

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## February 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	
Monday 10th	<b>Walk &amp; Talk @ Aden</b> <b>Aden Country Park, Station Road, Mintlaw</b>  Meet in the car park beside carers garden	11.00am-12.30pm
Tuesday 18th	<b>Turriff Hae a News</b> <b>Turriff Library, Grange Villa, The Square, Turriff</b> For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Tuesday 25th	<b>Fraserburgh Hae A News</b> <b>Fraserburgh Library, King Edward St Fraserburgh</b> For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Wednesday 5th	<b>Walk &amp; Talk @ Aden</b> <b>Aden Country Park, Station Road, Mintlaw</b> Meet in the car park beside carers garden	11.00am-12.30pm
Wednesday 12th	<b>Peterhead Hae A News (Please note change of venue)</b> <b>Peterhead Leisure &amp; Community Centre, Balmoor Terrace, Peterhead Community Room 1</b> For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Wednesday 19th	<b>Carer Support Group</b> <b>Kirkburn Court Care Home, Academy Pl. Peterhead</b>  Peer support, establish new friendships and get advice from your local Dementia Advisor. If you need to bring your cared for with you, please get in touch and we can arrange for them to join our dementia friendly social group in a safe environment so you can relax and get the support you need. <b>Contact Laura Crockatt or Kathy Fraser for further details</b>	2.00pm -3.30pm

Thursday 6 <sup>th</sup> & 20 <sup>th</sup>	<b>Mintlaw Hae a News</b> <b>Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw</b>  For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am-12.30pm
Thursday 13 <sup>th</sup>	<b>Pop Up Dementia Cafe @ The Vinery</b> <b>Grow @ The Vinery, Duff House Gardens, Low Street, Banff</b>  For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment	11.00am-12.30pm
Thursday 27 <sup>th</sup>	<b>Banff Hae A News &amp; Carer Support Group</b> <b>Banff Library, High Street, Banff</b>  For people living with dementia and their carers. Both groups to run alongside each other within The Library.  <b>CARER SUPPORT</b> is a safe space for carers to gain peer support and get advice from their local Dementia Advisor  <b>SOCIAL GROUP</b> is for the person living with dementia and their carer to meet others and gain social stimulation in a dementia friendly environment  <b>From Jan – April will meet every 4<sup>th</sup> Thurs of the month.</b>	11.00am-12.30pm

In Person Group	What's On In Central Aberdeenshire	
Monday 3 <sup>rd</sup>	<b>Inverurie Carers Support Group</b> <b>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</b>  For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	2.00-3.00pm
Tuesday 4 <sup>th</sup>	<b>Insch Social Group</b> <b>Bennachie Leisure Centre, Largie Rd, Insch</b>  A social group for people living with dementia and their carers.	10.45-11.45 am
Tuesday 11 <sup>th</sup>	<b>KEMNAY Pop-up Café</b> <b>Kemnay Library, Kendal Rd, Kemnay AB51 5RN</b>  A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.	1.30-2.30pm
Tuesday 18 <sup>th</sup>	<b>Port Elphinstone Social Group</b> <b>Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie.</b>  A social group for people living with dementia and their carers to have a blether, a cuppa and some fun.	11.00 –12.00pm

Wednesday 5 <sup>th</sup>	<b>Westhill Social Group</b> Westhill Library, Westhill Primary, Westhill Drive	2.00 -3.00 pm
	A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.	
Wednesday 19th	<b>Westhill Carers Support Group</b> Westhill Library, Westhill Primary, Westhill Drive	2.00 -3.00 pm
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	
Thursday 6 <sup>th</sup>	<b>Oldmeldrum Social Group</b> 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.	
Thursday 13 <sup>th</sup> & 27 <sup>th</sup>	<b>Ellon Social Group</b> 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 13th	<b>Ellon Carers Support Group</b> 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 3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> & 24 <sup>th</sup>	<b>Visual Arts Workshop</b> 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. <b>BOOKING IS ESSENTIAL *</b>	
Tuesday 4th	<b>Portlethen Pastimes</b> 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.	

<b>Tuesday 11<sup>th</sup> &amp; 25<sup>th</sup></b>	<b>Stonehaven Activities &amp; More</b> <b>Community Education Centre, Bath Street, Stonehaven.</b>  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.	<b>10.30 - 12.00pm</b>
<b>Tuesday 11th</b>	<b>Stonehaven Carers Group</b> <b>Stonehaven Community Education Centre, Bath Street.</b>  <b>Mike Urquhart from Police Scotland will speak about the most common frauds and scams affecting people in the North East with some real life examples and how to avoid them, stay safe online, shop safely online as well as advice regarding mobile phones and going on holiday.</b>	<b>10.30 –12.00pm</b>
<b>Wednesday 19th</b>	<b>Aboyne Social Group</b> <b>Aboyne Library, Bridgeview Road, Aboyne.</b> A social group for people living with dementia and their carers to meet up for a cuppa and a chat.	<b>2.00 -3.00pm</b>
<b>Thursday 6<sup>th</sup> &amp; 20<sup>th</sup></b>	<b>Banchory Social Group</b> <b>Banchory Library, Bridge Street, Banchory.</b>  A Social Group for people living with dementia, and their carers, to enjoy some fun activities over a chat and a cuppa.	<b>1.30 - 3.00pm</b>

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.

<b>On-line Groups</b>		
<b>Tuesday 4th</b>	<b>Letting Go – Mags Corbett</b> Support group for carers who have a loved one in a care home or moving soon into a care home.	<b>2.00-3.00pm</b>
<b>Thursday 6th</b>	<b>Rare Dementia Carer Support – Laura Crockatt</b>	<b>11.00 am</b>
<b>Thursday 20th</b>	<b>Aberdeenshire Carers Support Group – Laura Crockatt and Mags Corbett</b>	<b>11 am 12.30pm</b>

**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](mailto:sberesford@alzscot.org). **To access the Virtual Resource Centre follow this link - <https://www.alzscot.org/virtual-resource-centre-o>**

## Contact details for groups:

<b>Laura Crockatt, Dementia Advisor</b> <b>Aberdeenshire (North)</b> <a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a> 07825 242381;	<b>Kathy Fraser, Comm. Activities Organiser</b> <b>Aberdeenshire (North)</b> <a href="mailto:kfraser@alzscot.org">kfraser@alzscot.org</a> 07795 391092; -
<b>Mags Corbett, Dementia Advisor</b> <b>Aberdeenshire (Central &amp; South)</b> <a href="mailto:mcorbett@alzscot.org">mcorbett@alzscot.org</a> 07769 366 175	<b>Susan Westcott, Comm. Activities Organiser</b> <b>Aberdeenshire (Central )</b> <a href="mailto:swestcott@alzscot.org">swestcott@alzscot.org</a> 07876 003154
<b>Dee Cobban, Community Activities Organiser</b> <b>Aberdeenshire (South)</b> <a href="mailto:dcobban@alzscot.org">dcobban@alzscot.org</a> 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](mailto:vsleigh@alzscot.org)**



## CARERS CORNER



## WINTERING WELL

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

Our 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 winter 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](#)**

## **[Celebrities join forces to play charity football match in aid of Alzheimer Scotland](#)**

Famous faces from the worlds of Scottish sport and entertainment will be joining forces for a special charity football match in aid of Alzheimer Scotland.

Shooting Stars – billed as Scotland's version of Soccer Aid – will see football legends and celebrities battle it out on the pitch to raise vital funds to support dementia care, research and improvements in brain health. Find out more here - <https://www.alzscot.org/shootingstars>

