



# What's on

## February 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		
Monday 3 February	<b>Quarriers</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>
Monday 3 February	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1-2.30pm</b>
Tuesday 4 February	<b>Football Memories</b> Join us for a chance to reminisce about football. There will also be an opportunity to look through our extensive collection of football/sporting books available in the centre. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12noon</b>
Tuesday 4 February	<b>Carers Cuppa</b> Whilst the footballers reminisce, an opportunity for others to have a chat and enjoy a fine piece. All carers welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12 noon</b>
Wednesday 5 February	<b>Chair based yoga</b> 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. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>OSCR</b> Scottish Charity Register www.oscr.org.uk Registered Charity SC039178	<b>11am- 12 noon</b>
<b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>		

Wednesday 5 February	<b>Musical entertainment afternoon – Melting Pot</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30pm- 3pm</b>
Thursday 6 February	<b>Relaxation session</b> Join us for a chance to relax and unwind. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30- 2.30pm</b>
Friday 7 February	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 7 February	<b>Community Café with information from Home Energy Scotland- All welcome</b> 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. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12.30- 2.30pm</b>
Friday 7 February	<b>Musical Memories</b> 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. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	<b>1.30-3pm</b>
Monday 10 February	<b>Music Performance: The return of Music 4U: 50s, 60s and Elvis!</b> He's back! By popular demand we are delighted to welcome Lewis back to the centre to amaze you with his vocal talents. If you didn't see him when he performed previously at the centre in October, I can guarantee this is one not to be missed. Performance starts at 2.30pm, café from 2pm. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2.30- 3.30pm</b>
Tuesday 11 February	<b>Men's Young Onset (under 65s) Peer Support Group</b> A chance for men living with dementia to get together over a cuppa. <b>Contact Lori Fotheringham, Young Onset PDS Link Worker by email: <a href="mailto:LFotheringham@alzscot.org">LFotheringham@alzscot.org</a> or call 07824524213</b> <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1-2pm</b>
Tuesday 11 February	<b>Made with Love</b> With Valentine's Day round the corner, come and bake some cakes to be shared at Musical Entertainment, or be creative with the craft materials available. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3.30pm</b>
Wednesday 12 February	<b>*Please note NO YOGA due to schools' mid-term break.</b>	
Wednesday 12 February	<b>Musical entertainment afternoon – All At C</b> We are delighted to welcome the return of All At C to the centre. Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>

Thursday 13 February	<b>Bacon Butty, a Brew and a Blether</b> Join Diane for a bacon butty and brew, and a chance for a catch up! <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Thursday 13 February	<b>Professionals Drop-In</b> 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. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Friday 14 February	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 14 February	<b>The Way It Was: Torry Part 2</b> Join us to reminisce about Old Torry using a fabulous collection of slides and photos put together by one of our carers. It won't matter if you didn't attend part 1, as all the pictures are stand alone and evoke great memories. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2.30- 3.30pm</b>
Monday 17 February	<b>Quarriers</b> Quarriers provide support for unpaid carers in Aberdeen. Come along to speak to them and find out what support is available. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>
Monday 17 February	<b>Boogie Bingo: Middle of the Road Artists (late 60s /70s)</b> 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. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>3-4pm</b>
Tuesday 18 February	<b>*NEW* Tea, toast and a try!</b> Join Sonia for some tea and toast, and an opportunity to try out an activity. No obligation, but you may discover something new you enjoy. Activities will vary each month. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11-12.30pm</b>
Tuesday 18 February	<b>Community Café with Aberdeen Care and Repair</b> Aberdeen Care and Repair provide a wide range of services, including small repairs, adaptations/home improvements to assist with independent living, home safety checks and benefits and financial advice. Come and talk to their advisor to find out more. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am-1pm</b>
Wednesday 19 February	<b>Chair based yoga</b> 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. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>OSCR</b> Scottish Charity Regulator www.oscr.org.uk Registered Charity 10307404	<b>11am- 12 noon</b>
Wednesday 19 February	<b>Musical entertainment afternoon – Cate McPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>

Thursday 20 February	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Friday 21 February	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 21 February	<b>Musical Memories</b> 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. <b>Aberdeen Art Gallery, Cowdray Hall. (Please enter by the main Art Gallery entrance)</b>	<b>1.30-3pm</b>
Monday 24 February	<b>Carers Support Group</b> 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. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street, Aberdeen</b>	<b>10.30am- 12noon</b>
Monday 24 February	<b>Coffee Morning Memories</b> Join Alan Johnston for some reminiscence. For people with dementia. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>10.30am- 12noon</b>
Tuesday 25 February	<b>The kettle's on – drop in session</b> A chance to drop in and enjoy a cuppa and a chat or ask for advice. This is also an ideal time for those coming to find out about the centre for the first time. All welcome. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>10.30- 11.30am</b>
Tuesday 25 February	<b>Talkspot : Alzheimer Scotland's Outdoor Resource Centre</b> We would be delighted if you could join us for the second in a monthly series of informative and entertaining talks from a variety of guest speakers. (This talk rescheduled from January) 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. Please arrive from 1.30pm so we can get a cuppa before the talk starts at 2pm. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>2-3pm</b>
Wednesday 26 February	<b>Chair based yoga</b> 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. <b>Bring a water bottle and your favourite blanket to keep warm during relaxation.</b>  <b>Kathy Julius Yoga Trust</b>  <b>OSCR</b> Scottish Charity Regulator www.oscr.org.uk Registered Charity SC022315 <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12 noon</b>

Wednesday 26 February	<b>Musical entertainment afternoon with Jack McPherson</b> Join us for a cuppa followed by musical entertainment. Dance the afternoon away or sit back and sing along at your own pace. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-3pm</b>
Thursday 27 February	<b>Technology Awareness Sessions</b> 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. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>1.30-2.30pm</b>
Friday 28 February	<b>Art Group</b> Come along and get creative! Feel free to join us from 10.30am for a cuppa before the group starts. <b>Brain Health &amp; Dementia Resource Centre 13 – 19 King Street Aberdeen</b>	<b>11am- 12.30pm</b>
Friday 28 February	<b>Soup Café</b> Drop in for a soup light lunch and a chance to meet others. All welcome. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>12-2pm</b>

## Advance Notice:

Wednesday 5 March	<b>Specsavers at the Centre</b> If you would like to make an appointment for an eye test, Specsavers can offer these in the familiarity and peaceful surroundings of the centre. Specsavers can be at the Centre on Wednesday 5 March. If you are interested in coming to the centre for an eye test, then please <b>contact Specsavers on 01224 010466</b> and they will give you an appointment time. Please note an appointment must be made in advance, and state that you would like the appointment to be at the Alzheimer Centre. <b>Brain Health &amp; Dementia Resource Centre, 13 – 19 King Street Aberdeen</b>	<b>Appointment time to be made</b>
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**Alzheimer  
Scotland**  
Action on Dementia



**Breaking News: The return of the Memory Walk to Aberdeen!**

Further details to follow.

## Contact details for groups

<b>Alzheimer Scotland Brain Health &amp; Dementia Resource Centre</b> <u><a href="mailto:aberdeencityservices@alzscot.org">aberdeencityservices@alzscot.org</a></u> 01224 644077	<b>Karen Black - Centre Manager</b> <u><a href="mailto:KarenBlack@alzscot.org">KarenBlack@alzscot.org</a></u> 07585 669654
<b>Diane Johnston – Support Worker Aberdeen City</b> <u><a href="mailto:djohnston@alzscot.org">djohnston@alzscot.org</a></u> 01224 644077	<b>Sonia Gow – Centre Activities Coordinator</b> <u><a href="mailto:sgow@alzscot.org">sgow@alzscot.org</a></u> 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>

