

What's on



May 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 11th	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
Monday 25th	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	11am-12.30pm
Tuesday 5th	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	11am-12.30pm
Tuesday 19th	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	11am-12.30pm
Tuesday 26th	Fraserburgh Musical Memories & Social Group 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.	11am-12.30pm

Wednesday 6th & 20th	Banff Castle Gardening Group Banff Castle, Castle Street, Banff Come along and help to plant our raised beds ready for the spring/summer season, followed by a cuppie in the cafe.	11am-12.30pm
Wednesday 13th	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
Thursday 7th & 21st	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. On the 7 th May we have the Youth Music Initiative & Feis Rois coming along for a Music Session	11am-12.30pm
Thursday 28th	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	11am-12.30pm

In Person Group	What's On In Central Aberdeenshire	
Tuesday 5th	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 12th	Kemnay Social Group 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 19th	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 6 th	Westhill Social Group 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.	
Thursday 7 th	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 14 th & 28 th	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 14 th	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 11 th – will be the last class (a new block will start in September). Note – no class on 4th May (holiday)	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 *	
Tuesday 5 th	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 12 th & 26 th	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 12th	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 20th	Aboyne Social Group Victory Hall, Ballater Road, Aboyne AB34 5HY	2.00 -3.00pm
	A social group for people living with dementia and their carers to meet up for a cuppa and a chat	
Wednesday 27th NOTE – this may change to a Tuesday, please check with Georgina before attending	In the Same Boat Stonehaven Library, Evan Street, Stonehaven, AB39 2ET	2.00-3.30pm
	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 Georgina if you are interested in attending.	
Thursday 7th	Banchory Social Group Banchory Library, Bridge Street Banchory, AB31 5SU	1.30-2.30pm
	A social group for people living with dementia and their carers to meet up for some fun activities, a cuppa & a chat.	

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:

Kathy Fraser, Community Activities Organiser Aberdeenshire (North) kfraser@alzscot.org / 07795 391092;
Heather Millar, Community Activities Organiser Aberdeenshire (Central) hmillar@alzscot.org / 07876 003154
Georgina Errington, Community Activities Organiser Aberdeenshire (South) gerrington@alzscot.org / 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>



In North Aberdeenshire



Banff Castle Gardening Group

Held twice monthly at
Banff Castle, Castle Street, Banff
From April to September

This group is for people living with dementia and their carers. We have a small garden area within the walled garden at Banff Castle, you are welcome to come along, and help to plant our spring/summer plants in our raised beds, followed by a cuppie and cake in the cafe

For more information or to book a place, please contact:
Kathy Fraser, CAO, 07795 391092 or email kfraser@alzscot.org

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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.