



# VSA TODAY

*Aberdeenshire Carers  
Service Newsletter*

JULY 2025 • [VSA.ORG.UK/CARERS](https://vsa.org.uk/carers)



the best of care

## VSA Aberdeenshire Carers Service



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carers.shire@vsa.org.uk



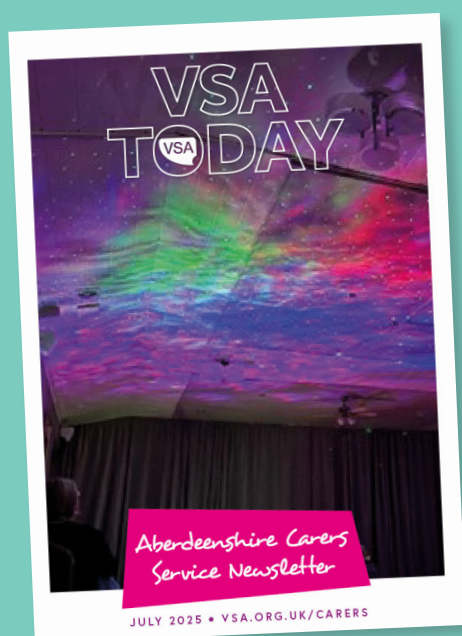
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### Cover Photo:

Carers came together to relax and unwind, taking a well-earned break from their busy caring roles.

The relaxing Sound Bath immersed them in a wonderful sound healing journey with singing bowls, ocean drums, koshi chimes and meditation. Followed by a fly cup and a natter.

Thanks to Christine of Crystal Sanctuary & The Ban-Car Hotel.



# Welcome!

## Dear Carers

Welcome to the latest edition of Aberdeenshire Carers Service Newsletter. Having just passed the Summer Solstice, I find myself writing this from my home office and it is amazing how a little bit of sunshine and fresh air can support you in feeling that little bit more relaxed when you take just 5 minutes to enjoy it.

So this is my reminder to all our carers, take 5 minutes, enjoy the sun and the fresh air, it doesn't have to be going out on a long walk, visit to a park or catching up with friends and family, it can simply be sitting by an open window listening to the world around us and admiring the summer weather we are experiencing that can give us the short break which we need to feel energised once again.

In this edition, we will be hearing about many of the different events which have taken place over the last 3 months from our Carers Week pop ups, Bus Trip to Cullen, Young Carers Residential, Sound Bath, available funding and much more. I'm please to let you know that our Creative Breaks Funding is open again and applications can be made through our website.

I would also like to welcome Sharon and Neil who have joined the team recently as Adult Carer Advisors. You can read their introductions within this newsletter and I'm sure many of you will meet them in the near future. I would also like to congratulate Suzanne who was successful in becoming the Young Carers Team Lead.

## Kirsty and the Team



# Meet the Team!



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Service Manager



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# Staff Focus

Meet **Neil Alexander** and **Sharon Emslie**!



**I was born and brought up on a small farm 2 miles outside Oldmeldrum and worked on my parent's farm as my Father was disabled.**

In later years, I travelled quite a bit with my partner visiting Asia, New Zealand, Hawaii, Los Angeles and North Mexico, which we enjoyed very much.

I have an HNC in Supporting Special Learning Needs and put this to good use working with The Richmond Fellowship, but I have also held various posts including with Quarriers supporting people to live independently in the community, in Sheltered Housing and with Advocacy North East. Most recently and prior to coming to VSA, I was employed as an Epilepsy Field Worker.

I live in Aberdeenshire with my partner and our cat called Fred, and when I am not working, I spend my time gardening, DIY, and going out with friends.



Neil



**My name is Sharon Emslie, and I am delighted to join VSA, it is a progression in my career as I come from a background of learning where I was supporting parents, carers and guardians.**

I am a wife, a mother to 2 or should I say 3 children (including my husband). I have a fur baby Ruby, my crazy Border Collie. I am a total Potter head and love all things, Harry Potter.

I have enjoyed my first 5 weeks, where I have been enjoying bowling, bus trips and sound baths. Can't wait to see where my VSA journey takes me maybe HOGWARTS.



Sharon



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# Carers Connect

**The Vinery Café**  
**(Duff House Gardens, Low Street, Banff, AB45 1AS)**

VSA's Aberdeenshire Carers Service are delighted to introduce **Carers Connect** - a **free** session for Carers to have a cuppa and a chat with one of our highly skilled Carer Advisors for information and advice...

- Registering as an Adult Carer
- Carers Rights
- Carer Support Plans
- Emergency Plans
- Hospital Discharge
- Signposting and peer support

**No appointment required**

**Sessions will run from 3:00pm to 4:00pm  
on the last Monday of every month.**



Contact our team  
today who would  
be happy to help  
with any questions...

01224 727670

[carers.shire@vsa.org.uk](mailto:carers.shire@vsa.org.uk)

**CARERS  
TRUST**



Aberdeenshire  
Health & Social Care  
Partnership

# Carers Week

## Carers Week 9th – 15th June

Carers Week is an annual campaign to raise awareness of caring, highlighting the challenges unpaid carers face, and to recognise the contribution they make to families and communities throughout the UK. It also helps people who don't necessarily think of themselves as having caring responsibilities to identify as carers and access much-needed support.

This year's theme was 'Caring About Equality', highlighting the disparities and disadvantages faced by unpaid carers.

Helen Walker, Chief Executive of Carers UK, said:  
"Caring for a loved one should never be a reason for facing inequality, but sadly this is a reality for many in the UK. Unpaid carers are desperate for a break, for better health and social care provision, financial support and equality in the workplace. Over half say they need better understanding and recognition from the public."

VSA Aberdeenshire Carers Service supported this campaign by organising various events throughout the week in North, Central & South Aberdeenshire.

**Monday 9th June** – We held an event at Inverurie Garden Centre to focus on wellbeing for carers and also provide information to carers on the service. Material shared for wellbeing included self-care resources, Carers Trust toolkit, mind your mind leaflets, access to national wellbeing hub – free apps and courses and NHS live well – exercise and movement.

**Monday 9th June** – A drop in event was held at Maud Resource Centre to provide support & advice to carers. Other services who attended were Citizens Advice, Pillar Kincardine Mental Health Service, Advocacy North East and a Carer Practitioner from Aberdeenshire Council.

**Tuesday 10th June** - We held an event at the Stonehaven Town Hall which was to provide information on the service to possible new carers and for existing carers to come along to have a chat. We were also joined by Advocacy North East, Citizens Advice and a Carer Practitioner for SDS budgets. They were also able to provide advice and inform the carers of their services.





Also during Carers Week, we had a Sound Bath Experience for Carers, and a Carers bus trip to Cullen....







# YOUNG CARERS



# Abernethy Residential

**In April, Kirsty and Suzanne took five young carers away for a two-night residential to the Abernethy Trust in Nethybridge to have a fun weekend of outdoor activities.**

They enjoyed raft building, ziplining, swimming and team building activities. Although the weather was a little cold with some frost lingering in the mornings, it stayed dry, and when the sun did come out, it warmed everyone up while doing these activities.

The group also attempted to view the Aurora Borealis as there was a "watch night" for this, however, sadly the cloud cover didn't allow us on this occasion.

We were grateful to receive funding from Shared Care Scotland to run this residential and the young carers who attended it developed valuable skills in teamwork, communication, resilience and much more while they were away.

The residential also allowed for some much needed down time for the young carers, just to get some time away from their caring roles and play board games together in the evenings as a way of relaxing.





## Shared Care Scotland - Short Breaks Fund Coach Trip - Cullen

On the 10th June, some of our Carers enjoyed a fun day out, via a coach Trip to Cullen, which was funded through Shared Care Scotland - Short Breaks Funds... see some pics of the day's enjoyment.

### Upcoming Events:

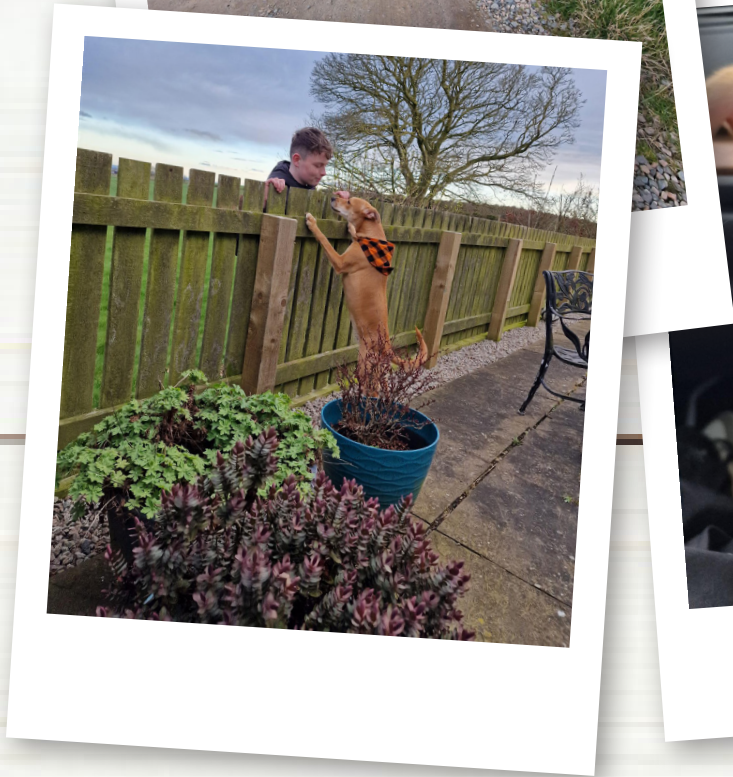
Coach trip 23rd July, 10am - 4pm  
Inverurie to Ballater, with afternoon tea/lunch provided -  
Adult Carers + a companion if you wish, no under 16s.

Coach trip 7th August, 10am - 4pm,  
Banchory - Montrose with afternoon tea/lunch provided -  
Adult Carers + a companion if you wish, no under 16s.

Places are limited, but if you would like more information or to reserve a place for either of these coach trips please  
**contact [Pamela.mccready@vsa.org.uk](mailto:Pamela.mccready@vsa.org.uk) or  
Carers Shire on 01224 727670.**







### Donated National Respitality Break

One of our Carers had the opportunity to have a Donated National Respitality Break at the end of March for a long weekend to West Gallaton Farm, Near Stonehaven.



I just wanted to say thank you for giving us the opportunity to have such a wonderful time away. It was so peaceful and quiet. Although it wasn't far from home it was nice to get away and spend some family time together, playing board games and walking the dog in the lovely surroundings and playing in the enclosed garden, everyone enjoyed it, and I felt less stressed and anxious after the break.



**Please speak to your Carer Advisor if you are interested in a Respitality Break or if you would like more information please email [pamela.mccready@vsa.org.uk](mailto:pamela.mccready@vsa.org.uk) or telephone her on 07386 662048**



# Creative Breaks Review

**Year 2025/26 for TTL Creative Breaks is now open to carers, registered and non-registered, and we are delighted with the response we have already received!**

Awards are being made each week, and we've had some amazing feedback from those of you who have benefitted so far. Please believe me when we say, you make our day when we hear back from you telling us how you've spent your award, and how much it has helped you take a well-earned step back from your caring role.

To be fair to those who've never had this opportunity before, we are trying to contact them first, so please bear with us if you haven't heard from us, it's just taking a little time, and we hope to award as many of you as possible with the funds available as soon as we can.

**Please use this link for the Creative Break Evaluation:**  
<https://vsa.tfaforms.net/f/ttl-cbevaluation>  
or scan the below QR code.

**Alternatively, you can call us on (01224) 727670 and we will be happy to assist you with it.**



I am so grateful for the funding I received.

I have enjoyed a lovely head spa and this weekend my partner and I were away for our Anniversary so treated ourselves to a takeaway and a meal out. Two things we never do



I used my Creative Breaks for a fitness class course which allows me to practice in my own home without pressure of gym times or length of class.

I am going to share this with others in the community to help improve others health and wellbeing as it did mine.

I also got two tickets for an event for me and my husband to attend. I feel recharged and again reconnected as the last few months have been harder with caring role pressures and was affecting my own mood and relationship.

Without these opportunities I would not be in the same position as I am now so I can't thank the service enough. The staff who helped with these and guiding me on how to apply were amazing, very helpful and supportive with no judgement.



Good afternoon, I am so appreciative of this funding I'm in tears!!

Thank you so much as this has been a difficult time.



Thank you so very much for this. We've had a very tough few days here so this a big boost.



We had an amazing time in Aviemore, boys loved it and though we were busy I have managed to get a break from the everyday hustle and spent proper family time together.

Thank you so much for giving us this opportunity, we are very grateful.



Visit our website to find out more about applying for a Creative Break...

[vsa.org.uk/  
carers](https://vsa.org.uk/carers)





**Did you know, as an unpaid carer, you can access a Scottish Vocational Qualification in Health & Social Care, Level 2, for free?**

Aberdeenshire Council offer 2 qualifications, depending if you care for a child/young person, or if you care for an adult.

Unpaid Carers who have already undertaken this qualification have done so for a variety of reasons – ie. Increased confidence in their caring abilities, sense of personal achievement, greater understanding of health & social care standards and the ability to access further learning and training while undertaking the SVQ.

Some have also used their qualification to gain paid employment, or aim to use it in the future to pursue a career in the health and social care sector.

This opportunity is also available for young carers in S3 upwards who may be interested in gaining a vocational qualification based on their caring role at home.

If you would like to find out more, contact the SVQ Assessors for Unpaid Carers, who will be happy to discuss further with you, and answer any questions you may have.

**They can be contacted at:**  
**[carersvq@aberdeenshire.gov.uk](mailto:carersvq@aberdeenshire.gov.uk)**

## *Binky Sensory Bus*

**SensationALL are now running free sessions on the Binky Sensory Bus (Autism & Neurodiversity North Scotland) on:**

- Wednesdays  
@ Peterhead Fire Station
- Thursdays  
@ Fraserburgh Leisure Centre
- During term time  
10.30am, 12noon, 2:00pm

For kids aged 0-12yrs,  
with additional support needs,  
siblings, parent and carers,  
free of charge.

**To book, visit**  
**[info@sensationall.org.uk](mailto:info@sensationall.org.uk)**



# Supporting a Child With ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a common condition affecting about 3%–9% of school-age children and young people in the U.K..<sup>1</sup> ADHD is the most common presenting condition at Child and Adolescent Mental Health Services involving about 30% of all referrals.<sup>2</sup>

The *Supporting a Child with ADHD* programme has been designed for parents, caregivers, and guardians who are looking to support their children, ages six to 12 who have been diagnosed with ADHD or are waiting for an ADHD assessment for their child who is displaying symptoms.

This programme incorporates elements of Cognitive Behavioural Therapy (CBT) with the intent to help parents manage the symptoms of their children's ADHD, as well as boosting their mental health, and creating connected family relationships.

**To access the programme for free follow this link:**

**<https://wellbeing.silvercloudhealth.com/signup/>  
and use access code Scotland 2020**



**Skills and  
Strategies**

Caregivers will gain an understanding of the challenges that affect their children, while also exploring and highlighting their strengths. Guardians will learn how they can implement daily routines, use mindfulness exercises, and be encouraged to create prevention and response plans.



**Encouraging  
Behaviour**

Participants will be educated on the importance of encouragement and the best ways to support their child. They will learn practical tips for boosting self-esteem, support their child's friendships, and learn how to tune into their child's concerning behaviour.



**Medication**

Caregivers will learn about the different medication types and how these might benefit their children. This includes information on medication trials, medication doses, and medication effectiveness. Caregivers are encouraged to seek further advice from their specialist doctors.



**Scottish  
Families**

Affected by Alcohol & Drugs

# **ABERDEENSHIRE SUPPORTING FAMILIES GROUP**

**Fortnightly on a Tuesday**

**10am - 12pm**

**Fraserburgh Library, King Edward St,**

**Fraserburgh AB43 9PN**

A support group for anyone 16+ in Aberdeenshire who is affected by someone else's substance use.

The group offers a chance to connect with other family members who are likely going through similar things to you. It will be a safe and non-judgemental environment to connect, learn and share experiences.



Scan QR code for more  
information  
and meeting dates

**[aberdeenshirefamilies@sfad.org.uk](mailto:aberdeenshirefamilies@sfad.org.uk)**

**or call 01339336056**



# WHAT'S ON...

## RNIB

**RNIB's Living Well with Sight Loss courses have two new dates available. The groups are held over the phone and are free to get involved.**

Dates available include:

- 17 June 2025 at 6.30pm
- 3 September 2025 at 10am

Open to any carers who support a person with sight loss, and who wants to know more about what help is available, then this is the group for them.

To sign up to a Focus on Friends and Family phone group, please complete our online webform.

For further information, please email [lwwslenquiries@rnib.org.uk](mailto:lwwslenquiries@rnib.org.uk) or phone 0303 123 9999.

# WHAT'S ON...



The following pages contain details of forthcoming events and activities taking place in YOUR area!

# SUMMER of play

07.07.25 - 17.08.25



Scan the QR code  
to find out more  
and to book now!

## Banff ASN Activities at Deveron Community and Sports Centre

| Session                   | Date                         | Time            |
|---------------------------|------------------------------|-----------------|
| Gymnastics and Trampoline | Monday 7 <sup>th</sup> July  | 10.00am-11.00am |
| Gymnastics and Trampoline | Monday 7 <sup>th</sup> July  | 12.30pm-1.30pm  |
| Climbing                  | Tuesday 8 <sup>th</sup> July | 1.00pm-1.45pm   |
| Climbing                  | Tuesday 8 <sup>th</sup> July | 2.00pm-2.45pm   |
| Active Sensory Story      | Tuesday 8 <sup>th</sup> July | 3.00pm-4.00pm   |
| Stay, Play and Connect    | Tuesday 8 <sup>th</sup> July | 4.00pm-5.00pm   |

## Fraserburgh ASN Activities at Fraserburgh Community and Sports Centre

| Session                   | Date                            | Time            |
|---------------------------|---------------------------------|-----------------|
| Stay, Play and Connect    | Thursday 7 <sup>th</sup> August | 4.00pm-5.00pm   |
| Gymnastics and Trampoline | Friday 8 <sup>th</sup> August   | 10.00am-11.00am |
| Gymnastics and Trampoline | Friday 8 <sup>th</sup> August   | 12.30pm-1.30pm  |

For children with Additional Support Needs



Aberdeenshire  
COUNCIL





# SUMMER of play

07.07.25 - 17.08.25



Scan the QR code  
to find out more  
and to book now!

## Inverurie ASN Activities at Inverurie Community Campus

| Session                   | Date                           | Time            |
|---------------------------|--------------------------------|-----------------|
| Gymnastics and Trampoline | Thursday 24 <sup>th</sup> July | 10.00am-11.00am |
| Gymnastics and Trampoline | Thursday 24 <sup>th</sup> July | 12.30pm-1.30pm  |
| Active Sensory Story      | Friday 25 <sup>th</sup> July   | 3.00pm-4.00pm   |
| Stay, Play and Connect    | Friday 25 <sup>th</sup> July   | 4.00pm-5.00pm   |

For children with Additional Support Needs



Aberdeenshire  
COUNCIL





# SUMMER of play

07.07.25 - 17.08.25



Scan the QR code  
to find out more  
and to book now!

## Portlethen ASN Activities at Portlethen Academy

| Session                   | Date                             | Time            |
|---------------------------|----------------------------------|-----------------|
| Active Sensory Story      | Tuesday 5 <sup>th</sup> August   | 3.00pm-4.00pm   |
| Stay, Play and Connect    | Tuesday 5 <sup>th</sup> August   | 4.00pm-5.00pm   |
| Gymnastics and Trampoline | Wednesday 6 <sup>th</sup> August | 10.00am-11.00am |
| Gymnastics and Trampoline | Wednesday 6 <sup>th</sup> August | 12.30pm-1.30pm  |

## Stonehaven ASN Activities at Stonehaven Leisure Centre

| Session                | Date                           | Time          |
|------------------------|--------------------------------|---------------|
| Stay, Play and Connect | Thursday 17 <sup>th</sup> July | 4.00pm-5.00pm |

For children with Additional Support Needs



Aberdeenshire  
COUNCIL



## My Time Aberdeenshire Timetable:

|   |  |                                 |                                     |
|---|--|---------------------------------|-------------------------------------|
| Shifting Focus –<br>Photography<br>Short Course         | STONEHAVEN<br>Stonehaven Community Centre,<br>Bath Street, AB39 2DH                      | Fridays<br>10.30am-<br>12.30pm  | 13 June<br>27 June<br>25 July       |
| From Words To<br>Stories – Creative<br>Writing Workshop | FRASERBURGH<br>Fraserburgh Community and<br>Sports Centre,<br>Maconochie Place, AB43 9TH | Fridays<br>1pm - 3pm            | 27 June<br>11 July<br>25 July       |
| Clay Makes –<br>Pottery Workshop                        | INVERURIE<br>Inverurie Community Campus,<br>Victoria Street, AB51 3QZ                    | Tuesday<br>1.30pm -<br>3pm      | 15 July                             |
| Clay Makes –<br>Pottery Workshop                        | FRASERBURGH<br>Dalrymple Hall,<br>Seaforth Street, AB43 9BD                              | Tuesday<br>11am-<br>12.30pm     | 22 July                             |
| Shifting Focus –<br>Photography<br>Short Course         | MINTLAW<br>Aberdeenshire Farming Museum,<br>Aden Country Park, AB42 5FQ                  | Thursdays<br>1pm-3pm            | 24 July<br>14 August<br>4 September |
| From Words To<br>Stories – Creative<br>Writing Workshop | STONEHAVEN<br>Stonehaven Library<br>Evan Street, AB39 2ET                                | Mondays<br>1pm-3pm              | 21 July<br>4 August<br>18 August    |
| Book Chat - Online<br>Book Group                        | ONLINE   | Wednesdays<br>2pm-3pm           | 18 June<br>2 July<br>6 August       |
| Virtual Creative<br>Writing Workshop                    | ONLINE   | Mondays<br>10.45am -<br>12.15pm | 21 July<br>4 August<br>18 August    |
| History Of A<br>House – Local<br>History Talk           | ONLINE   | Thursday<br>2pm-3pm             | 7 August                            |





# My Time Aberdeenshire

## Cultural Resources for Older Carers

**Shifting Focus - Photography Short Course** Want to take better photos with your phone or camera? Pickup great tips from professional photographer Donna Murray on this 3-session course. From the basics to more specialist techniques, learn how to create beautiful images you'll want to share with friends and family. Suitable for everyone, from beginners to experienced enthusiasts.

**Clay Makes - Pottery Workshop** Experience the therapeutic qualities of clay at a relaxed-workshop where you'll learn how to make a decorative tile ornament feature for your front door, adding your own creative twist. No experience needed and everything's provided. If you can't make it in person, we'll deliver the materials to your door and provide easy to follow instructions online. No experience needed and no kiln/oven required.

**Book Chat - Online Book Group** Take time for yourself and dive into a good book – online! Session one is an introductory chat to discuss how the group will run. Books will always be available in both print and eBook formats. If you prefer a physical book, it can be collected from your preferred library or delivered straight to your door via the Doorstep Delivery Service. Sessions will be friendly and informal where you can chat about what you have read, even if this is just a few chapters.

**From Words To Stories, Creative Writing Workshop** - Unlock your creative potential with our short programme of engaging Creative Writing sessions! Whether you've always dreamt of writing stories or simply want to explore your imaginative side, this activity is perfect for you. Over 3 sessions, you'll be supported by a professional writer who will guide you through the process of creative writing using various prompts and techniques.

**History Of A House: Local History Online Talk** - Ever wondered about the history of your home or a local historic property? Take a step back in time with our Local Studies Team who will show you how to trace past owners, explore historic maps of Aberdeenshire, and uncover intriguing detail using resources such as newspapers, parish records and so much more that are available in our Local Studies Centre.

**Library Doorstep Delivery Service** - Enjoy a selection of books tailored to your reading preferences, delivered right to your front door. To sign up, complete the Doorstep Online form which you can access by going to [livelifeaberdeenshire.org.uk/libraries/deliveryservice](http://livelifeaberdeenshire.org.uk/libraries/deliveryservice) Alternatively, pop into any Aberdeenshire library and a member of staff will complete the online form on your behalf, or telephone 01467 532929.

**Aberdeenshire Libraries: Digital Services** - Did you know that as a member of the library, you have access to our huge digital catalogue, including e-books, e-audiobooks, e-magazines, and e-newspapers? With all these amazing digital goodies at your fingertips, you'll never run out of fascinating things to read.

**Workshops** - Limited spaces available for workshops and short courses. To sign up or find out more email [mytime@aberdeenshire.gov.uk](mailto:mytime@aberdeenshire.gov.uk) or phone 01467 532959 today!



# What's on



## July 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   |                 |
|---------------------|--|-----------------|
| <b>Tuesday 1st</b>  | <b>Musical Memories</b><br><b>Banff Library, High Street, Banff</b><br>For people living with dementia and their carers. Sing along to some old favourites, hear different musicians, have a chat and a coffee.<br>If interested, please get in touch to book a space. | 2.00pm-3.30pm   |
| <b>Tuesday 8th</b>  | <b>Walk &amp; Talk at Aden Park</b><br><b>Aden Country Park, Station Road, Mintlaw</b><br>Meet in the car park beside carers garden, join us for a walk round the park followed by a cuppie in the cafe  | 11.00am-12.30pm |
| <b>Tuesday 15th</b> | <b>Turriff Hae a News</b><br><b>Turriff Library, Grange Villa, The Square, Turriff</b><br>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment  | 11.00am-12.30pm |
| <b>Tuesday 22nd</b> | <b>Fraserburgh Hae A News</b><br><b>Fraserburgh Library, King Edward St Fraserburgh</b><br>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.  | 11.00am-12.30pm |
| <b>Tuesday 29th</b> | <b>Banff Castle Gardening Group</b><br><b>Banff Castle, Castle Street, Banff</b><br>Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.   | 11.00am-12.30pm |

Please note a change of date for Peterhead Carer Support group.  
This will take place on **Wed 30th July** (not Wed 23rd as originally scheduled).


|                                    |  |                  |
|------------------------------------|--|------------------|
| Wednesday<br>9th                   | <b>Peterhead Dementia Café</b><br>Mission Cafe, Union Street, Peterhead <b>(Please note new venue and time)</b><br>For people living with dementia and their carers to meet others, have a cuppie and a blether.   | 10.30am-12.00pm  |
| Wednesday<br>23rd                  | <b>Carer Support Group</b><br>Kirkburn Court Care Home, Academy Pl. Peterhead<br>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.<br><b>Contact Laura Crockatt or Kathy Fraser for further details</b>   | 2.00pm-3.30pm    |
| Wednesday<br>30th                  | <b>Walk &amp; Talk at Aden Park</b><br><b>Aden Country Park, Station Road, Mintlaw</b><br>Meet in the car park beside carers garden, join us for a walk round the park followed by a cuppie in the cafe  | 11.00am-12.30pm  |
| Thursday 3 <sup>rd</sup><br>& 17th | <b>Mintlaw Hae a News</b><br><b>Mintlaw Library, MACBI Community Hub, Newlands Rd, Mintlaw</b><br>For people living with dementia and their carers to meet others, gain social stimulation in a dementia friendly environment.   | 11.00am -12.30pm |
| Thursday<br>10th                   | <b>Banff Castle Gardening Group</b><br><b>Banff Castle, Castle Street, Banff</b><br>Come along and join us planting bedding plants in our raised beds, followed by a cuppie in the cafe.   | 11.00am-12.30pm  |
| Thursday<br>17 <sup>th</sup>       | <b>Advice Point at Aden Park during Wild About Aden Event</b><br><b>Aden Country Park, Station Road, Mintlaw</b><br>Laura Crockatt, Dementia Advisor, will be offering support/advice during the Wild About Aden event.<br><b>For further info contact Laura on 07825 242381 email <a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a></b>  | 11.00- 2.00pm    |
| Thursday<br>24th                   | <b>Banff Hae A News &amp; Carer Support Group</b><br><b>Banff Library, High Street, Banff</b><br>For people living with dementia and their carers. Both groups to run alongside each other within The Library.<br><b>CARER SUPPORT</b> is a safe space for carers to gain peer support and get advice from their local Dementia Advisor<br><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. | 11.00am-12.30pm  |

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| In Person Group            |  | What's On In Central Aberdeenshire |
|----------------------------|--|------------------------------------|
| Monday 7 <sup>th</sup>     | <b>Inverurie Carers Support Group</b><br>Port Elphinstone Community House, Flat 1, Pinewood House,<br>Elphinstone Road, Inverurie.<br><br>For people who support someone with dementia, to get together for a<br>chat with others in the same situation, share information and experiences   | 2.00-3.00pm                        |
| Tuesday 1 <sup>st</sup>    | <b>Insch Social Group</b><br>Bennachie Leisure Centre, Largie Rd, Insch<br><br>A social group for people living with dementia and their carers.  | 10.45-11.45 am                     |
| Tuesday 8 <sup>th</sup>    | <b>KEMNAY Pop-up Café</b><br>Kemnay Library, Kendal Rd, Kemnay AB51 5RN<br><br>A social group for people living with dementia and their carers.<br>Come along for some coffee, chat and fun.   | 1.30-2.30pm                        |
| Tuesday                    | <b>Port Elphinstone Social Group</b><br>Port Elphinstone Community House, Flat 1, Pinewood House,<br>Elphinstone Road, Inverurie.<br><br><b>CANCELLED</b>  | 11.00 – 12.00pm                    |
| Tuesday 15 <sup>th</sup>   | <b>Walk at Ellon Riverside</b><br>A walk at Ellon (first half of walk suitable for wheelchairs) along the<br>riverside. Meet at Riverside carpark at Ellon town centre.  | 10.30 – 12.00pm                    |
| Wednesday 2 <sup>nd</sup>  | <b>Westhill Social Group</b><br>Westhill Library, Westhill Primary, Westhill Drive<br>A social group for people living with dementia and their carers to have a<br>blether, a cuppa and some activities.   | 2.00 -3.00 pm                      |
| Wednesday 16 <sup>th</sup> | <b>Westhill Carers Support Group</b><br>Westhill Library, Westhill Primary, Westhill Drive<br><br>For people who support someone with dementia, to get together for a<br>chat with others in the same situation, share information and experiences   | 2.00 -3.00 pm                      |
| Wednesday 30 <sup>th</sup> | <b>In the Same Boat</b><br>Stonehaven Library, Even Street, Stonehaven<br><br><b>New in person carers support group</b> for those carers who support<br>someone with dementia living in a care home, or about to move into<br>long term care. It's a great opportunity to access peer support,<br>exchange stories and share information. Please contact Mags if you<br>are interested in attending. | 2.00-3.30pm                        |

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| <b>Thursday<br/>3rd</b>                                   | <b>Oldmeldrum Social Group</b><br>Meldrum Town Hall (downstairs room), The Square, Oldmeldrum<br><br>Come along & enjoy a social event for people living with dementia and their carers.   | <b>1.30 – 2.30pm</b> |
| <b>Thursday<br/>10<sup>th</sup> &amp; 24<sup>th</sup></b> | <b>Ellon Social Group</b><br>The Kirk Centre, Station Road, Ellon (Upstairs – there is a lift)<br><br>A social group for people living with dementia and their carers to have a blether, a cuppa and join in a fun activity.   | <b>2.00 -3.00pm</b>  |
| <b>Thursday<br/>10th</b>                                  | <b>Ellon Carers Support Group</b><br>Forvie Room, The Kirk Centre, Station Rd, Ellon<br><br> Jennifer Forsyth from Fire Scotland will speak about the hazards within the home, advice on how to stop these and how to stay safe in the event of a fire. | <b>2.00 -3.00pm</b>  |

| <b>In Person Group</b>                       |   | <b>What's On In South Aberdeenshire</b> |
|--|---|---|
| <b>Tuesday 1st</b>                           | <b>Portlethen Pastimes</b><br>Portlethen Library, Bruntland Road, Portlethen.<br><br>A social group for people living with dementia and their carers to have a chat, a cuppa and join in a fun activity.  | <b>10.30 - 11.30am</b>                  |
| <b>Tuesday 8<sup>th</sup><br/>&amp; 22nd</b> | <b>Stonehaven Activities &amp; More</b><br>Community Education Centre, Bath Street, Stonehaven.<br><br>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 8th</b>                           | <b>Stonehaven Carers Group</b><br>Stonehaven Community Education Centre, Bath Street.<br><br>For people who support someone with dementia, to get together for a chat with others in the same situation, share information and experiences        | <b>10.30 -12.00pm</b>                   |
| <b>Wednesday<br/>16<sup>th</sup></b>         | <b>Aboyne Social Group</b><br>Aboyne Library, Bridgeview Road, Aboyne.<br><br>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>Wednesday<br/>30<sup>th</sup></b>         | <b>In the Same Boat</b><br>Stonehaven Library, Even Street, Stonehaven<br>Carers support group for those carers who support someone with dementia living in a care home, or about to  | <b>2.00-3.30pm</b>                      |

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|  |  |                      |
|--|--|----------------------|
|  | 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. |                      |
| <b>Thursday 3<sup>rd</sup> &amp; 17<sup>th</sup></b> | <b>Banchory Social Group</b><br><b>Banchory Library, Bridge Street, Banchory.</b>  | <b>1.30 - 3.00pm</b> |
|  | 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                        |   |                        |
|---------------------------------------|---|------------------------|
| <b>Tuesday, 1<sup>st</sup> July</b>   | <b>Letting Go Group – Mags Corbett</b><br>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 3<sup>rd</sup></b>        | <b>Rare Dementia Carer Support – Laura Crockatt</b>   | <b>11.00 am</b>        |
| <b>Thursday, 17<sup>th</sup> July</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><br><b>Aberdeenshire (North)</b><br><a href="mailto:lcrockatt@alzscot.org">lcrockatt@alzscot.org</a> 07825 242381;           | <b>Kathy Fraser, Comm. Activities Organiser</b><br><b>Aberdeenshire (North)</b><br><a href="mailto:kfraser@alzscot.org">kfraser@alzscot.org</a> 07795 391092; -      |
| <b>Mags Corbett, Dementia Advisor</b><br><b>Aberdeenshire (Central &amp; South)</b><br><a href="mailto:mcorbett@alzscot.org">mcorbett@alzscot.org</a> 07769 366 175 | <b>Susan Westcott, Comm. Activities Organiser</b><br><b>Aberdeenshire (Central)</b><br><a href="mailto:swestcott@alzscot.org">swestcott@alzscot.org</a> 07876 003154 |
| <b>Dee Cobban, Community Activities Organiser</b><br><b>Aberdeenshire (South)</b><br><a href="mailto:dcobban@alzscot.org">dcobban@alzscot.org</a> 07825 546006      |  |

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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>



### Alzheimer Scotland Conference 2025

Our Annual Conference will be held on **Monday 22 September** at the **Edinburgh International Conference Centre (EICC)**. Early Bird tickets are now available to buy at Eventbrite using the link below.

**Alzheimer Scotland Annual Conference 2025 Tickets, Mon 22 Sep 2025 at 09:00 | Eventbrite**

As always, tickets for people with dementia and carers are free - please email [conference@alzscot.org](mailto:conference@alzscot.org) for more information about free tickets.

More details of the conference, including the full programme will be made available closer to the event.

For more information, or if you would be interested in exhibiting at our conference, please contact our team: [conference@alzscot.org](mailto:conference@alzscot.org)

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# DO YOU HAVE AN EVENT THAT YOU WOULD LIKE TO SHOUT ABOUT?

Let us know at [carers.shire@vsa.org.uk](mailto:carers.shire@vsa.org.uk)



In North Aberdeenshire .....



**Deveronside Boogie Afternoons for 2025**

**DATES FOR YOUR DIARY.**  
THURSDAY 29<sup>TH</sup> MAY  
THURSDAY 26<sup>TH</sup> JUNE  
THURSDAY 31<sup>ST</sup> JULY  
THURSDAY 28<sup>TH</sup> AUGUST  
THURSDAY 25<sup>TH</sup> SEPTEMBER  
THURSDAY 30<sup>TH</sup> OCTOBER  
THURSDAY 27<sup>TH</sup> NOVEMBER  
THURSDAY 18<sup>TH</sup> DECEMBER  
**FROM 2PM TO 4PM.**

**Location:- Deveronside Club ,  
Tannery St,  
Banff AB45 1ER**

Come along and join in a fun afternoon of music from Starlite Discos, dance & friendship. Held once a month.

For Senior Citizens, people living with dementia and their carers and local care homes. Anyone living alone and looking for company and a chat.

Refreshments will be available – Teas, Coffee & cakes - £2.50 pp.

For more information, contact Deveronside Club on 01261 812769 during opening hours or Marlene on 07790 911503.



**Alzheimer Scotland**  
Action on Dementia



**Sunday 24 August 2025**

**Alzheimer Scotland Memory Walk Aberdeen**

**Time: Arrive from 11.30am. Walk starts at 12 noon. Event finishes at 2pm.**

**Location: Aberdeen Sports Village, Linksfield Road, AB24 5RU**

Join us for a gentle 5k walk around the athletics track at Aberdeen Sports Village while raising vital funds for people living with dementia.

Adult tickets are £10. Children's tickets are free - children must be registered for a ticket to take part in the walk and must be accompanied by an adult.

Please note, only guidance dogs are permitted on this walk.

**Register: <https://memorywalk.alzscot.org/event-info-aberdeen>**

If you can't do the Memory Walk, there is an opportunity to do 'Your Walk, Your Way' -the link above also takes you to this information and registration.

**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)



*Making sure nobody faces dementia alone.*

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The logo for Community Integrated Care consists of three stacked rectangular boxes. The top box is pink and contains the word 'Community' in white. The middle box is blue and contains the word 'Integrated' in white. The bottom box is orange and contains the word 'Care' in white.

## Community Integrated Care

[www.What-To-Do.co.uk](http://www.What-To-Do.co.uk) is a unique platform created by the charity Community Integrated Care, offering free and inspiring online experiences every week for people with learning disabilities and autistic people.

### **This July:**

**Celebrate Euro 2025 with Lioness Gemma Bonner (Wednesday 16th July, 6pm)- Meet England star and Liverpool FC captain Gemma Bonner. Enjoy fun football-inspired activities, and find out what it is like to play for the Lionesses!**

### **Join Our Community**

[www.What-To-Do.co.uk](http://www.What-To-Do.co.uk) easy-to-use, completely free, and specifically created to empower people who draw on care and support. Every experience is purpose designed to enable dreams, skills, connection and wellbeing. All activities can be enjoyed from home and are fully accessible and welcoming.

Every single week we offer epic experiences – all supported by leading celebrities, brands and disability inclusion specialists. It just takes one click to get involved – it's so simple!

Our community is friendly, welcoming and supportive. Matt, who is part of our community said, "What To Do has changed my life. I love it!".

**That's why [www.What-To-Do.co.uk](http://www.What-To-Do.co.uk) has been named the Best Initiative by Caring Times.**



# Carefree

**Short hotel  
breaks for  
unpaid carers.**



Access VSA's  
Carefree Referral Form  
by scanning this QR code



Registered in Scotland as Aberdeen Association of Social Service operating as VSA Company Registration Number SC018487;  
Registered Scottish Charity Number SC012950 Head Office: 38 Castle Street, Aberdeen AB11 5YU