

GRAMPIAN

Wellbeing festival

Wednesday 1st May to Friday 31st May 2024

Find out what's happening
in Aberdeenshire



Aberdeenshire
Health & Social Care
Partnership

Being active is great for our physical health, but it's also really good for our mental health and wellbeing. If you are thinking about taking up an activity to boost your mental wellbeing, choose one that you will enjoy, and that you can make part of your life.



There is lots of evidence to show that being active helps your mental wellbeing in the following ways:

- It encourages you to set goals and when you achieve them it's good for your mood and self-confidence.
- It helps to raise your self-esteem, whether your activity is solo or in a group
- Physical activity causes chemical changes in your brain, which in turn can have a positive impact on your mood

mind
yer
mind

5 ways to get active today

1. Research activities available in your area
2. Look online for free workouts. there are lots to choose from!
3. Build extra activity into things you do each day
4. Practice stretches & exercise as you watch TV
5. Start walking when you can. Morning, after work, whenever suits you.



Scan for more info



Promoting positive mental wellbeing in Grampian

The Grampian Wellbeing Festival is an annual event which brings together communities through activities that promote and support good mental health and wellbeing.

This year there are lots of face to face and online activities available. You will find some of the larger events have been highlighted which are to promote lots of agencies coming together to provide information and activities.

Please take a look and enjoy the wide range of free opportunities available this year to support mental wellbeing.

Throughout the programme you will see information about Mind yer Mind which is an Aberdeenshire wide campaign. For more information and resources please visit www.mindyermind.com



The Grampian Wellbeing Festival includes events in Aberdeenshire, Aberdeen City and Moray.

Scan the QR code to find out what is happening in all the areas.

Dementia Cafe and Wellbeing Event

Coffee and cake, Indian head massage taster session (booking required max six), yoga taster session (booking required 15 max), piano music from Banff Academy student, walk and talk.

- 12 places
- People living with dementia, their carers, family and friends.
- 07795 391092 or kfraser@alzscot.org

Turriff Dementia Cafe and Wellbeing Event

Turriff Library, Grange Villa,
The Square, Turriff AB53 4AE
07/05/2024, 11am to 1pm

Peterhead Dementia Cafe and Wellbeing Event

Peterhead Library, St Peter Street,
Peterhead AB42 1QD
08/05/2024, 11am to 1pm

Mintlaw Dementia Cafe and Wellbeing Event

Mintlaw Library, MACBI
Community Hub, Newlands
Road, Mintlaw AB42 5GP
16/05/2024, 11am to 12.30pm

Banff Dementia Cafe and Wellbeing Event

Banff Library, High Street, Banff
AB45 1AE
23/05/2024, 11am to 12.30pm

Mintlaw Dementia Cafe and Wellbeing Event

Aden Country Park, Station Road,
Mintlaw AB42 5FQ
27/05/2024, 11am to 12.30pm

Fraserburgh Dementia Cafe and Wellbeing Event

Fraserburgh Library, King Edward
Street, Fraserburgh AB43 9PN
28/05/2024, 11am to 1pm

Peterhead Dementia Cafe and Wellbeing Event

Peterhead Library, St Peter Street,
Peterhead AB42 1QD
29/05/2024, 11am to 12.30pm



Forming and maintaining good relationships with people around you is very important for your mental wellbeing. Staying in touch with family and friends can help us to feel happier and more secure.



Evidence shows that connecting with others can help your mental wellbeing in the following ways:

- Good connections can help you to build a sense of belonging and self-worth
- Keeping in contact gives you an opportunity to share positive experiences.
- Good connections provide emotional support and allow you to support others



5 ways to improve connections

1. Set time to connect with family & friends
2. Listen to others without judgement
3. Ask your neighbours how they are and really listen to their answer
4. Make small talk with the postie, shop assistant, etc
5. Text a friend you haven't seen in a while



Wednesday 1st May

WELL Aberdeenshire - Make Your Own Wellness Box

Join group workshop led by peer practitioners to discover the concept of the "wellness box". Learn how to create your own and how to use it as a tool to enhance your mental health and wellbeing.

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP

10.30am to 12.30pm

- 15 places
- Adult 16 to 66
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/f9f6b3ccjK>

Thursday 2nd May

HENRY - Workshop " Fussy Eating"

This workshop supports families to share the challenges of fussy eating and provide solutions for coping with children who eat a limited range of foods. We think about food preferences, portion sizes and enjoying family mealtimes.

Online

10am to 11.30am

- 12 places
- Parents of children under 5
- To book email: gram.henryaberdeenshire@nhs.scot

Conscious Walking

Conscious Walking is a dynamic meditation that brings rejuvenation, leaving us more focused, refreshed, and calm.

Mohanji Center of Benevolence, Smallburn, Cairnie, Huntly AB54 4UE

11/05/2024, 10.30am to 11.30am

25/05/2024, 10.30am to 11.30am

- Conscious Walking - for ages 5+
- Contact Christopher 07709 532849 or uk.mcb@mohanji.org

Power of Purity Meditation

Power of Purity Meditation is a guided meditation that clears our inner space through forgiveness and gratitude, promoting deep healing, improving relationships, and fostering a shift to experience more lightness and ease in life.

IN PERSON

Mohanji Center of Benevolence, Smallburn, Cairnie, Huntly AB54 4UE

11/05/2024, 3pm to 4.30pm

25/05/2024, 3pm to 4.30pm

ONLINE

16/05/2024, 7pm to 8.30pm

23/05/2024, 7pm to 8.30pm

- Power of Purity Meditation - ages 15+
- Contact Christopher 07709 532849
or uk.mcb@mohanji.org





Pickleball

Fun for all played on badminton court. Bats and balls provided.

**Meadows Sports Centre,
Meadow Way, Ellon AB41 9QJ**

03/05/2024 - 10am to 11am

10/05/2024 - 10am to 11am

17/05/2024 - 10am to 11am

24/05/2024 - 10am to 11am

31/05/2024 - 10am to 11am

- 16 places
- All ages

Thursday 2nd May

Maud Conversation Cafe

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

10am to 12 noon

- Adult all ages
- oldmartresourcecentre@outlook.com

To find where all the Conversation Cafés in Aberdeenshire are check out link to map <https://www.nhsgrampian.org/your-health/aberdeenshire-conversation-cafe/>

Thursday 2nd May

Inverurie Wellbeing Open Afternoon

Come along and find out what local groups/organisations are in the Inverurie area for your wellbeing.

Inverurie Town Hall, Market Place, Inverurie

2pm to 5pm

Friday 3rd May

Broadway Boogie

Taster session.

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

1pm to 2pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Saturday 4th May

Westhill Library Stretchy Storytime

Join us at Westhill Library for stories and try out some simple yoga poses.

**Westhill Library, Westhill Primary School, Westhill Drive,
Westhill AB32 6FY**

10am to 10.30am

- 8 places
- 5 to 8 year olds
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

SAMH Mental Health and Wellbeing Workshops

A range of online workshops for parents across Aberdeenshire to help them support their young people and look after their own mental health and wellbeing.

Online Workshop - Listening To and Supporting my Child

08/05/2024, 10.30am to 12 noon and 6pm to 7.30pm

Online Workshop - Understanding and Managing Stress and Anxiety

15/05/2024, 6pm to 7.30pm

17/05/2024, 10.30am to 12 noon

Online Workshop - Mental Health Awareness

22/05/2024, 10.30am to 12 noon and 6pm to 7.30pm

- These events is open to all parents and carers in the Aberdeenshire area
- <https://www.eventbrite.co.uk/o/time-for-me-aberdeenshire-76461368013>

Housing Days

Stonehaven Council Chambers

09/05/2024, 9am to 5pm

Peterhead Council Chambers

16/05/2024, 9am to 5pm

Fraserburgh Council Chambers

24/05/2024, 9am to 5pm

Inverurie Community Campus

28/05/2024, 9am to 5pm

Drop in for all Aberdeenshire Council tenants and household members.

Any questions contact Tenant Participation Team on tenant.participation@aberdeenshire.gov.uk keep up to date with any changes by checking www.aberdeenshire.gov.uk/housing - check for the Housing Bulletins - Engagement Bulletin

Specialist GCRA+ Exercise Classes - Fun, Fitness and Friendship

For people with cardiac conditions and a range of long-term health conditions and want to improve their physical and mental health through exercise. Classes run weekly throughout the year; first class is free then £5 per class.

Banchory Exercise Classes

Banchory Sports Village, Provost Webster Road, Banchory

06/05/2024, 11 am to 12 noon and 12.15pm to 1pm

13/05/2024, 11 am to 12 noon and 12.15pm to 1pm

20/05/2024, 11 am to 12 noon and 12.15pm to 1pm

27/05/2024, 11 am to 12 noon and 12.15pm to 1pm

Ellon Exercise Classes

Meadows Sports Centre, Meadows Way, Ellon

06/05/2024, 11.15am to 12.15pm

13/05/2024, 11.15am to 12.15pm

20/05/2024, 11.15am to 12.15pm

27/05/2025, 11.15am to 12.15pm

Insch Exercise Classes

Bennachie Leisure Centre, Largie Road, Insch

06/05/2024, 2.30pm to 3.30pm

13/05/2024, 2.30pm to 3.30pm

20/05/2024, 2.30pm to 3.30pm

27/05/2026, 2.30pm to 3.30pm

Inverurie Exercise Classes

Hopeville Club, Harlaw Road, Inverurie

06/05/2024, 2pm to 3pm

13/05/2024, 2pm to 3pm

20/05/2024, 2pm to 3pm

27/05/2024, 2pm to 3pm

Westhill Exercise Classes

Westdyke Leisure Centre, Westdyce Avenue, Westhill

06/05/2024, 12.15 to 1.15pm

13/05/2024, 12.15 to 1.15pm

20/05/2024, 12.15 to 1.15pm

27/05/2024, 12.15 to 1.15pm

- 20 places
- Older adults
- info@gcra.org.uk, state which exercise class you would like to attend.

WELL Aberdeenshire

WELL Aberdeenshire - Walk and Talk

Join us for a scenic walk where you will have space and time to talk with our peer practitioners, connect with others and get ideas on how to improve your mental health and wellbeing.

Aden Park Walk and Talk

Aden Park, Station Road, Old Deer AB42 5FQ
06/05/2024, 1pm to 3pm

Peterhead Walk and Talk

Golf Road, Peterhead AB42 0QF
13/05/2024, 1pm to 3pm

Banff Walk and Talk

Duff House, Banff AB45 3SX
20/05/2024, 1pm to 3pm

- Age 16 to 65
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/TumCg0VdmK>

WELL Aberdeenshire - Positive Self Talk

A Group Workshop led by our peer practitioners to help you challenge negative thinking and promote better self-image, within a safe space.

Banff Positive Self Talk

The Vinery, Airlie Gardens, Banff AB45 1AZ
03/05/2024, 10.30am to 12.30pm

Peterhead Positive Self Talk

Peterhead Fire Station, 1 Grange Road, Peterhead AB42 1WN
10/05/2024, 2pm to 4pm

Fraserburgh Positive Self Talk

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP
17/05/2024, 10.30am to 12.30pm

Crimond Positive Self Talk

Shirley's Space, Crimond Community Hub, Crimond AB43 8QJ
24/05/2024, 10.30am to 12.30pm

- Age 16 to 65
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/UGYvZbAxFK>

WELL Aberdeenshire - Taking Control/Jar of Rights

Group workshop led by peer practitioners, to discover the concept of the "jar of rights". Whilst making your own, we will introduce you to small steps you can take to gain control of your own wellbeing.

Fraserburgh Taking Control/Jar of Rights

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP
08/05/2024, 10.30am to 12.30pm

Peterhead Taking Control/Jar of Rights

Peterhead Fire Station, 1 Grange Road ,Peterhead AB42 1WN
31/05/2024, 10.30am to 12.30pm

- Age 16 to 65
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/UGYvZbAxFK>



Peterhead Library Music and Mindfulness Session

Relaxing mindfulness activities will be provided together with background live music and a cuppa.

51 St Peter Street, Peterhead AB42 1QD

21/05/2024 - 1pm to 3pm

23/05/2024 - 1pm to 3pm

28/05/2024 - 1pm to 3pm

30/05/2024 - 1pm to 3pm

- Adults only
- To book, please visit our webpage: <https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Saturday 4th May

Veterans/ex-Military Breakfast Banff - NoW

Veterans/Ex-Military breakfast in Banff (subsidised - £3.00 voucher towards cost on arrival).

Bridgeview Restaurant (Spotty Bag Shop), 13 Old Market Place, Banff AB45 1GE

10.30am to 12 noon

- 35 places
- Veterans/ex-military and their families/carer
- Telephone 01466 793732 or email: miriam@networksofwellbeing.org or info@networksofwellbeing.org

Saturday 4th May

Cullen to Portsoy Coast Walk

Spectacular coastal cliff walk discovering natural and cultural history of area.

Cullen Harbour by Tigh Na Mara

11am to 4pm

- 15 places
- <https://www.eventbrite.co.uk/e/852093814537?aff=oddtcreator>

Peterhead Bowling Club Trybowls

Try bowls.

Peterhead Bowling club, 88 St Mary Street, Peterhead

12 noon to 7pm

- 50 places
- All ages
- No booking necessary, just turn up
- peterheadbcmatchsec@outlook.com
peterheadbowlingclub@gmail.com

Sunday 5th May

Therapeutic Yin Yoga for Anxiety

Exploration of postures, breathwork and mindfulness tools for those with busy/anxious minds.

Village Hall, Hatton of Fintray AB21 0YG

1.30pm to 3pm

- 12 places
- Adults only
- yogabyelle@outlook.com
- https://www.yogabyelle.co.uk/42798bcf-5e3d-4ba0-bbe9-c9157fd42584_1714912200

Monday 6th May

Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

7.30pm to 8.15pm

Online

- 20 places
- Adults only
- Facebook Page: Mindfulness Flow To book Email: Lisa@MindfulnessFlow.co.uk

Free Taster Yoga Therapy

Introduction to yoga therapy to support emotional, physical and mental wellbeing. Offering individual one to one session.

Venue to be confirmed on booking

10am to 11am or 2pm to 3pm

- Adults, 16 years and over
- Please email fitlikeyoga@gmail.com or call 07866 760103

Menopause Cafe- NoW

Join us for tea/coffee, cake, and a chat about the Menopause.

Networks of Wellbeing, 34 West Park Street, Huntly AB54 8DY

1pm to 3pm

- 16 places
- Women only
- Telephone 01466 793732 or email: miriam@networksofwellbeing.org or info@networksofwellbeing.org

Mothers and Daughters

Health and wellbeing, intimate care conversations workshop for mothers and daughters.

Kirk Center, Station Road, Ellon AB41 9AE

2pm to 4pm

- 40 places
- Mums, grans female carers and daughters 9 to 14 years old
- To book <https://shorturl.at/krvN3>



Live Life Aberdeenshire Libraries

To find out about the regular activities taking place in your library to support your health and wellbeing, check out the "what's on and book an event" tab at Live Life Aberdeenshire by going to www.livelifeberdeenshire.org.uk/libraries/

In addition to our regular events, we have organised special activities for May as part of the Wellbeing Festival, e.g. Benefit Surgeries, a Knowledge Exchange Cafe, tooth care themed Bookbug sessions and Memory Scotland Reminiscence and Macrame sessions. To access the full list go to <https://tinyurl.com/2sde4yre>

Blether at the Living Room

An opportunity to connect with others at The Living Room. Pay as you can healthy, nutritious food, company, games, free wifi, support.

Every Wednesday, Thursday and Friday throughout May

10am to 2pm

An opportunity to connect with others over a cuppa and fine piece.

Every Thursday throughout May

2pm to 4pm

The Living Room, Stonehaven Community Education Centre, Bath Street, Stonehaven, AB39 2DH (Enter via Robert Street car park)

- All welcome, drop in
- www.facebook.com/stonehavencommunitycollective

Deveron Projects Home Programme

Deveron Projects Home Programme is a series of regular community events that bring people together over food, and to share knowledge and lived experiences across Huntly Communities.

Square Deal, 22 The Square, Huntly AB54 8BR

Friday Lunch:

10/05/2024, 1pm to 2pm

24/05/2024, 1pm to 2pm

- Up to 30 people
- Open to anyone
- Friday Lunches are free and family friendly - just drop in on the day.

Food Chain:

Monday 25/05/2024, 6pm to 8pm

- Up to 30 people
- Open to anyone
- To book a free space for Food Chain: email misa@deveron-projects.com

Waist Watchers

Set up by local mums a support group for those looking to lose weight or simply improve their health.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden AB41 7AG

Every Thursday

9.15am to 9.45am

- 15 places
- Adults, targeted at mums who are looking for a bit of support on their healthy living journey
- Drop into the Quarry Room



Health Walk

All welcome, gentle guided walk. Don't fancy the walk? Pop in about 10.45am for the cuppa, cake and blether.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden AB41 7AG

Every Tuesday

10am to 10.45am

- Adults, all welcome
- We meet at the front of Café 48 at 10am, just pop along



Baby and Toddler Stay and Play

All welcome, kids can play, grownups have a cuppa and blether. All children to be accompanied by an adult.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden AB41 7AG

Every Monday

10am to 12 noon

- 20 places
- Just drop into the Quarry Room, see our Facebook and website for all information: Udny Community Trust



Monday 6th May

Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

St Mary's Church Hall, St Marys Place, Inverurie AB51 3NW

12.45pm to 2pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome
- <http://latnem.eventbrite.com>

Tuesday 7th May

Reflexology Session for Family Members Affected by Alcohol and Drugs

Scottish Families Affected by Alcohol and Drugs are hosting an online reflexology session which will be led by Kelly Signorini.

Online

7.30pm to 8.30pm

- 30 places
- 16+ who works/lives in Aberdeenshire and is affected by someone else's substance use
- Please contact the Aberdeenshire Family Support Service at aberdeenshirefamilies@sfad.org.uk to book a place.

Ballater Library Liz Middleton Author Talk

Join us for an author talk with Liz Middleton where she will discuss her book 'Three Brave Hearts - Traces of my uncles in the Great War'.

Ballater Library, The Old Royal Station, Station Square, Ballater AB35 5QB

1pm to 2pm

- 25 places
- Adults only
- To book, please visit our webpage: <https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

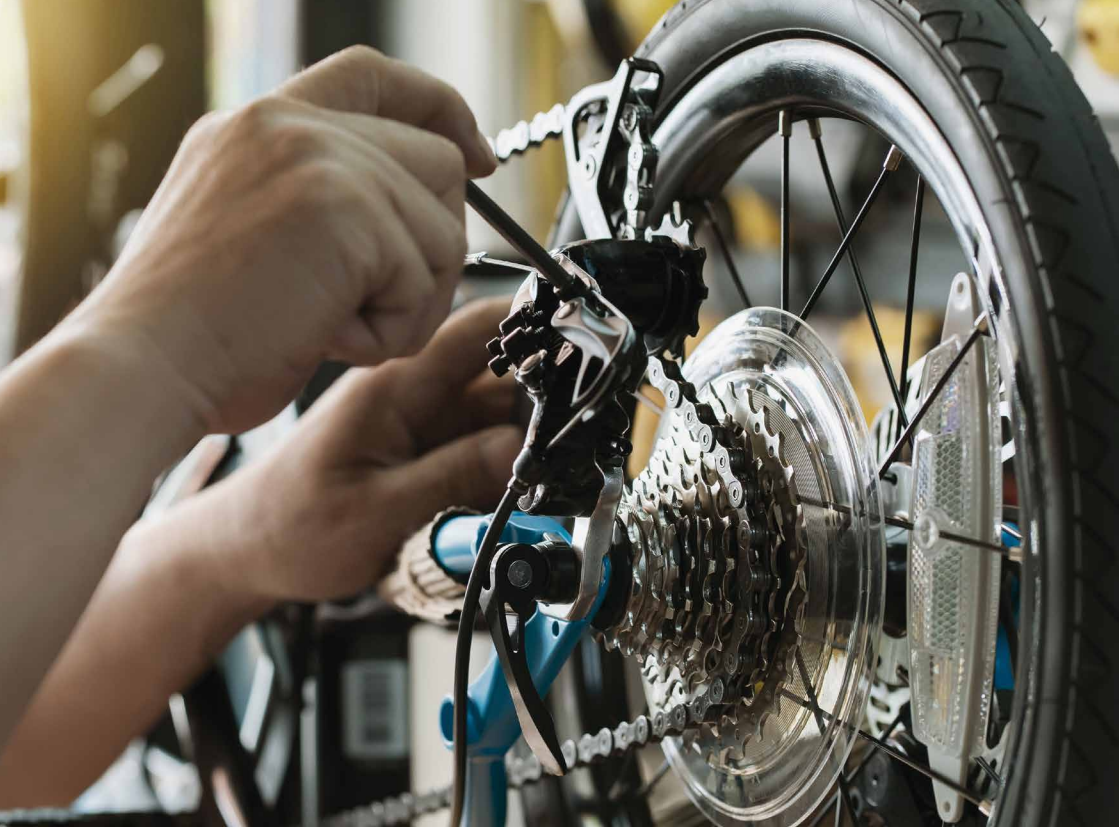
Walk and Talk

Nature walk, talk and picture taking.

Aberdeen Foyer, 1-3 Kirk Street, Peterhead AB42 1RT

10am to 2pm

- 12 places
- 16+
- Email info@aberdeenfoyer.com or call 01224 212 924



Stonehaven and District Men's Shed

Bike maintenance demos/Legs4Africa demos/guided tours around the Shed.

Stonehaven and District Men's Shed, Beach Pavilion, Beach Road, Stonehaven AB39 2RD

14/05/2024, 10am to 12.30pm

15/05/2024, 10am to 12.30pm

16/05/2024, 10am to 12.30pm

18/05/2024, 10am to 12.30pm

- All ages
- Drop in



Community Cafe

Cafe run by the community for the community - warm welcome and free refreshments.

Bervie Scout Hall, Church Street, Inverbervie

03/05/2024, 10am to 12 noon

10/05/2024, 10am to 12 noon

17/05/2024, 10am to 12 noon

24/05/2024, 10am to 12 noon

Johnshaven Village Hall, Mid Street, Johnshaven

07/05/2024, 10am to 12 noon

14/05/2024, 10am to 12 noon

21/05/2024, 10am to 12 noon

28/05/2024, 10am to 12 noon

Auchenblae Village Hall, Monboddo Street, Auchenblae

06/05/2024, 10am to 12 noon

13/05/2024, 10am to 12 noon

20/05/2024, 10am to 12 noon

27/05/2024, 10am to 12 noon

- 50 places
- All welcome
- Drop in, no booking required

Active Schools Aberdeenshire

Extra-curricular sports sessions for school kids. Volunteering opportunities for those wishing to upskill in coaching. Contact local active school's coordinator found on area web page.

Check dates on website

- Varies events across Aberdeenshire
- <https://www.livelifeberdeenshire.org.uk/sport-and-physical-activity/active-schools/active-schools-in-your-area/>

Wednesday 8th May

Cruden Bay Library Playlist for Life Session

Advice and guidance on how to use Playlist for Life resources to support people living with Alzheimers.

Cruden Bay Library, Station Road, Cruden Bay, Peterhead AB42 0NL

1pm to 3pm

- Adults only
- This is a drop in event with no need to book

Tea Party - NoW

Come along and meet friends for a blether, a cuppa and a fine piece of cake.

OAP Hall, Church Street, Huntly AB54 8AR

1pm to 3pm

- 50 places
- Open to all ages - children to be accompanied by an adult
- Telephone 01466 793732 or email: miriam@networksofwellbeing.org or info@networksofwellbeing.org

GrowFree Community Peer Support Sanctuary

A safe place to be heard and held with a shared practice offered.

Online

10am to 11am

- 32 places
- <https://us06web.zoom.us/join/91182820202>

The acts of giving and showing kindness are good for our mental wellbeing as well as for those who are on the receiving end of our kindness.



Research suggests that acts of kindness can help improve your mental wellbeing in the following ways:

- Giving to others creates positive feelings and a sense of reward
- Acts of kindness, no matter how small, give you a feeling of purpose and self-worth
- The act of giving helps you connect with other people, which is good for your self-esteem

mind
yer
mind

5 ways to give & show kindness

1. Say 'thank you' when someone does something for you
2. Spend time with someone who you know would like company
3. Volunteer for a charity
4. Notice how your colleagues are feeling, and have a chat with them.
5. Send a card to someone you haven't seen for a long time



Inverurie Library Lego for Adults Session

Build one of our challenging Lego sets for adults. Work on it each week throughout the month of May.

**Inverurie Library, Inverurie Town Hall, Market Place,
Inverurie AB51 3SN**

07/05/2024 - 10am to 12 noon

14/05/2024 - 10am to 12 noon

21/05/2024 - 10am to 12 noon

28/05/2024 - 10am to 12 noon

- 8 places
- Adults
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Thursday 9th May

Peterhead Boogie in the Bar

A relaxed, dementia friendly disco which takes place on the second Thursday of every month. This is a free event and includes tea/coffee and biscuits.

**Peterhead Football Club, Balmoor Stadium, Balmoor Terrace,
Peterhead AB42 1EQ**

1.30pm to 3.30pm

- 100 places
- Older people in care homes and the local community Adult Day Services/Mental Health Community Groups
- No need to book just drop in on the day

Thursday 9th May

Macduff Library Story and Craft

Join us for a wellbeing themed craft and story for primary aged children.

Macduff Library, 17 High Street, Macduff AB44 1LR

4pm to 5pm

- 12 places
- Primary aged children
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Inverurie Library Mindful Colouring and Cuppa Session

A selection of mindfulness type colouring pages to colour in while enjoying a chat and a cuppa.

**Inverurie Library, Inverurie Town Hall, Market Place,
Inverurie AB51 3SN**

11am to 12 noon

- 8 places
- Adults
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Warhammer 40k/Age of Sigmar Miniature Painting Class

Paint a warhammer 40k or age of sigmar miniature.

R&S Dyga 51 Broad Street, Fraserburgh AB43 9AE

10am to 12 noon

- 6 places
- All ages, under 12s to be accompanied by an adult
- randsdyga@broch.info or 01346518715

Friday 10th May

Wellbeing Cafe

Meet up and have a cuppa and a fine piece. Financial inclusion team will be there to offer advice if needed.

The Learning Centre, 8 Drummers Corner, Peterhead AB42 1ZP

10am to 12 noon

- 30 places
- All ages, young children to be accompanied by an adult
- bryanm@aberdeenfoyer.com or 07880031878

Introduction to Barre

Move with strength to beat of uplifting music using a chair or exercise barre for support. Suitable for all abilities and compete beginners. Bring a yoga mat or borrow from me.

No 8 High Street Cafe and Studio, 8 High Street, Inverurie AB51 3WS

1pm to 2pm

- 12 places
- All abilities aged 18 or over
- <https://ronayoga.co.uk/index.php/timetable-and-booking/>
Go to 10th or 16th May Introduction to Barre event Please book direct on the booking link or email rona@ronayoga.co.uk with any questions

Garioch Community Kitchen Open Day

Find out what Garioch Community Kitchen can offer.

Garioch Community Kitchen, Wyness Hall, Jackson Street, Inverurie AB51 3QB

12 noon to 2pm

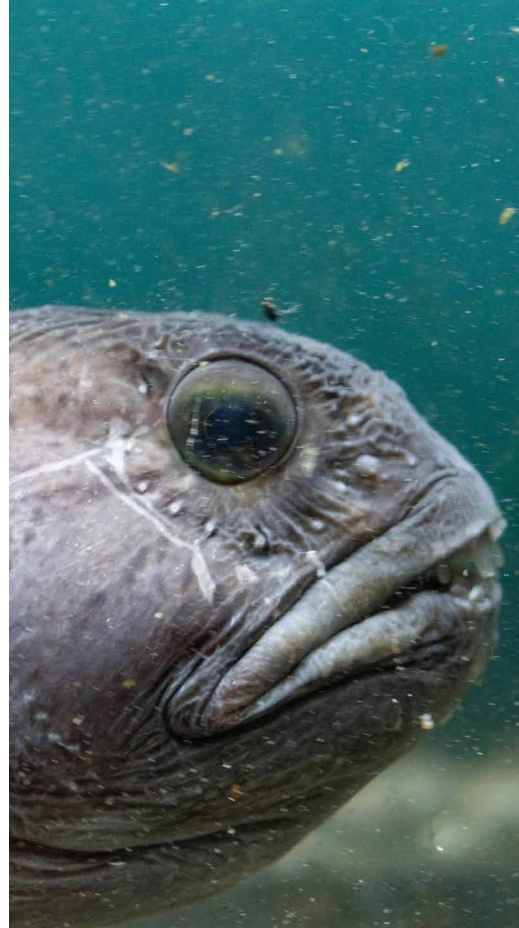
Saturday 11th May

Garioch Community Kitchen Open Day

Find out what Garioch Community Kitchen can offer.

Garioch Community Kitchen, Wyness Hall, Jackson Street, Inverurie AB51 3QB

11am to 2pm



Relaxocean trail at the Aquarium

Connect with native marine life through interactive trail for a mindful visit.

Macduff Marine Aquarium, 11 High Shore, Macduff AB44 1SL

01/05/2024 to 31/05/2024

11am to 5pm

- Open to all ages
- Booking not necessary but normal entry fees apply
- A free mindful beach walk trail is available to download from our website <https://www.macduff-aquarium.org.uk/visit>

Saturday 11th May

Mindfulness for Mental Wellbeing

Rebecca from The Happy Sigh will lead us in an hour of Mindful Meditation for mental wellbeing.

Garioch Heritage Centre, Locoworks Road, Inverurie AB51 4FY

10am to 11am

- 10 places
- Any mother or birthing person who needs support with their mental health.
- To book: <http://latnem.eventbrite.com>

Saturday 11th May

Ellon Men's Shed Open Day

Open day with access to workshops, social area and gardens, model railway display, CNC demonstration, sale of craft, tools, artwork, plants and teas, coffee, burgers, hot dogs, bratwursts, sandwiches, cakes, etc.

Ellon Men's Shed, Hospital Road, Ellon AB41 9AW

11am to 3pm

- All ages, children to be accompanied by an adult
- www.ellonmensshed.org
- <https://www.facebook.com/ellon.shed>
- ellonmensshed@gmail.com

GrowFree Gathering with Intention

Family friendly meet-up with intentional nature-based spaces and activities and shared food at the end

GrowFree Community Garden, Woodend near Castle Fraser

<https://maps.app.goo.gl/yrZfasXqQZ19nxs8>

3pm to 7pm

- 15 families
- emmab@grow-free.com

Monday 13th May

The Wisdom of the Body: - Introduction to Somatic Approaches, Stress And Trauma

Explore somatic approaches to wellbeing, including experimental exercises to support nervous system in times of stress.

Online

5.30pm to 6.45pm

- 15 places
- 16+
- hello@coyra.co.uk



Aberdeenshire Disability Sport

Extra-curricular sports sessions for school kids. Volunteering opportunities for those wishing to upskill in coaching.

Various sessions throughout May.

- School aged children
- Check dates on website
- www.livelifeberdeenshire.org.uk/sport-and-physical-activity/active-schools/active-schools-in-your-area/

Monday 13th May

Oasis Creative Wellbeing Cafe

To experience peace, welcome and friendship participating in tabletop activities with refreshments.

Westhill Community Church, Old Skene Road, Westhill AB32 6AQ

1pm to 3pm

- 16+
- office@westhillcommunitychurch.org or 01224 737380

Brew and Blether

Dementia friendly gathering to get to know others in your community

Stonehaven Brew and Blether

Community Centre, Bath Street, Stonehaven AB39 2DH

21/05/2024, 10.30am to 12 noon

Portlethen Brew and Blether

Glebe Court, Muirend Road, Portlethen AB12 4XR

16/05/2024, 10am to 12 noon

Laurencekirk Brew and Blether

Masonic Hall, Laurencekirk AB30 1AB

28/05/2024, 1pm to 3pm

- office@mchln.org.uk or 01561 378130

Monday 13th May

Open Doors

Kettle on, games out, pop in for a cuppa, cake and blether.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden, AB41 7AG

2.30pm to 4.30pm

- 30 places
- Everyone welcome. Children must be accompanied by an adult.
- Just drop into the Quarry Room, see our Facebook and website for all information: www.udnycommunitytrust.org.uk

Tuesday 14th May

Pause and a Piece

A gathering for anyone who is, or thinks they are, experiencing perimenopause, menopause, post-menopause in an accessible, respectful and confidential space.

Peterhead Football Club, Balmoor Terrace, Peterhead AB42 1EQ

6pm to 8pm

- Mostly women, but open to all
- holding.space@outlook.com or 07725825969

Ready, Steady, Cook!

Join an NHS Community Health Improvement Officer for a fun healthy eating activity.

Peterhead Library, 51 St Peter Street, Peterhead AB42 1QD

10am to 12 noon

- Check details online
- All adults
- To book, please visit our webpage: <https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Rock Paint

Walk along beach, collect rocks then paint rocks over a cuppa.

Aberdeen Foyer, 1-3 Kirk Street, Peterhead AB42 1RT

10am to 2pm

- 12 places
- 16+
- info@aberdeenfoyer.com or call 01224 212 925



Community Sports Hub

To ensure all who wish to do sports have access to suitable clothing and shoes.

Find drop off point, or if in need contact audra.booth@aberdeenshire.gov.uk or gregory.welsh@aberdeenshire.gov.uk

- Check venues and dates on website
- www.livelifeberdeenshire.org.uk/sport-and-physical-activity/community-sport/community-sports-hubs/

Tuesday 14th May

Healing with Sound

The practice of using audio tones and vibrational frequencies to enable damaged tissue and cells in the body to repair.

Inverurie Community Campus, Inverurie

5.30pm to 6.15pm

- 10 places
- 16+
- Booking via link
<https://bookwhen.com/fitlikeyoga/e/ev-sfyw-20240514173000>

Tuesday 14th May

Restorative Yoga

This floor-based class uses props to support the body to relax and let go. You will be asked to bring supports to help you relax and keep you warm.

Inverurie Community Campus, Inverurie

6.30pm to 7.45pm

- 10 places
- 16+
- Booking via link
<https://bookwhen.com/fitlikeyoga/e/ev-sw3y-20240514183000>

Memorial Covid Walk

Auchnagatt to Maud line with refreshments.

Auchnagatt Railway Line

1pm to 4pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Wednesday 15th May

WELL Aberdeenshire - Stress Management

Join group workshop led by peer practitioners, to learn what stress is and how it can affect you. What triggers your own stress levels, ways of managing the symptoms and how stress can differ from person to person.

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP

10.30am to 12.30pm

- 15 places
- Adult 16 to 67
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/f9f6b3ccjK>

Wednesday 15th May

Mindfulness and Qi Gong

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

1am to 3pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Covid Memorial Embroidery session

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

10am to 12 noon

- Adult all ages
- oldmartresourcecentre@outlook.com

Thursday 16th May

How Togetherall Can Support to Creating a Healthy Mind Space

Togetherall are hosting a webinar to learn more about the 24/7 online wellbeing resource available to residents of Aberdeenshire

Online

2pm to 2.30pm

- 16 and above
- To book: email Emma.lambert@togetherall.com

Ballater Library Mindfulness Craft Session

Join us for a fun and mindful craft session for primary school age kids.

Ballater Library, The Old Royal Station, Station Square,
Ballater AB35 5QB

3.30pm to 4.15pm

- 10 places
- Children under 12
- To book, please visit our webpage:
<https://www.liveliffeaberdeenshire.org.uk/wellbeing-festival/>

Paying more attention to the present moment, also known as “mindfulness” can improve your mental wellbeing, help you to enjoy life more and understand yourself better.



Evidence shows that pausing to take notice helps your mental wellbeing in the following ways:

- Taking notice can strengthen and broaden your awareness
- Appreciating the moment can help to reaffirm your priorities
- Heightened awareness helps you to understand your feelings better, allowing you to make positive choices based on what is important to you

mind
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mind

5 ways to be more mindful

1. Notice everyday things. The taste of food, feeling the wind on your face...
2. Spend time in nature, be aware of colours, sounds, textures and reflections
3. Sit somewhere different at work or take a different route on a walk
4. Be aware of your breathing
5. Take notice of your feelings & let them come and go



Scan for
more info



Aberdeenshire
Community Planning Partnership



Fit-Like Fitness Free Week

Taster week of group personal training gym to show people how to combine strength training, cardio, fun community to create best gym experience.

**Lethenty Mill, Inverurie
AB51 0HQ**

Any week during May

Mon to Fri - 9.30am to 10.15am

Mon to Thu - 5.45pm to 6.30pm

Mon to Thu - 6.30pm to 7.15pm

- 9 places, along with regulars
- Women 20 to 65
- GoTeamUp site
- to receive link email:
calumguild@gmail.com
07754 003627

Thursday 16th May

Warhammer 40k/Age of Sigmar Miniature Painting Class

Paint a warhammer 40k or age of sigmar miniature.

R&S Dyga, 51 Broad Street, Fraserburgh AB43 9AE

10am to 12 noon

- 6 places
- All ages, under 12s to be accompanied by an adult
- randsdyga@broch.info or 0134651871

Thursday 16th May

Food Skills at Garioch Community Kitchen

A practical healthy food cooking demonstration with Garioch Community Kitchen team. Inverurie library staff will provide a sample of cookery books and information on how to access digital resources.

**Garioch Community Kitchen, Wyness Hall, Jackson Street,
Inverurie AB51 3QB**

11am to 1pm

- Check details online
- Open to all ages
- To book, please visit our webpage:
<https://www.liveliffeaberdeenshire.org.uk/wellbeing-festival/>

WELL Aberdeenshire - Warm WELLcome

Opportunity to connect with WELL Aberdeenshire team and learn about ways we can support mental wellbeing; A drop-in session where you can chat with our practitioners about support options and our workshop programmes, and also an opportunity to meet our volunteer coordinator to discuss volunteer opportunities.

Balmedie Leisure Centre, Eigie Road, Balmedie AB23 8YF

9.30am to 3.30pm

- Age 16 to 65
- Drop-in
- Further info contact: well.aberdeenshire@penumbra.org.uk
01467 230320

Friday 17th May

Peterhead Library Macrame Session

Come along to Peterhead Library and join us for a beginners lesson in Macrame.

51 St Peter Street, Peterhead AB42 1QD

11am to 12 noon

- 8 places
- Adults only
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Health of the Sublime in the Mearns Open Mic

Health of the sublime in Mearns with Mearns and Costal Healthy Living Network Nature, writing and poetry, your own, a favourite author and our project participants on wellbeing in nature through lens of climate. Bring a cup, supported by Creative Scotland.

Stonehaven Community Centre, Red Room, Bath Street, Stonehaven AB39 2DH

6.30pm to 8.30pm

- 30 places
- Ages 8 to 104
- To book 07966 689833 or carrie@carriefertig.com
www.carriefertig.com/open-mic-events

Mindfulness Meditation

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

1pm to 2.15pm

- Adult all ages
- oldmartresourcecentre@outlook.com



Let's Play Some Board Games

Classics like Rummikub, Othello, Boggle to modern day classics like Catan and Splendor, we have 300 to choose from.

R&S Dyga, 51 Broad Street, Fraserburgh AB43 9AE

Every Friday in May

10am to 1pm

Every Tuesday in May

5pm to 8pm

- All ages, under 12s need an adult
- randdyga@broch.info
01346 518715

Saturday 18th May

"BE YOU - Open Day"

Explore, understand and know yourself to achieve inner peace and stability, rising above your limiting beliefs and patterns, through various techniques and processes offered at the Mohanji Center of Benevolence, Huntly.

Will include various activities such as Conscious Walking, Light Yoga, Meditation, Talks. Vegan food and drink available to buy.

Mohanji Center of Benevolence, SmallBurn, Cairnie, Huntly AB54 4UE

10am to 6pm

- 100 places
- Adults and children over 14
- Booking via email to: uk@mohanji.org
Phone contact: Christopher: 07709 53289

Why not think about something that you are interested in, so that learning is enjoyable and you are more likely to continue. Even if you feel like you do not have enough time, there are lots of different ways to bring learning into your life.



Learning something new activates the release of the 'feel-good' chemical dopamine in the brain and helps to promote positive mental wellbeing in the following ways:

- Learning new skills can boost your self-confidence and raise your self-esteem
- Learning can help you to build a sense of purpose
- Learning can help you to meet new people and form new connections

mind
yer
mind

5 ways to learn something new

1. Take up a new hobby - drawing, chess, learning a new language
2. Take up DIY - learn to fix things in your home
3. Learn to cook some new meals
4. Ask for extra responsibility at work
5. Sign up for an online course or one at a local college



Saturday 18th May

Peterhead Library Kadampa Meditation Centre - Talk and Taster Session

Kadampa Meditation Centre will visit the library to talk about their services and provide a taster session.

Peterhead Library, 51 St Peter Street, Peterhead AB42 1QD

11am to 12.30pm

- 20 places
- Adults only
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Veterans/ex-Military Breakfast Rothiemay - NoW

Veterans/Ex-Military breakfast in Rothiemay
(subsidised - £3.00 voucher towards cost on arrival)

Forbes Arms Hotel, Rothiemay AB54 7LT

10.30am to 12 noon

- 44 places
- Telephone 01466 793732 or email: miriam@networksofwellbeing.org
or info@networksofwellbeing.org

Live Life Listen - Food and Mood

Discover how the food we eat can not only affect our physical health but our mood, how we feel and our mental health.

**Fraserburgh Community and Sports Centre, Maconochie Place,
Fraserburgh**

11am to 12 noon

- 18+
- Book via Live Life Aberdeenshire website, app or at venue reception.
<https://livelifeberdeenshire.org.uk/sport-and-physical-activity/>
More information available at:
www.livelifeberdeenshire.org.uk/wellbeing-festival

Saturday 18th May

Petanque Introduction

Taster to discover the sport of petanque.

Back of Macduff Bowling Club, 100 Duff Street, Macduff AB44 1PR

1pm to 3pm

- 36 places
- Women and 11 to 17
- Open to all abilities
- Email macduffpetanque@gmail.com

Jewels of the Air Butterflies and Moths Walk

Learn about butterflies and moths of Cairngorms. A stronghold area for several species.

Keiloch Car Park, Invervcauld, Braemar AB35 5TR

10am to 1pm

- 20 place
- 10+ child to be accompanied by an adult. All adults must book a ticket
- <https://www.eventbrite.co.uk/e/851616025457?aff=oddtcreator>

Rachel Ferguson and Ingrid Fraser at Bennachie

A project of walking poetry and drawing created and exhibited in Spring 2024.

Bennachie Visitor Centre

10am to 5pm

- 25 places
- All ages
- No booking required



Chilling Women - NoW

Find out about the benefits of essential oils and healthy eating on mental-health and wellbeing.

The Linden Centre, Castle Street, Huntly AB54 4SH

Every Thursday

10.15am to 11.45am

- 30 places
- Over 16
- 01466 793732
suzanne@networksofwellbeing.org
or info@networksofwellbeing.org

Saturday 18th May

Health of the Sublime in the Mearns Open Mic

Health of the sublime in Mearns with Mearns and Costal Healthy Living Network Nature, writing and poetry, your own, a favourite author and our project participants on wellbeing in nature through lens of climate. Bring a cup, supported by Creative Scotland.

Dickson Memorial Hall, Station Road, Laurencekirk AB30 1BE

10.30pm to 12.30pm

- 40 places
- Ages 8 to 105
- 07966689833 or carrie@carriefertig.com
www.carriefertig.com/open-mic-events

WELL Aberdeenshire's Wellbeing Walk

A gentle short walk, led by one of our Mental Health and Wellbeing Practitioners to encourage, social engagement, friendly chat and an opportunity to discuss issues around maintaining good mental health.

Ballater Wellbeing Walk (1.5 miles)

Ballater Library, Station Square,
Ballater AB35 5QB

01/05/2024, 10am to 12 noon

Stonehaven Beach and Harbour Circular Walk (1 mile)

The Beach Leisure Centre,
Stonehaven AB39 2RD

03/05/2024, 10am to 12 noon

The Battlehill Walk, Huntly (3 miles)

The Square Deal, Market Square,
Huntly AB54 8BR

07/05/2024, 10am to 1pm

A Gentle Riverside Walk, Inverurie (1.5 miles)

Davidson Field Car Park, Riverside
Park, Port Elphintone, Inverurie
AB51 3BS

14/05/2024, 10am to 12 noon

Silverbank Walk, Banchory, (2.5 miles)

Silverbank Park, Banchory
AB31 5ZF

15/05/2024, 10am to 1pm

Riverside Walk, Ellon (1.5 miles)

The Old Bridge of Ellon,
South Road, Ellon, AB41 9AA

21/05/2024, 10am to 12 noon

Inverbervie to Gourdon Coastal Walk (3 miles)

Beach Car Park, Inverbervie
DD10 0QZ

Participants can walk one way
or return route. Transport is
not provided back to start if
participants only complete the
outward leg.

22/05/2024, 10am to 1pm

Balmedie Wellbeing Walk

Balmedie Country Park Car Park,
Balmedie AB23 8XG

28/05/2024, 10am to 12 noon

- Anyone aged 16 to 65
- <https://forms.office.com/e/vmP8fTS5GA>
well.aberdeenshire@
penumbra.org.uk
01467 230320

Saturday 18th May

Fraserburgh Community Information and Funday

Come along and find out all about the great selection of groups and services in your area along with some fun activities and entertainment.

**Fraserburgh Community and Sports Centre, Maconochie Place,
Fraserburgh AB43 9TH**

10am to 2pm

- <https://www.facebook.com/events/941452011025994> for further information or to be involved: Email: Lynne.simpson1@nhs.scot

Ellon Wellbeing Festival

Local groups offering a variety of wellbeing-themed stalls and activities for all ages, with coffee and refreshments available from the Kirk Centre Cafe.

Ellon Kirk Centre, 4 Station Road, Ellon AB41 9AE

10am to 12 noon

- Drop in
- For further information please contact gram.centralpublichealth@nhs.scot

Sunday 19th May

Menopause Brunch

Join us for brunch whilst talking about the menopause. Several speakers will provide inputs around symptoms, myths and coping with the menopause, strength and balance and eating well through the menopause. Informal event providing plenty of opportunities for questions.

Banff Castle, Castle Street, Banff AB45 1DL

10am to 1pm

- Adults only
- For booking details, please email GRAM.Northpublichealth@nhs.scot

Workshop on Wellbeing

- Navigating the Stresses of Everyday Life

Join us for an interactive workshop compiled with tips and tools to manage stress and promote positive mental health in everyday life.

Strathdon Wellbeing Workshop

Strathdon Glenbuchat Hall,
Strathdon AB36 8TS

02/05/2024, 12 noon to 2pm

Banchory Wellbeing Workshop

Banchory Library, Bridge Street,
Banchory AB31 5SU

08/05/2024, 10am to 12 noon

Ellon Wellbeing Workshop

Ellon Library, Station Road, Ellon
AB41 9AE

09/05/2024, 10am to 12 noon

Portlethen Wellbeing Workshop

Portlethen Library, Bruntland
Road, Portlethen AB12 4QL

13/05/2024, 10.30am to 12.30pm

Balmedie Wellbeing Workshop

Balmedie Leisure Centre Egie
Road Balmedie AB23 8YF

16/05/2024, 10am to 12 noon

Ballater Wellbeing Workshop

Albert and Victoria Hall, Station
Square, Ballater AB35 5QB
(Beaton Craigie Room)

17/05/2024, 11.30am to 1.30pm

Inverurie Wellbeing Workshop

The Fly Cup, Unit 2 Burghmuir
Circle, Inverurie AB51 4FS

23/05/2024, 12 noon to 2pm

Stonehaven Wellbeing Workshop

Stonehaven Community Centre,
Bath Street, Stonehaven
AB39 2DH

24/05/2024, 1.30pm to 3.30pm

Laurencekirk Wellbeing Workshop

The Venue, 84 High Street,
Laurencekirk AB30 1BJ

29/05/2024, 10am to 12 noon

Huntly Wellbeing Workshop

Square Deal, The Square, Huntly
AB54 8VR

30/05/2024, 2pm to 4pm

- Age 16 to 65
- well.aberdeenshire@penumbra.org.uk
01467 230320
- <https://forms.office.com/e/rWh6ftfsv>

Monday 20th May

Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

7.30pm to 8.15pm

Online

- 20 places
- Adults only
- Facebook Page: Mindfulness Flow
To book email Lisa@MindfulnessFlow.co.uk

Oasis Creative Wellbeing Cafe

To experience peace, welcome and friendship participating in tabletop activities with refreshments.

Westhill Community Church, Old Skene Road, Westhill AB32 6AQ

1pm to 3pm

- 16+
- office@westhillcommunitychurch.org or 01224 737380

Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

St Mary's Church Hall, St Marys Place, Inverurie AB51 3NW

12.45pm to 2pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome.
- <http://latnem.eventbrite.com>



Broch Board Game Night

Games like Catan, Uno, MTG, Splendor, etc... in the snug bar.

**Cheers Cafe Bar and Tavern,
10 Broad Street,
Fraserburgh AB43 9AH**

Every Thursday in May

5.30pm to 9pm

- 30 places
- Under 18s to be accompanied by an adult
- randsdyga@broch.info
01346518715

Tuesday 21st May

Ballater Library Good Vibrations With Sue

Explore different ways to raise your vibrations and deal with everyday life through life hacks, mindfulness tips and fresh perspectives.

**Ballater Library, The Old Royal Station, Station Square,
Ballater AB35 5QB**

1.30pm to 2.30pm

- 8 places
- Adults only
- To book, please visit our webpage:
<https://www.livelifeberdeenshire.org.uk/wellbeing-festival/>

Tuesday 21st May

Natter Time

Coffee and buttery morning with bring/swap a book and financial inclusion.

Aberdeen Foyer, 1-3 Kirk Street, Peterhead AB42 1RT

10am to 2pm

- 12 places
- 16+
- Drop-in appointments available
- Email info@aberdeenfoyer.com or call 01224 212 925

New Pitsligo Conversation Cafe

Walkmill Menagerie small animals.

Forbes Court Sheltered Housing, Low Street, New Pitsligo AB43 6NW

1pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Wednesday 22nd May

WELL Aberdeenshire - Wellness Flower/Self Care

Join group workshop led by peer practitioners to discover the concept of the "wellness flower", what it looks like when you are well and how the flower can encourage you to practice self-care.

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP

10.30am to 12.30pm

- 15 places
- Adult 16 to 67
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/f9f6b3ccjK>

Wednesday 22nd May

Cruden Bay Library Health and Wellbeing Resources Drop-In Session

Learn about our library health resources including Diabetes awareness, Playlist for Life support and online resources.

Cruden Bay Library, Station Road, Cruden Bay AB42 0NL

1pm to 3pm

- Open to all ages
- To book, please visit our webpage:
www.livelifeberdeenshire.org.uk/wellbeing-festival/

Sound Bath

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

1.30pm to 2.30pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Thursday 23rd May

Storytelling Massage

Fun and relaxing session for pre-schoolers/primary school children and families for back massage, songs and a story.

Portlethen Library, Bruntland Road, Portlethen

3.30pm to 4.30pm

- 8 places
- www.livelifeberdeenshire.org.uk



Wednesdays Yaps

Mental health and wellbeing of parents and carers of children with additional support needs.

Conference Room, Oldmeldrum Academy, Colpy Way, Oldmeldrum AB51 0NT

Every Wednesday in May

10am to 12 noon

- wilma.wilson@aberdeenshire.gov.uk
07835 866622
Facebook - Wednesday Yaps

Thursday 23rd May

WELL Aberdeenshire - #MENTionIt

Collaboration between Penumbra and Mintlaw men shed. Join us for a chat, learn more about the Men's Shed, what they have to offer and all things men's mental health.

Mintlaw Men's Shed, Station Road, Mintlaw AB42 5LA

10.30am to 4pm

- Men only 16 to 65
- wellnorthaberdeenshire@penumbra.org.uk

Connecting with Nature in May

Spending time in nature is known to improve our health and wellbeing, this calendar is full of suggestions for gentle and peaceful self-led nature connection activities especially put together for this month and the local area.

Throughout the month of May

- All ages
- Email for details Dawn.james@rspb.org.uk
- www.facebook.com/RSPBNorthEastScotland
- www.facebook.com/AberdeenshireCouncilRangerService

Thursday 23rd May

Inverurie Library Relax and Rediscover Session

Join us for a library tour, demo of resources, short mindfulness session and reading aloud.

**Inverurie Library, Inverurie Town Hall, Market Place,
Inverurie AB51 3SN**

11.30am to 12.30pm

- 16 places
- Adults
- To book, please visit our webpage:
www.livelifeberdeenshire.org.uk/wellbeing-festival/

Thursday 23rd May

Knowledge Exchange Cafe

Join Professor Entwistle and Dr Riley from Aberdeenshire University for a stimulating talk and discussion on the environmental impact of funerals.

**Inverurie Library, Inverurie Town Hall, Market Place,
Inverurie AB51 3SN**

7pm to 8.30pm

- 15 in person, also available online
- Adults only
- To book, please visit our webpage:
www.livelifeberdeenshire.org.uk/wellbeing-festival/

Dunnideer Hill Fort Walk

Join the Garioch ranger on a walk to Dunnideer Hill Fort and the standing stones.

Insch Cemetery Car Park, Inch AB52 6JR

6.30pm to 9pm

- 20 places
- 10+ child to be accompanied by an adult. All adults must book a ticket
- www.eventbrite.co.uk/e/819948948377?aff=oddtcreator

Warhammer 40k/Age of Sigmar Miniature Painting Class

Paint a warhammer 40k or age of sigmar miniature.

R&S Dyga, 51 Broad Street, Fraserburgh AB43 9AE

10am to 12 noon

- 6 places
- All ages, under 12s to be accompanied by an adult
- randdyga@broch.info or 01346518715



Dru Yoga and Relaxation - NoW

Improve general wellbeing and mood through Dru Yoga and a mindful relaxation session.

IN PERSON - Tuesdays

The Linden Centre, Castle Street, Huntly AB54 4SH

10.15am to 11.45am

- 25 places
- Over 16
- Telephone 01466 793732 or email miriam@networksofwellbeing.org or info@networksofwellbeing.org

ONLINE - Wednesdays

Online sessions via Zoom

10.15am to 11.45am

- 15 places
- Over 16
- Telephone 01466 793732 or email miriam@networksofwellbeing.org or info@networksofwellbeing.org

Thursday 23rd May

WELL Aberdeenshire - Warm WELLcome

Opportunity to connect with WELL Aberdeenshire team and learn about ways we can support mental wellbeing; A drop-in session where you can chat with our practitioners about support options and our workshop programmes, and also an opportunity to meet our volunteer coordinator to discuss volunteer opportunities.

The Flycup, Unit 2 Burghmuir Circle, Inverurie AB51 4FS

9am to 4pm

- Age 16 to 65
- Drop in
- Further info contact: well.aberdeenshire@penumbra.org.uk
01467 230320

Walk and Create: A Celebration of Walking, Wandering and Wellbeing

Join us for a celebration with the Active-Creative health and wellbeing project and Aberdeenshire Health Walks! We are thrilled to launch the Wander Buddy service in Banff and Macduff. Talks, information sharing and networking event, with partner displays, followed by an optional gentle walk to The Vinery. Refreshments provided.

Deveron Community and Sports Centre, Bellevue Rd, Banff AB45 1BY

Optional end of event venue: The Vinery, Airlie Gardens, Banff, Aberdeenshire, AB45 1AS

10am to 12 noon

- Adults, adults with limited mobility, adults experiencing isolation
- healthwalks@aberdeenshire.gov.uk, 07826510438

Aberdeenshire Health Walks

Short, low level, social walks led by trained staff and volunteers. All interested in increasing activity levels living with a long term health condition recovering from illness or injury looking to meet people and socialise buggy walks are available in some areas.

Throughout May - See website for information

- Everyone interested in increasing your activity levels living with a long-term health condition recovering from illness or injury looking to meet people and socialise Buggy walks are available in some areas
- For more information and help to find your local walk contact: healthwalks@aberdeenshire.gov.uk 07826 510438 or search the Paths for All web map <https://www.pathsforall.org.uk/health-walks>

Friday 24th May

Shiatsu Taster Sessions

A 30 minute shiatsu treatment to experience its benefits.

The Haven, 3 Market Street Buildings, Stonehaven

9am to 3pm

- 10 places
- To book email gawellshiatsu@hotmail.com or call 07780 591617

Wellbeing Cafe

Meet up and have a cuppa and a fine piece. Financial inclusion team will be there to offer advice if needed.

The Learning Centre, 8 Drummers Corner, Peterhead AB42 1ZP

10am to 12 noon

- 30 places
- All ages, young children to be accompanied by an adult
- bryanm@aberdeenfoyer.com or 07880031878

Saturday 25th May

Cruden Bay to Longhaven Guided Walk

Enjoy a spectacular coastal cliff walk of seabird cities and carpets of wildflowers in bloom at this time of year.

10am to 2pm

Meet at Harbour Street, Main Street, Car Park, Cruden Bay AB42 0LU

- 20 places
- Minimum age 12 years
- www.eventbrite.co.uk/e/cruden-bay-to-longhaven-guided-walk-tickets-830107252137?aff=oddtcreator

Introduction to Belly Dance Class

Introductory class suitable for beginners for a taste of the Fat Chance Belly Dance(R) style of belly dance.

Old Mart Community Resource Centre, Deer Road, Maud AB42 4EG

11am to 12 noon

- 20 places
- Under 16s to be accompanied by an adult
- mahina.dancer@gmail.com
Facebook event: <https://fb.me/e/8DppPjZHk>

Family Event @ The Vinery

Join us for a Family Event @ The Vinery. Lots of free activities to keep all age groups entertained and happy.

The Vinery, Low Street, Banff AB45 1AS

10.30am to 2.30pm

- Free event, drop in, no booking required

Sunday 26th May

QI Gong Class

Free 45-minute QI Gong class.

The Haven, 3 Market Street Buildings, Stonehaven

6.15pm to 7.30pm

- 15 places
- To book email gawellshiatsu@hotmail.com or call 07780591617

Rachel Ferguson and Ingrid Fraser at Bennachie

A project of walking poetry and drawing created and exhibited in Spring 2024.

Bennachie Visitor Centre

10am to 5pm

- 25 places
- All ages
- No booking required

Monday 27th May

Oasis Creative Wellbeing Cafe

To experience peace, welcome and friendship participating in tabletop activities with refreshments.

Westhill Community Church, Old Skene Road, Westhill AB32 6AQ

1pm to 3pm

- 16+
- office@westhillcommunitychurch.org or 01224 737380

Decider Life Skills Training

Offers opportunity for community workers, sports leaders, volunteers to learn techniques to help manage emotions such as anxiety and stress.

Fly Cup, Unit 2 Burghmuir Circle, Inverurie AB51 4FS

9.15am to 4.30pm

- 40 places (must be pre-booked)
- For adults to share with any age group
- To book a place use this link <https://forms.office.com/e/wfbX0p8vhe>

Bookbug with NHS Childsmile

Come along to our toothy-themed songs, rhymes and story attended by a member of the Childsmile team.

Mearns Library

Mearns Community Campus,
Aberdeen Road, Laurencekirk
22/05/2024, 10.30am to 11am

Westhill Library

Westhill Primary School, Westhill
Drive, Westhill
23/05/2024, 10.30am to 11am

Peterhead Library

51 St Peter Street, Peterhead
23/05/2024, 10.30am to 11am

Kemnay Library

Kendal Road, Kemnay
27/05/2024, 11.30am to 12 noon

Oldmeldrum Library

Meldrum Meg Way, Oldmeldrum
01/05/2024, 10am to 10.30am

Stonehaven Library

Evan Street, Stonehaven
03/05/2024, 11.30am to 12 noon

Inverurie Library

Inverurie Town Hall, Market Place,
Inverurie
03/05/2024, 9.30am to 10am

Ballater Library

The Old Royal Station, Station
Square, Ballater
07/05/2024, 10.30am to 11am

Kintore Library

Kintore Primary School, Castle
Walk, Kintore
07/05/2024, 10.30am to 11am

Ellon Library

Station Road, Ellon
07/05/2024, 10.30am to 11am

Macduff Library

17 High Street, Macduff
07/05/2024, 10.30am to 11am

Aboyne Library

Aboyne and Deeside Community
Campus, Bridgeview Road,
Aboyne
09/05/2024, 10am to 10.30am

Turriff Library

Grange Villa, The Square, Turriff
14/05/2024, 9.15am to 9.45am

Banchory Library

Bridge Street, Banchory
14/05/2024, 10am to 10.30am

Fraserburgh Library

King Edward Street, Fraserburgh
20/05/2024, 10.30am to 11am

- Check event session details on online.
- Sessions are for pre-school children with a parent or carer.
- One booking is only required per household (i.e. 1 adult and children) attending this event. Please visit our webpage at www.livelifeberdeenshire.org.uk/wellbeing-festival/

Benefit Surgeries

Social Security Scotland benefit advisors will be at libraries across Aberdeenshire providing information regarding benefit entitlement.

Peterhead Benefit Surgery

Peterhead Library, 51 St Peter Street, Peterhead AB42 1QD

07/05/2024, 1pm to 4pm

Fraserburgh Benefit Surgery

Fraserburgh Library, King Edward Street, Fraserburgh AB43 9PN

09/05/2024, 10am to 1pm

Inverurie Benefit Surgery

Inverurie Library, Inverurie Town Hall, Market Place, Inverurie AB51 3SN

14/05/2024, 9.30am to 12 noon

Huntly Benefit Surgery

Huntly Library, First Floor Brander Building, The Square, Huntly AB54 8BR

17/05/2024, 10am to 12 noon

Stonehaven Benefit Surgery

Stonehaven Library, Evan Street, Stonehaven AB39 2ET

21/05/2024, 1.30pm to 4.30pm

Westhill Benefit Surgery

Westhill Library, Westhill Primary School, Westhill Drive, Westhill AB32 6FY

22/05/2024, 10am to 1pm

- This is a drop-in event with no need to book.
- For more information, visit our webpage www.livelifeberdeenshire.org.uk/wellbeing-festival/

Monday 27th May

Open Doors

Kettle on, games out, pop in for a cuppa, cake and blether.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden, AB41 7AG

2.30pm to 4.30pm

- 30 places
- Everyone welcome. Children must be accompanied by an adult
- Just drop into the Quarry Room, see our Facebook and Website for all information: Udney Community Trust

Tuesday 28th May

Ballater Library Bookbug Session

Come along and join our sensory Bookbug session of songs, rhymes, and a story for you and your little ones.

Ballater Library, The Old Royal Station, Station Square, Ballater AB35 5QB

10.30am to 11.15am

- 12 places
- Children 0 to 5 years
- To book, please visit our webpage: www.livelifeberdeenshire.org.uk/wellbeing-festival/

Tuesday 28th May

Planting Fun

Paint plant pots and plant seeds/bulbs.

Aberdeen Foyer, 1-3 Kirk Street, Peterhead AB42 1RT

10am to 2pm

- 13 places
- 16+
- Email info@aberdeenfoyer.com or call 01224 212 926

Tuesday 28th May

Walk to Give Her a Voice-A Health and Charity Walk

Walk to Give Her a Voice is a united front and wellbeing campaign to disabuse period stigma,shaming, commemorate world Menstrual Hygiene Day and support girls in need with first period kits.

Aberdeenshire are welcome to join in

12.30pm to 1.30pm

- Pupils ages 9 to 14 accompanied by staff of the school
- <https://walk4her.theperiodplace.co.uk/schools/>

Wednesday 29th May

Ellon Castle Gardens Visit with Alzheimer Scotland

A gentle walk around Ellon Castle Gardens for people living with dementia and their carers.

Ellon Castle Gardens, Schoolhill Road, Ellon

1.30pm to 2.30pm

- 20 places
- An event for people living with dementia and their carer
- Booking essential
- swestcott@alzscot.org or 07876 003 154
Please book by 27th May 2024 spaces are limited.

ReActive8 Coffee Morning and Come and Try Day

Come to our free coffee morning and try some of the sports we have on offer at the centre such as pickleball and indoor curling.

Bettridge Centre, Greystone Place, Newtonhill AB39 3UL

10am to 12 noon

- 50 places
- Open to all ages
- Please email info@bettridgecentre.org.uk, phone 01569 731320 or message us on Facebook

Introduction to Suicide Prevention Training Course

The Northeast Suicide Prevention Team offer a weekly Introduction to Suicide Prevention Training session, open to any adults in the community.

Online

02/05/2024, 10am to 12 noon

09/05/2024, 10am to 12 noon

16/05/2024, 5.30pm to 7.30pm

23/05/2024, 10am to 12 noon

30/05/2024, 10am to 12 noon

- 20 in each session
- Adults only
- Eventbrite link: <https://www.eventbrite.co.uk/e/wellbeing-festival-introduction-to-suicide-prevention-training-tickets-866364709167?aff=oddtcreator>

Think Well, Eat Well, Be Well: Because Your Wholelife Matters

Conducting free health and wellness evaluations, womens wellness evaluations, nutrition and skin care product sampling.

Inner Space Studio, 2 Davids Lane, Inverurie AB513ZB

01/05/2024, 10am to 12 noon

08/05/2024, 10am to 12 noon

15/05/2024, 10am to 12 noon

22/05/2024, 10am to 12 noon

29/05/2024, 10am to 12 noon

- 24 places
- Adults 18+
- Drop-in
- 07968 606769 - 07521 708693 <https://linkaroo.me/donnachristie>

Spring Health Watch

Free blood pressure checks and healthy lifestyle advice from Live Life Aberdeenshire's Health and Wellbeing Team.

Westhill Spring Health Watch

Westhill Swimming Pool Hays Way
Westhill
01/05/2024, 9.30am to 12 noon

Banff Spring Health Watch

Deveron Community and Sports
Centre, Bellevue Road, Banff
02/05/2024, 10am to 12.30pm

Peterhead Spring Health Watch

Peterhead Leisure and Community
Centre, Balmoor Terrace,
Peterhead
03/05/2024, 10am to 1pm

Huntly Spring Health Watch

Huntly Linden Centre, Castle
Street, Huntly
07/05/2024, 10am to 12 noon

Ellon Spring Health Watch

Ellon Community Campus, Kellie
Pearl Way, Cromleybank, Ellon
07/05/2024, 4pm to 7pm

Alford Spring Health Watch

Alford Library, Greystone Road,
Alford
09/05/2024, 1.30pm to 4pm

Inverurie Spring Health Watch

Inverurie Community Campus,
Victoria Street, Inverurie
13/05/2024, 4pm to 7pm

Banchory Spring Health Watch

Banchory Sports Village, Provost
Webster Road, Banchory
14/05/2024, 9am to 12 noon

Aboyne Spring Health Watch

Aboyne Swimming Pool,
Bridgeview Road, Aboyne
16/05/2024, 9.30am to 12.30pm

Fraserburgh Spring Health Watch

Fraserburgh Community and
Sports Centre, Maconochie Place,
Fraserburgh
18/05/2024, 10am to 2pm

Alford Spring Health Watch

Alford Community Campus,
Greystone Road, Alford
20/05/2024, 9am to 11am

Turriff Spring Health Watch

Turriff Sports Centre, Queens
Road, Turriff
20/05/2024, 1.30pm to 3.30pm

Oldmeldrum Spring Health Watch

Oldmeldrum Library HQ, Meldrum
Meg Way, Oldmeldrum
22/05/2024, 1pm to 3pm

Stonehaven Spring Health Watch

Stonehaven Open Air Swimming
Pool, Queen Elizabeth Park,
Stonehaven
30/05/2024, 1pm to 4pm

- Adults
- Drop in
- More information available at:
www.livelifeberdeenshire.org.uk/wellbeing-festival

Wednesday 29th May

WELL Aberdeenshire

- Gratitude Journaling/Positive Affirmations

Join group workshop led by peer practitioners, to learn what gratitude journaling is and how it can be used as a tool to appreciate your own efforts in managing your mental health and wellbeing.

People First Fraserburgh, 51 Mid Street, Fraserburgh AB43 9EP

10.30am to 12.30pm

- 15 places
- Adult 16 to 65
- wellnorthaberdeenshire@penumbra.org.uk
<https://forms.office.com/e/f9f6b3ccjK>

Cruden Bay Library Mindful Crafting

Join local crafters for a cup of tea and crafting.

Cruden Bay Library, Station Road, Cruden Bay, Peterhead AB42 0NL

1pm to 3pm

- Check details online
- Adults only
- To book, please visit our webpage:
www.livelifeberdeenshire.org.uk/wellbeing-festival/

Gatherin Event

Come along to the annual Gatherin event and meet like-minded people who regularly attend Conversation Cafes in Aberdeenshire. There will be a wide range of activities which can be prebooked including, crafts, farm tour, Tai Chi and lots more.

The Barn at Barra Castle, Oldmeldrum AB51 0BB

9.30am to 2.30pm

- www.eventbrite.co.uk/e/the-gatherin-tickets-830113189897?aff=oddtcreator

Wednesday 29th May

Author Talk - Victoria Hawthorne

Author will talk about her latest dark novel Darkest Nights, living with chronic illness Victoria strives to raise awareness through her writing.

Portlethen Library, Bruntland Road, Portlethen

5.30pm to 6.30pm

- 20 places
- Adult fiction
- www.livelifearerdeenshire.org.uk

Thursday 30th May

Liver Health Awareness

Liver awareness for those with an interest in liver disease and/or liver cancer.

Online - Teams

10am to 11am

- Adults (over 18s) patients, family, carers, health care professionals and 3rd sector org.
- To book email: lesley.simpson@britishlivertrust.org.uk



The Banff Vinery is a community space that provides opportunities for children, young people and families to take part in valuable health and wellbeing activities.

Visit the What's on Page of our website:
www.growatthevinery.co.uk/whats-on

Walking Group

Low level walking group for all levels.

Laurencekirk Walking Group

Masonic Hall, Laurencekirk

01/05/2024, 2pm

08/05/2024, 2pm

15/05/2024, 2pm

22/05/2024, 2pm

29/05/2024, 2pm

Stonehaven Walking Group

Stonehaven Leisure Centre
(benches next to open air pool),
Queen Elizabeth Park, Stonehaven

06/05/2024, 10am

13/05/2024, 10am

20/05/2024, 10am

27/05/2024, 10am

- Drop in
- office@mchln.org.uk
01561 378130

Thursday 30th May

HENRY - Workshop "Eating well for less"

Workshop provides opportunity to share ideas for shopping and eating healthily on budget. Look at shopping habits, planning meals and making the most of food bought.

Online

10am to 11.30am

- 12 places
- Parents of children under 5
- To book email: gram.henryaberdeenshire@nhs.scot



Wednesday 1st May to Friday 31st May

Grampian 50 Plus Network

Walking groups and more promoting health and happiness in later life.

- Visit www.grampian50plusnetwork.com to find a group near you.

Aberdeenshire Walking Groups

Name of Group	Postcode	Walk Day
Aboyne 50+	Aboyne AB33	Friday
TAG (Aboyne Thurs)	Aboyne AB33	Thursday
Alford Ramblers	Alford AB33	Friday
Ballater 50+	Ballater AB35	Monday
Bloo Toon Ramblers	Peterhead AB42	Wednesday
Echt Ramblers	Echt AB32	Thursday
Ellon Ramblers	Ellon AB41	Tuesday
Ellon Strollers	Ellon AB41	Tuesday
Fraserburgh 50+	Fraserburgh AB43	Wednesday
Garioch Wednesday Ramblers	Inverurie AB51	Wednesday
Garioch 50+ Mens Group	Inverurie AB51	Tuesday
Haven Strollers	Fraserburgh AB43	Monday
Huntly	Huntly AB54	Thursday
Insch	Insch AB52	Sunday
Kemnay Kestrels	Kemnay AB51	Wednesday
Kemnay Tuesday Group (Activity Based)	Kemnay AB51	Non Walking Group
Kintore Seniors	Kintore AB51	Thursday
Kintore Wanderers	Kintore AB51	Thursday
Mearns	Mearns AB30	Tuesday
Millbank	Alford AB33	Friday
Mintlaw 50+	Mintlaw AB42	Wednesday
Mintlaw Ramblers	Mintlaw AB42	Wednesday
Oldmeldrum Ramblers	Oldmeldrum AB51	Thursday
Peterhead Wayfarers	Peterhead AB42	Wednesday
Portlethen	Portlethen AB12	Monday
Skateraw	Skateraw AB39	Monday
Stonehaven 50+	Stonehaven AB39	Monday
Stonehaven Walkers	Stonehaven AB39	Wednesday
TUYG	Turriff AB53	Tuesday

Thursday 30th May

Wellbeing Drop-In

Opportunity to connect with WELL Aberdeenshire team and Networks of Wellbeing to learn about ways we can support mental wellbeing; You can chat with our practitioners about support options and also an opportunity to meet our volunteer coordinator to discuss volunteer opportunities.

Square Deal, 22-23 The Square, Huntly AB54 8BR

10am to 2pm

- All ages
- Drop in

Warhammer 40k/Age of Sigmar Miniature Painting Class

Paint a warhammer 40k or age of sigmar miniature.

R&S Dyga, 51 Broad Street, Fraserburgh AB43 9AE

10am to 12 noon

- 6 places
- All ages, under 12s to be accompanied by an adult
- randsdyga@broch.info or 01346518715

Guided Walk

Guided walk around local woodland and pathways. Approx five miles and two hours. Dress for the weather.

The Medan Centre, Quarry Room, 14 Oldmeldrum Road, Pitmedden AB41 7AG

10.30am to 12.30pm

- 20 places
- Adults, all welcome.
- We meet at the front of Café 48 at 10.30am, just pop along

Thursday 30th May

Introduction to Barre

Move with strength to beat of uplifting music using a chair or exercise barre for support. Suitable for all abilities and compete beginners. Bring a yoga mat or borrow from me.

Daviot Village Hajj, Near Inverurie, Wellbrae, Daviot AB51 0HZ

7.30pm to 8.30pm

- 12 places
- All abilities aged 18 or over
- <https://ronayoga.co.uk/index.php/timetable-and-booking/>
Go to 10th or 16th May Introduction to Barre event Please book direct on the booking link or email rona@ronayoga.co.uk with any questions

Edenholme Conversation Cafe

To come along and have a blether over a cuppa.

Edenholme Care Home, Edenholme Crescent, Stonehaven

11am to 1.30pm

- 30 places
- Drop in

Friday 31st May

Wellbeing Cafe

Meet up and have a cuppa and a fine piece. Financial inclusion team will be there to offer advice if needed.

The Learning Centre, 8 Drummers Corner, Peterhead AB42 1ZP

10am to 12 noon

- 30 places
- All ages, young children need an adult
- bryanm@aberdeenfoyer.com or 07880031878

Friday 31st May

Living Mindfully

Skills and strategies to lead mindful life - mindfulness, meditation, 16 guidelines and emotional freedom technique (EFT).

The Haven, 3 Market Square Buildings, Stonehaven AB39 2BY

12 noon to 1pm

- 10 places
- Adults
- Drop in

Pilates Taster Session and Nutritional Talk

Old Mart Resource Centre, Deer Road, Maud AB42 4EG

1pm to 2.30pm

- Adult all ages
- oldmartresourcecentre@outlook.com

Do you know there are simple things you can do to look after your mental wellbeing?

Research shows that there are **5 steps** you can take to improve your mental health and wellbeing. These are; *Connections, Learning, Taking Notice, Giving and Being Active.*

Why these 5 steps are an important:

- 1. Connections** – help to build a sense of belonging, allowing you to share experiences, and support each other.
- 2. Learning** – new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.
- 3. Taking notice** – of the present moment can improve your mental health & help you understand yourself and the world better.
- 4. Giving** – creates positive feelings, giving you a feeling of purpose & self-worth, & helps you connect with others.
- 5. Being Active** – can help to raise your self-esteem by setting & achieving goals, & by causing chemical changes in your brain that have a positive impact on mood.





**Here are links to information on
how to support your mental wellbeing:**

www.mindyermind.com

[Wellbeing-Guide-MHUK_DIGI.pdf](#)

www.mentalhealth.org.uk/our-work/prevention

[www.livelifeberdeenshire.org.uk/live-life-well/supporting-change/
mental-health/](http://www.livelifeberdeenshire.org.uk/live-life-well/supporting-change/mental-health/)

www.nhsinform.scot/illnesses-and-conditions/mental-health

[www.aberdeenshire.gov.uk/social-care-and-health/living-independently/
mental-health-wellbeing/mental-health-support-services/](http://www.aberdeenshire.gov.uk/social-care-and-health/living-independently/
mental-health-wellbeing/mental-health-support-services/)

<https://wellbeinghub.scot/about-us/>

**Disability Access – most venues have disability access,
consult activity contact if you are in doubt.**

Aberdeenshire
COUNCIL



NHS
Grampian

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on request. Please call Health Information Resources Service on
01224 558504 or email: gram.resources@nhs.scot

Ask for publication MVC 240075



Aberdeenshire
Health & Social Care
Partnership

#Positive Health

Public Health in Action in Aberdeenshire

