</b></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 <b>Helen</b> know if you wish to join us.</p>	<p>1.30-3pm</p>
<p>Thursday 16th</p>	<p><b>THURSDAY ART GROUP for people living well with dementia &amp; their carers. UHI Moray college/Elgin college - Room 212</b></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 &amp; explore your creative side. Refreshments provided. All Welcome.</p> <p><b>Helen</b> will wait in reception and accompany you to the room.</p>	<p>2 -3.30pm</p>
<p>Thursday 23rd</p>	<p><b>Speyside Community Drop-in Session</b> <b>Room 11, Fleming Hospital, Aberlour (enter via entrance B)</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>1.30 -3 pm</p>
<p>Friday 17th</p>	<p><b>Carers Support Group</b> <b>Room 212, UHI Moray College Elgin</b></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 24th</p>	<p><b>Music, Movement, Gentle seated Exercise &amp; Fun.</b> <b>UHI Moray college/Elgin college - Room 212 (Change of room venue).</b></p> <p>We'll be joined by Community facilitators from Dance North and guide us all on what promises to be a fantastic morning incorporating some of your favourite music and introducing gentle movement, stretching and seated exercise. Due to funding they're only able to offer 2 or 3 sessions, so let's grab them while we can!</p> <p>Refreshments provided. All welcome. 😊</p> <p><b>Helen</b> will wait in reception &amp; accompany you to the room.</p>	<p>10.15-12.15</p>

## Contact details for groups:

**Emma Gregg**  
**Dementia Advisor (Moray)**  
[egregg@alzscot.org](mailto:egregg@alzscot.org) 07925 596232

**Helen Moore**  
**Community Activities Organiser (Moray)**  
[hmoore@alzscot.org](mailto: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](mailto: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>



## 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](mailto: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](mailto: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**

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## January 2025 – Moray

Our Christmas lunchtime meal at **The Beechtree Restaurant** in UHI / Elgin College was wonderful, the students both cooked delicious food and served it very well. The photos of us all thoroughly enjoying ourselves.



**And what a hoot we had at the Musical Mash-Up Xmas Party!**





Check out the winter edition - **Dementia in Scotland** here -  
[https://alis.alzscot.org/News/Lists/Photos/DiS\\_Winter%202024.pdf](https://alis.alzscot.org/News/Lists/Photos/DiS_Winter%202024.pdf)

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



*Making sure nobody faces dementia alone.*