

What's on



February 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	
Tuesday 4 th & 18 th February.	MUSICAL MASH-UP 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, the dates are unknown currently, this may clash with our sessions, I will keep you posted.) Any Queries? please contact Helen .	1.30-3pm
Tuesday 11th	Community Drop-in Session Room 212 , UHI Moray College, Elgin. A drop-in session for anyone who would like to chat to a Dementia Advisor about anything dementia related, brain health or memory concerns.	1.30-3pm
Thursday 6th	BIKEABILITY Moray Sports Centre, Linkwood Road, Elgin, IV30 8AR. 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. Please let Helen know if you wish to join us.	1.30-3pm

<p>Thursday 13th</p>	<p>Community Drop-Session Community Centre, Seafield Road, Cullen</p> <p>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>	<p>10.30-12 noon</p>
<p>Thursday 13th</p>	<p>HIDDEN GEMS in MORAY. The House of Automata in Forres. Come and explore the secrets of automata, see rare antique, modern & unique automata and learn about the restoration. We'll enjoy a seated demonstration by an expert.</p> <p>32 High Street Forres – IV36 1DB. Go along the High street, turn left before the Savers shop. Parking on Leys Road & opposite.</p> <p>Please confirm with Helen or Emma if you plan to join us. Any Queries? please contact Helen.</p>	<p>2-3.30pm</p>
<p>Thursday 20th</p>	<p>THURSDAY ART GROUP for people living well with dementia & their carers. UHI Moray college/Elgin college – Upstairs in room 212.</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 & explore your creative side. Refreshments provided. All Welcome.</p> <p>Helen will wait in reception and accompany you to the room.</p>	<p>2 -3.30pm</p>
<p>Thursday 27th</p>	<p>Speyside Community Drop-in Session Room 11, Fleming Hospital, Aberlour (enter via entrance 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 21st</p>	<p>Carers Support Group Room 212, UHI Moray College Elgin</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>

Friday
28th

Music, Movement, Gentle seated Exercise & Fun.
UHI Moray college/Elgin college – **Upstairs in room 212.**

10.15-12.15

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!

Refreshments provided. All welcome. 😊

Helen will wait in reception & accompany you to the room.

Contact details for groups:

Emma Gregg
Dementia Advisor (Moray)
egregg@alzscot.org 07925 596232

Helen Moore
Community Activities Organiser (Moray)
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.

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>



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



Making sure nobody faces dementia alone.

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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>

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Some highlights from Dec/January activities ...




