



ABERDEEN FC
COMMUNITY
TRUST



ABERDEEN
CITY LIBRARIES



Aberdeen
City Health
& Social
Care

Aberdeen
Archives,
Gallery &
Museums



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

December/January

YOUR MONTHLY GUIDE TO DEMENTIA FRIENDLY EVENTS FOR OLDER PEOPLE AND THOSE OF ALL AGES WHO ARE AFFECTED BY DEMENTIA, SOCIAL ISOLATION, LONELINESS, MENTAL HEALTH ISSUES, MOBILITY ISSUES AND OTHER CONDITIONS. ALL EVENTS ARE FREE OF CHARGE (UNLESS STATED) WITH PRE-BOOKING OF PLACES REQUIRED WHERE INDICATED.

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Aberdeen Archives, Gallery and Museums

**Welcome to
Aberdeen Archives, Gallery and Museums**

Discover Aberdeen's stories! Our venues are open daily and admission is free. We look forward to welcoming you.

Week 1

Thursday 5 th December	Our Aberdeen – Peacock at 50	2.00pm – 3.30pm	Aberdeen Treasure Hub, Granitehill Road, Aberdeen
Friday 6 th December			
Saturday 7 th December	<u>Artroom with Grampian Hospitals Art Trust</u>	<u>All Day, Drop In</u>	<u>Art Gallery (Learning Space)</u>

Week 2

Friday 13 th December	Inspired Gallery Meets – Christmas Paper Crafts	11.00am – 12.30pm	Art Gallery (Learning Space)
	Musical Memories	1.30pm – 3.30pm	Art Gallery (Cowdray Hall)
Saturday 14 th December	Artroom with Grampian Hospitals Art Trust	All Day, Drop In	Art Gallery (Learning Space)

Aberdeen Archives, Gallery and Museums

**Aberdeen
Archives,
Gallery &
Museums**

**Welcome to
Aberdeen Archives, Gallery and Museums**

Discover Aberdeen's stories! Our venues are open daily and admission is free. We look forward to welcoming you.

Events are paused until the New Year Happy Christmas

Friday 10 th January	Musical Memories	1.30pm – 3.30pm	Art Gallery (Cowdray Hall)
Saturday 11 th January	Artroom with Grampian Hospitals Art Trust	All Day, Drop In	Art Gallery (Learning Space)
Friday 17 th January	Inspired Gallery Meets – Process Art	11.00am – 12.30pm	Art Gallery (Learning Space)
Saturday 18 th January	Artroom with Grampian Hospitals Art Trust	All Day, Drop In	Art Gallery (Learning Space)
Friday 24 January	Musical Memories	1.30pm – 3.30pm	Art Gallery (Cowdray Hall)
Saturday 25 th January	Artroom with Grampian Hospitals Art Trust	All Day, Drop In	Art Gallery (Learning Space)

Inspiring and empowering, particularly the next generation, through education and positive destinations; football, health and wellbeing

December 2025

Week 1

Monday 2 nd December	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Tuesday 3 rd December	Health Walk 10am – 12noon	Meeting Point: Great Northern Road	End Point: The Fountain Bar, Great Northern Road Tea/Coffee Provided
Wednesday 4 th December	Sporting Memories 2-3.30pm	Aberdeenshire Cricket Club, Morningside Road, AB10 7FB	Tea/Coffee Provided
Thursday 5 th December	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

Week 2

Monday 9 th December	Golf Memories 2-3.30pm	Deeside Golf Club, Golf Road, AB15 9DL	Tea/Coffee Provided
Monday 9 th December	Knit and Natter 2-4pm	Aberdeen City Vaccination and Wellbeing Hub, Bon Accord Centre	Tea/Coffee Provided
Tuesday 10 th December	Health Walk 10am – 12noon	Meeting Point: Castlegate	End Point: Ma Camerons, Little Belmont Street
Thursday 12 th December	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Thursday 12 th December	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

Inspiring and empowering, particularly the next generation, through education and positive destinations; football, health and wellbeing

Week 3

Monday 16 th December	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Thursday 19 th November	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

January 2025

Week 1

Monday 6 th January	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Monday 6 th January	Knit and Natter 2-4pm	Aberdeen City Vaccination and Wellbeing Hub, Bon Accord Centre	Tea/Coffee Provided
Tuesday 7 th January	Health Walk 10am – 12noon	Meeting Point: Goods in Entrance, Richard Donald Stand, Pittodrie	End Point: Richard Donald Stand, Pittodrie Tea/Coffee Provided
Thursday 9 th January	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

Aberdeen Football Club Community Trust



**ABERDEEN FC
COMMUNITY
TRUST**

Inspiring and empowering, particularly the next generation, through education and positive destinations; football, health and wellbeing

Week 2

Monday 13 th January	Golf Memories 2-3.30pm	Location To Be Confirmed	Tea/Coffee Provided
Monday 13 th January	Knit and Natter 2-4pm	Aberdeen City Vaccination and Wellbeing Hub, Bon Accord Centre	Tea/Coffee Provided
Tuesday 14 th January	Health Walk 10am – 12noon	Meeting Point: Duthie Park, Outside Winter Gardens	End Point: Duthie Park, Outside Winter Gardens
Thursday 16 th January	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Thursday 16 th January	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

Week 3

Monday 20 th January	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Monday 20 th January	Knit and Natter	Aberdeen City Vaccination and Wellbeing Hub, Bon Accord Centre	Tea/Coffee Provided
Tuesday 21 st January	Health Walk 10am – 12noon	Meeting Point: Marischal College, Broad Street	End Point: Art Gallery Schoolhill, Have a wander round the art gallery
Thursday 23 rd January	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided

Week 4

Monday 27 th January	Knit and Natter 2-4pm	Aberdeen City Vaccination and Wellbeing Hub, Bon Accord Centre	Tea/Coffee Provided
Tuesday 28 th January	Health Walk 10am – 12noon	Meeting Point: Nigg Bay Golf Club, Victoria Road, Torry	End Point: Nigg Bay Golf Club, Victoria Road, Torry
Wednesday 29 th January	Music Memories 2-3.30pm	shmu, Station Road, Woodside, AB24 2WB	Tea/Coffee Provided
Thursday 30 th January	Football Memories 2-3.30pm	Pittodrie (AB24 5QH), Sir Alex Fergusson Lounge	Tea/Coffee Provided
Thursday 30 th January	Pittodrie Community Hub 12.30pm – 3.30pm	Richard Donald Stand, Pittodrie, AB24 5QH	Hot food, Tea/Coffee Provided



We are a caring partnership working together with our communities to enable people to achieve fulfilling, healthier lives and wellbeing.

Week 1

Monday 2 nd December	Boogie In The Bar 11:30 – 1:30pm	The White Cockade 2 Oscar Road Torry AB11 8ER
Tuesday 3 rd December	Boogie In The Bar 11:30 – 2:00pm	Greentrees 183 Victoria Street Dyce AB21 7AA
Thursday 5 th December	Mighty Oaks Bike Ride 12:00 – 1:30pm	Raymond Kelly Pavillion School Road Seaton AB24 1TN
Friday 6 th December	Boogie In The Bar 12:00 – 2:30pm	Sunnybank FC Heatheryfold Park Heatheryfold Circle Aberdeen AB16 7DS



For more information, email SWSC@aberdeencity.gov.uk

Week 2

Monday 9 th December	Stay Well, Stay Connected 1:00 – 2:00pm	SHMU FM 99.8FM
Tuesday 10 th December	Soup & Sarnies 12:00 – 2:00pm	Greyhope Community Hub Tullos Circle Aberdeen AB11 8HD
Wednesday 11 th December	Boogie In The Bar 11:30 – 1:30pm	Dee Swimming Club 50 Gerrard Street Aberdeen AB25 1HA
Thursday 12 th December	Boogie In The Bar 12:00 – 2:00pm	The Abbott Provost Watt Drive Kincorth AB12 5BT
Thursday 12 th December	Mighty Oaks Bike Ride 12:00 – 1:30pm	Raymond Kelly Pavilion School Road Seaton AB24 1TN



Week 3

Thursday 19th December

Boogie In The Bar

12:00 – 4:00pm

The Foundry

41 – 43 Holburn Street

Aberdeen

AB10 6BR

January 2025

Monday 13th January

Stay Well, Stay Connected

1:00 – 2:00pm

SHMU FM

99.8FM

Tuesday 14th January

Soup & Sarnies

12:00 – 2:00pm

Greyhope Community Hub

Tullos Circle

Aberdeen

AB11 8HD

Thursday 16th January

Soup & Sarnies

11:00 – 1:00pm

Cornhill Community

Centre

Beechwood Road

Aberdeen

AB16 5BL

Thursday 30th January

Boogie In The Bar

12:00 – 2:00pm

The Abbot

Provost Watt Drive

Kincorth

AB12 5BT

Aberdeen City Libraries provides free access to Fiction, Non-Fiction, Information Resources, Toys, DVDs, learning, computers, wi-fi and events. Membership is free, so find out more at www.aberdeencity.gov.uk/services/libraries-and-archives

Memories Scotland

Tuesday 3rd December – 2:30pm – 4:00pm

Central Library Committee Room

“Christmas in Scotland”



See you in 2025!

Aberdeen Vaccination & Wellbeing Hub



The Aberdeen Vaccination & Wellbeing Hub is based in the Bon Accord Centre opposite costa coffee. Our aim is to create a hub which delivers an easily accessible location where a range of health, social care, third sector and voluntary organisation work together responding to local need and putting health inequalities at the heart of all we do. Open Monday – Saturday 9.15 – 4.30pm. Walk in to browse our range of leaflets or just drop in for a free cuppa & conversation.

Week 1

Mon 2 nd Dec	<ul style="list-style-type: none"> • Department of Work & Pensions • Wellbeing Co-ordinators – Motivational Mondays • SCARF- Home Energy Savings • Aberdeen Football Club Community Trust – Knit & Natter 	10.00-12.00pm 10.00-12.00pm 1.00-4.00pm 2.00-4.00pm
Tues 3 rd Dec	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg • Stand up to Falls Prevention • Four Pillars Workshop – Living with HIV in care 	10.00 - 3.00pm 1.00 - 3.00pm 1.00 – 4.00pm
Wed 4 th Dec	<ul style="list-style-type: none"> • Aberdeen in Recovery • Home Energy Scotland • Scottish Fire & Rescue 	10.30 -12.30pm 1.00 - 4.00pm 1.00 – 4.00pm
Thurs 5 th Dec	<ul style="list-style-type: none"> • Asthma & Allergy Foundation • Stand up to Falls Prevention • Bon Accord Care – Telecare 	9.30 – 12.30pm 9.30-12.00pm
Fri 6 th Dec	<ul style="list-style-type: none"> • Quarriers – Wee Blether Cafe 	11.00-1.00pm

Week 2

Mon 9 th Dec	<ul style="list-style-type: none"> • Dept of Work & Pensions – Financial & benefits • Wellbeing Co-ordinators – Motivational Mondays • Aberdeen Football Club Community Trust – Knit & Natter 	10.00 - 12.00pm 10.00 - 12.00pm 2.00 - 4.00pm
Tues 10 th Dec	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg • Disabled Persons Housing Service • Alcohol & Drugs Action (ADA) 	10.00 - 3.00pm 9.15 - 3.00pm 1.00 - 4.00pm
Wed 11 th Dec	<ul style="list-style-type: none"> • Aberdeen in Recovery (AIR) • Aberdeen Art Gallery & Museums – Promoting Dementia-friendly events • Aberdeen Care & Repair • Scottish Fire & Rescue 	10.30 - 12.30pm 1.00 - 4.00pm 1.00 - 4.00pm 1.00 – 4.00pm
Thurs 12 th Dec	<ul style="list-style-type: none"> • Pathways Employment Keyworker • Asthma & Allergy Foundation • Bon Accord Care – Telecare & Digital Support 	10.00 – 12.00 9.30 – 12.30 1.00 – 4.00pm
Fri 13 th Dec	<ul style="list-style-type: none"> • Quarriers Wee Blether Carers Café 	11.00 - 1.00pm

Aberdeen Vaccination & Wellbeing Hub



The hub currently provides support from the following Clinical Services:

Vaccinations Children & Adult Vaccination Service – Tel. 01224 555333 (appointments)

Community Treatment & Care (CTAC) – Nurse led service providing blood tests & chronic disease management tests – Tel 01224 – 550200 (appointments)

Vitamin B12 Injections – by GP prescription –Tel. 01224 555333 (appointments)

Community Respiratory Team – By GP referral

Health Visiting Team – Appointments via Health Visitor

Week 3

Mon 16 th Dec	<ul style="list-style-type: none"> • Dept of Work & Pensions – Financial & benefits • Aberdeen Football Club Community Trust – Knit & Natter 	10.00-12.00pm 2.00 – 4.00pm
Tues 17 th Dec	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg 	10.00 - 3.00pm
Wed 18 th Dec	<ul style="list-style-type: none"> • Aberdeen in Recovery • Home Energy Scotland • Scottish Fire & Rescue 	10.30 - 12.30pm 1.00 - 4.00pm 1.00 – 4.00pm
Thurs 19 th Dec	<ul style="list-style-type: none"> • Asthma & Allergy Foundation • Pathways Employment Keyworker • Bon Accord Care – Telecare & Digital Support 	9.30 – 12.30pm 10.00 – 12.00pm 1.00 – 4.00pm
Fri 20 th Dec	<ul style="list-style-type: none"> • Quarriers Wee Blether Carers Café 	11.00 - 1.00pm

The Vaccination & Wellbeing Hub will be open over the festive period on the following dates as a warm space.

Please pop in for a cuppa and conversation.

Sat 21 st	Mon 23 rd	Tues 24 th	Fri 27 th	Sat 28 th	Mon 30 th	Tues 31 st	Fri 3 rd	Sat 4 th
09:15-16:30	09:15-16:30	09:15-16:00	09:15-16:30	09:15-16:30	09:15-16:30	09:15-16:00	09:15-16:30	09:15-16:30



Alzheimer Scotland is Scotland's national dementia charity. Our aim is to make sure nobody faces dementia alone. We provide support and information to people with dementia, their carers and families, we campaign for the rights of people with dementia and fund vital dementia research.

Alzheimer Scotland provide

- Daily groups and activities for people living with dementia and their families, people with concerns about their memory and those interested in looking after their brain health. These include physical activity, drop ins, therapeutic groups, peer support and information sessions.
- Community cafés hosting other organisations that are open to the public to attend
- Advice and support for dementia and brain health, either through drop in or by appointment.
- Aberdeen Brain Health Service which is run in partnership with NHS Grampian. The service enables you to understand and identify your own personal risk for the diseases that can lead to dementia and support you with a personalised action plan.

A monthly what's on guide can be accessed via the Aberdeen page on the Alzheimer Scotland website here: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/aberdeen-dementia-resource-centre> or a copy can be picked up at the centre on King Street. This can also be sent out monthly by email or post.

The Brain Health and Dementia Resource Centre can be contacted

- by phone on 01224 644077
- by email on aberdeencityservices@alzscot.org

by dropping into the Brain Health and Dementia Resource Centre (Monday to Friday from 9am to 5pm) at 13-19 King Street, Aberdeen, AB24 5AA

The Living Well Project



THE
LIVINGWELL
PROJECT

living well café

Living Well Cafés

The **Living Well Cafés** provide a welcoming, safe and supportive place for people living with dementia and/or memory problems and their caregivers.

For further information, please contact Jeanette on 07512 141818 or Linda on 07927 541028

Tuesday 3 rd December	Oldmachar Church Ashwood Park Bridge of Don AB22 8PR	1:00pm-3:00pm
Thursday 5 th December	Devana Church Fonthill Road AB11 8UD	1:00pm-3:00pm
Tuesday 10 th December	Brimmond Church Bucksburn AB21 9SS	1:00pm-3:00pm
Tuesday 17 th December	Oldmachar Church Ashwood Park Bridge of Don AB22 8PR	1:00pm-3:00pm
Thursday 19 th December	Devana Church Fonthill Road AB11 8UD	1:00pm-3:00pm

Break for Christmas & New Year



Tuesday 7th January
1:00pm-3:00pm

Oldmachar Church



Ashwood Park

Bridge of Don

AB22 8PR

Thursday 9th January

Devana Church

1:00pm-3:00pm

Fonthill Road

AB11 8UD

Tuesday 14th January

Brimmond Church

1:00pm-3:00pm

Bucksburn

AB21 9SS

Tuesday 21st January

Oldmachar Church

1:00pm-3:00pm

Ashwood Park

Bridge of Don

AB22 8PR

Thursday 23rd January

Devana Church

1:00pm-3:00pm

Fonthill Road

AB11 8UD

Tuesday 28th January

Brimmond Church

1:00pm-3:00pm

Bucksburn

AB21 9SS

Month At A Glance

Monday 2nd December	Tuesday 3rd December	Wednesday 4th December	Thursday 5th December	Friday 6th December	Saturday 7th December
Football Memories (5) Boogie in the Bar (9) Department of Work & Pensions (13) Motivational Mondays (13) SCARF- Home Energy Savings (13) Aberdeen Football Club Community Trust – Knit & Natter (13)	Health Walk (5) Boogie in the Bar (9) Memories Scotland (12) CFINE Community Food Outlet – Fruit & Veg (13) Stand up to Falls Prevention (13) Four Pillars Workshop – Living with HIV in care (13) Living Well Café (16)	Sporting Memories (5) Aberdeen in Recovery (13) Home Energy Scotland (13) Scottish Fire & Rescue (13)	Our Aberdeen – Peacocks at 50 (3) Pittodrie Community Hub (5) Mighty Oaks Bike Ride (9) Asthma & Allergy Foundation (13) Stand up to Falls Prevention (13) Bon Accord Care – Telecare (13) Living Well Café (16)	Boogie in the Bar (9) Quarriers – Wee Blether Café (13)	Artroom With Ghat (3)
Monday 9th December	Tuesday 10th December	Wednesday 11th December	Thursday 12th December	Friday 13th December	Saturday 14th December
Golf Memories (5) Stay Well, Stay Connected Radio (10)	Health Walk (5) Soup & Sarnies (10) CFINE Community Food Outlet – Fruit & Veg (13)	Boogie in the Bar (10) Aberdeen in Recovery (AIR) (13) Aberdeen Art Gallery & Museums – Promoting	Football Memories (5) Pittodrie Community Hub (5) Boogie in the Bar (10)	Inspired Gallery Meets – Christmas Paper Crafts (3) Musical Memories (3)	Artroom With GHAT (3)

<p>Dept of Work & Pensions – Financial & benefits (13)</p> <p>Wellbeing Co-ordinators – Motivational Mondays (13)</p> <p>Aberdeen Football Club Community Trust – Knit & Natter (13)</p>	<p>Disabled Persons Housing Service (13)</p> <p>Alcohol & Drugs Action (ADA) (13)</p> <p>Living Well Café (16)</p>	<p>Dementia-friendly events (13)</p> <p>Aberdeen Care & Repair (13)</p> <p>Scottish Fire & Rescue (13)</p>	<p>Mighty Oaks Bike Ride (8)</p> <p>Pathways Employment Keyworker (13)</p> <p>Asthma & Allergy Foundation (13)</p> <p>Bon Accord Care – Telecare & Digital Support (13)</p> <p>Living Well Café (16)</p>	<p>Quarriers Wee Blether Carers Café (13)</p>	
Monday 16th December	Tuesday 17th December	Wednesday 18th December	Thursday 19th December	Friday 20th December	
<p>Football Memories (6)</p> <p>Dept of Work & Pensions – Financial & Benefits (14)</p> <p>Aberdeen Football Club Community Trust – Knit & Natter (14)</p>	<p>CFINE Community Food Outlet – Fruit & Veg (14)</p> <p>Living Well Café (16)</p>	<p>Aberdeen in Recovery (14)</p> <p>Home Energy Scotland (14)</p> <p>Scottish Fire & Rescue (14)</p>	<p>Pittodrie Community Hub (6)</p> <p>Boogie in the Bar (11)</p> <p>Asthma & Allergy Foundation (14)</p> <p>Pathways Employment Keyworker (14)</p> <p>Bon Accord Care – Telecare & Digital Support (14)</p> <p>Living Well Café (16)</p>	<p>Quarriers Wee Blether Carers Café (14)</p>	
Monday 23rd December	Tuesday 24th December	Wednesday 25th December	Thursday 26th December	Friday 27th December	

Monday 30th December	Tuesday 31st December				

		Wednesday 1st January	Thursday 2nd January	Friday 3rd January	Saturday 4th January
Monday 6th January	Tuesday 7th January	Wednesday 8th January	Thursday 9th January	Friday 10th January	Saturday 11th January
Football Memories (6) Knit & Natter (6)	Health Walk (6) Living Well Café (17)		Pittodrie Community Hub (6) Living Well Café (17)	Musical Memories (4)	Artroom with GHAT (4)
Monday 13th January	Tuesday 14th January	Wednesday 15th January	Thursday 16th January	Friday 17th January	Saturday 18th January
Golf Memories (7) Knit & Natter (7) Stay Well, Stay Connected (11)	Health Walk (7) Soup & Sarnies (11) Living Well Café (17)		Football Memories (7) Pittodrie Community Hub (7) Soup & Sarnies (11) Living Well Café (17)	Inspired Gallery Meets – Process Art (4)	Artroom With GHAT (4)
Monday 20th January	Tuesday 21st January	Wednesday 22nd January	Thursday 23rd January	Friday 24th January	Saturday 25th January
Football Memories (7) Knit & Natter (7)	Health Walk (7) Living Well Café (17)		Pittodrie Community Hub (7) Living Well Café (17)	Musical Memories (4)	Artroom with GHAT (4)
Monday 27th January	Tuesday 28th January	Wednesday 29th January	Thursday 30th January	Friday 31st January	
Knit & Natter (8)	Health Walk (8) Living Well Café (17)	Music Memories (8)	Football Memories (8) Pittodrie Community Hub (8) Boogie in the Bar (11)		

