

What's on



February 2026 – 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 9 th Note now - 2 nd Monday each month	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.	2.00pm- 3.30pm
Tuesday 17 th	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 17 th	*NEW* Carers Support Group in collaboration with St Modan's Care Home, Fraserburgh St Modans Care Home Fraserburgh AB43 9TG A group for Carers caring for someone living with dementia where you can gain peer support and advice from your local Dementia Advisor. For more information contact Laura Crockatt Dementia Advisor on 07825 242381 or email - lcrockatt@alzscot.org	3.00-4.00pm
Tuesday 24 th	Fraserburgh Musical Memories & Social Group *NEW* Fraserburgh Library, King Edward St Fraserburgh For people living with dementia and their carers. Sing along to some old favourites, hear different musicians, have a cuppie and a chat.	11.00am- 12.30pm

Wednesday 11th	Peterhead Dementia Café Mission Cafe, Union Street, Peterhead For people living with dementia and their carers to meet others, have a cuppie and a blether.	10.30am– 12.00pm
Wednesday 18th	Walk & Talk @ Aden Aden Country Park, Station Rd, Mintlaw Meet in the main car park, join us for a walk round the park followed by a cuppie in the cafe	11.00am– 12.30pm
Wednesday 25th	Carer Support Group Kirkburn Court Care Home, Academy Pl. Peterhead 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	2.00pm– 3.30pm
Thursday 12th	**NEW** Carer Support Group Turriff Library, Grange Villa, The Square, Turriff For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences. Contact Laura Crockatt for further details.	11.00–12.00 noon
Thursday 5th & 19th	Mintlaw Hae a News Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.	11.00am– 12.30pm
Thursday 12th	Walk & Talk @ Aden Aden Country Park, Station Rd, Mintlaw Meet in the main car park, join us for a walk round the park followed by a cuppie in the cafe	11.00am– 12.30pm
Thursday 26th	Banff Hae A News Banff Library, High Street, Banff For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment	11.00am– 12.30pm

In Person Group		What's On In Central Aberdeenshire
Monday 2nd	Inverurie Carers Support Group Port Elphinstone Community House, Flat 1, Pinewood House, Elphinstone Road, Inverurie, AB51 3UX 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 3rd	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
No Group Running This Month	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 17th	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 come along and enjoy some quality time together.	11.00 –12.00pm
Wednesday 4th	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
Wednesday 18th	Westhill Carers Support Group Westhill Library, Westhill Primary, Westhill Drive, AB32 6FY 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 -3.00 pm
Wednesday 25th	In the Same Boat Stonehaven Library, Evan Street, Stonehaven 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's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm

Thursday 5th	Oldmeldrum Social Group 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 12th ** Note only one meeting this month**	Ellon Social Group The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift)	2.00 -3.30pm
	A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.	
Thursday 12th ** Note only one meeting this month**	Ellon Carers Support Group The Kirk Centre, Station Rd, Ellon, AB41 9AE	2.00 -3.30pm
	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 2nd/9th/16th/23rd	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. - BOOKING IS ESSENTIAL *	
No Group This Month	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 24th ** Note only one meeting this month**	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 10th	Stonehaven Carers Group Community Education Centre, Bath St, Stonehaven, AB39 2DH	10.30 12.00pm
	For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences	

Wednesday No Group This Month	Aboyne Social Group Victory Hall, Ballater Road, Aboyne AB34 5HY A social group for people living with dementia and their carers to meet up for a cuppa and a chat	2.00 -3.00pm
Wednesday 25th	In the Same Boat Stonehaven Library, Evan Street, Stonehaven, AB39 2ET 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's a great opportunity to access peer support, exchange stories and share information. Please contact Mags if you are interested in attending.	2.00-3.30pm
Thursday No Group This Month	Banchory Social Group Banchory Library, Bridge Street Banchory, AB31 5SU A social group for people living with dementia and their carers to meet up for some fun activities, a cuppa & a chat.	1.30-3pm

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		
Tuesday, 3rd	Letting Go Group – Mags Corbett Support group for carers who have a loved one in a care home or moving soon into a care home.	2.30-3.30pm
Thursday 5th	Rare Dementia Carer Support – Laura Crockatt	11.00 am
Thursday, 19th	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:

Laura Crockatt, Dementia Advisor Aberdeenshire (North) lcrockatt@alzscot.org 07825 242381;	Kathy Fraser, Comm. Activities Organiser Aberdeenshire (North) kfraser@alzscot.org 07795 391092; -
Mags Corbett, Dementia Advisor Aberdeenshire (Central & South) mcorbett@alzscot.org 07769 366 175	



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>

CARERS CORNER



In North Aberdeenshire

****New - Younger Persons Group****

Are you living with early onset dementia, would like to gain peer support and meet others in a similar situation?

To find out about the next meeting or for more information

Please contact **Dementia Advisor Laura Crockatt** on 07825242381 or email lcrockatt@alzscot.org



Alzheimer Scotland
Action on Dementia



2nd Thurs of each month starting 12th February , 11-12 noon

Turriff Carer Support Group

NEW!

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.

Location:

**Turriff Library,
Grange Villa,
The Square Turriff
AB534AE**

For more information please contact:

**Laura Crockatt, Dementia Advisor,
07825 242381/
lcrockatt@alzscot.org**

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Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 141804. Incorporated as a charity by the Office of the Scottish Charity Regulator, no. SC022315 140 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 2434. www.alzscot.org





**A better future
for dementia care
– have your say**

We want to hear from people across Scotland about their experiences of dementia care. Your views will help us campaign for fair, consistent support for everyone affected by dementia in the upcoming Scottish elections.

Share your experience or scan the QR code at:
www.alzscot.org/haveyoursay



 **Alzheimer
Scotland**
Action on Dementia

Prevent.
Care.
Cure.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee registered in Scotland SC149069. Registered office: 801 Dundee Street, Edinburgh EH9 5GJ. It is recognised as a charity by the Office of the Scottish Charity Regulator no. SC000996.

Shooting Stars 2026

If you have family or know of anyone who lives in or near Cumbernauld, the following Event may be of interest.

Following on from last year's successful event, we're delighted to announce that **Shooting Stars 2026** will take place on: **Sunday 12 April 2026 - Broadwood Stadium, Cumbernauld**

Last year, we welcomed over **3,500 attendees** and raised **just under £35,000**. This year, we're aiming to make the event even bigger and better, with a wide range of activities planned both on and off the pitch and opportunities to engage with high profile celebrities from the football world and beyond.

What's on



February 2026 – Aberdeenshire

On-pitch activities include:

- Penalty shoot-outs
- Beat the Goalie
- Small-sided games

Off-pitch activities include:

- Police, Fire, and Army vehicles
- Face painting
- Golf professional demonstrations
- A variety of interactive activities for children

Further details, including confirmed players and sponsors will be available in due course.

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



Making sure nobody faces dementia alone.