

What's on



March 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	
Tuesday 4th	Musical Memories Banff Library, High Street, Banff For people living with dementia and their carers. Sing along to some old favourites, hear different musicians, have a chat and a coffee. If interested, please get in touch to book a space.	2.00-3.30pm
Tuesday 11th	Dementia Information & Advice Surgery Deveron Community & Sports Centre, Bellevue Rd, Banff Alzheimer Scotland want to make sure that nobody faces dementia alone. Our Dementia Advisors support people with dementia, their families and carers and work with local communities. Your local dementia advisor can: <ul style="list-style-type: none">• Provide information and advice.• Help you to find the dementia-specific support that you need.• Connect you to local groups and services. Pop in past to chat to Laura Crockatt & Kathy Fraser to find out more about the range of services on offer.	10.00-1.00pm
Tuesday 18th	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 25th	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 12th	<p>Peterhead Hae A News (Please note change of venue) Peterhead Leisure & Community Centre, Balmoor Terrace, Peterhead Community Room 1</p> <p>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.</p>	11.00am-12.30pm
Wednesday 19 th & 26th	<p>Walk & Talk @ Aden Aden Country Park, Station Road, Mintlaw Meet in the car park beside carers garden</p>	11.00am-12.30pm
Wednesday 19th	<p>Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead</p> <p>A member of Police Scotland will be providing a talk about scams in the first half and then the carers group will resume as usual.</p> <p>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. Contact Laura Crockatt or Kathy Fraser for further details</p>	2.00pm -3.30pm
Thursday 6 th & 20th	<p>Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw</p> <p>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.</p>	11.00am-12.30pm
Thursday 13th	<p>Pop Up Dementia Cafe @ The Vinery Grow @ The Vinery, Duff House Gardens, Low Street, Banff</p> <p>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment</p>	11.00am-12.30pm
Thursday 27th	<p>Banff Hae A News & Carer Support Group 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

In Person Group		What's On In Central Aberdeenshire
Monday 3rd	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie. 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 4th	Insch Social Group Bennachie Leisure Centre, Largie Rd, Insch A social group for people living with dementia and their carers.	10.45-11.45 am
Tuesday 11th	KEMNAY Pop-up Café Kemnay Library, Kendal Rd, Kemnay AB51 5RN A social group for people living with dementia and their carers. Come along for some coffee, chat and fun.	1.30-2.30pm
Tuesday 18th	Port Elphinstone Social Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie. 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 5th	Westhill Social Group Westhill Library, Westhill Primary, Westhill Drive A social group for people living with dementia and their carers to have a blether, a cuppa and some activities.	2.00 -3.00 pm
	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive **Please Note No group this month **	
Thursday 6th	Oldmeldrum Social Group Meldrum Town Hall (downstairs room), The Square, Oldmeldrum Come along & enjoy a social event for people living with dementia and their carers.	1.30 – 2.30pm
Thursday 13th & 27th	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift) A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	2.00 -3.00pm

Thursday 13th	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 3 rd , *24 th & 31 st *	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. *PLEASE NOTE: LAST CLASS IN CURRENT BLOCK ENDS 3RD MARCH. NEW 8 WEEK BLOCK STARTS ON 24TH MARCH*	
Tuesday 4th	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 11 th & 25th	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 11th	Stonehaven Carers Group Stonehaven Community Education Centre, Bath Street.	10.30 –12.00pm
	Angela Pointen from NHS is coming to talk to us about a project running to better understand how people living with dementia and those who support them access the services of Allied Health Professionals (AHP's which include Dietitians, Occupational Therapists, Physiotherapists, Podiatrists and Speech and Language Therapists). Come and let her know your experiences.	
Wednesday 19th	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 6 th & 20th	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.	

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		
	Letting Go - **Please Note No Group this Month**	
Thursday 6th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday 20th	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:

<p>Laura Crockatt, Dementia Advisor Aberdeenshire (North) lcrockatt@alzscot.org 07825 242381;</p>	<p>Kathy Fraser, Comm. Activities Organiser Aberdeenshire (North) kfraser@alzscot.org 07795 391092; -</p>
<p>Mags Corbett, Dementia Advisor Aberdeenshire (Central & South) mcorbett@alzscot.org 07769 366 175</p>	<p>Susan Westcott, Comm. Activities Organiser Aberdeenshire (Central) swestcott@alzscot.org 07876 003154</p>
<p>Dee Cobban, Community Activities Organiser Aberdeenshire (South) dcobban@alzscot.org 07825 546006</p>	



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



What's on

March 2025 – Aberdeenshire

CARERS CORNER



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>



In South Aberdeenshire



First Meeting - Wed 26th February, 2-3.30pm

In the Same Boat

(carers support group for carers supporting someone in a care home)



This is a new carers support group for those carers who support someone with dementia living in a care home, or about to move into long term care. It will be an opportunity to access peer support, exchange stories and share information.

Location:

**Stonehaven Library
(Upstairs)
Evan Street
Stonehaven AB39 2ET**

Please contact Mags if you are interested attending or would like more information:

**Mags Corbett, Dementia Advisor,
07769 366 175/ mcorbett@alzscot.org**

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Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149569. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 180 Dundee Street, Edinburgh, EH1 1DQ, 0131 243 1455, www.alzscot.org



Zoom events  | mental welfare
commission for scotland

Carer themed report

The Mental Welfare Commission for Scotland is holding a series of three Zoom calls for family members and carers, of all ages, across Scotland.

These 60-minute virtual events would like to hear about the key issues for people who provide care and support for individuals who have a mental illness, learning disability, autism, dementia or related conditions.



We would like to hear about your experiences of the contact and support you have had as a carer. There will be an opportunity for attendees to post comments before, during or after the Zoom event.

We aim to include the comments and feedback from these events in our Carer themed visit report that will be published in Summer 2025.

Please note, places are restricted to 100 people. No registration is needed; on the day you wish to attend just **click that particular date below for the link:**

**6 March
2025**
2pm-3pm

**12 March
2025**
6pm-7pm

**25 March
2025**
7pm-8pm

Topic: Carers Teams Event

Time: Mar 6, 2025 02:00 PM London

Join Zoom Meeting

<https://us06web.zoom.us/j/87224455867?pwd=sZogLmsrpK898OCTZv9ppW13U4RXES.1>

Topic: Carers Teams Event

Time: Mar 12, 2025 06:00 PM London

Join Zoom Meeting

<https://us06web.zoom.us/j/84138728981?pwd=HVxWV1cYu4zSOGsQ2aGkAoQXXIBtug.1>

Topic: Carers Teams Event

Time: Mar 25, 2025 07:00 PM London

Join Zoom Meeting

<https://us06web.zoom.us/j/89758134255?pwd=WZlbaRqb6CehVGJvoYsl5Gk6wUbZ6X.1>