



ABERDEEN FC  
COMMUNITY  
TRUST



ABERDEEN  
CITY LIBRARIES



Aberdeen City  
Health & Social Care  
Partnership

*A caring partnership*

Aberdeen  
Archives,  
Gallery &  
Museums



# ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

## June 2025

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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**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

|                               |   |                 |   |
|-------------------------------|---|-----------------|---|
| Tuesday 3 <sup>rd</sup> June  | Stitching with the UFOs                   | 1:30pm-3:30pm   | Art Gallery, Learning Space, School Hill, Aberdeen          |
| Thursday 5 <sup>th</sup> June | Our Aberdeen: Makers Misfits              | 2:00pm-3:30pm   | Aberdeen Treasure Hub, Granitehill Road, Aberdeen, AB16 7AX |
| Saturday 7 <sup>th</sup> June | Artroom with Grampian Hospitals Art Trust | 10:30am-12:30pm | Art Gallery Learning Space                                  |

## Week 2

|                                |                                      |               |                            |
|--------------------------------|--------------------------------------|---------------|----------------------------|
| Friday 13 <sup>th</sup> June   | Musical Memories                     | 1.30-3.30pm   | Art Gallery, Cowdray Hall  |
| Saturday 14 <sup>th</sup> June | Artroom with Grampian Hosp Art Trust | 10.30-12.30pm | Art Gallery Learning Space |

## Week 3

|                                |  |                   |                            |
|--------------------------------|--|-------------------|----------------------------|
| Friday 20 <sup>th</sup> June   | Inspired Gallery Meets:<br>Illustrated Photos with Flying Lion – Sea Creatures Edition | 11.00am – 12.30pm | Art Gallery Learning Space |
| Saturday 21 <sup>st</sup> June | Artroom with Grampian Hospitals Art Trust  | 10.30am – 12.30pm | Art Gallery Learning Space |

## Week 4

|                                |   |                   |                            |
|--------------------------------|---|-------------------|----------------------------|
| Friday 27 <sup>th</sup> June   | Musical Memories                          | 1.30pm – 3.30pm   | Art Gallery Cowdray Hall   |
| Saturday 28 <sup>th</sup> June | Artroom with Grampian Hospitals Art Trust | 10.30am – 12.30pm | Art Gallery Learning Space |

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

## Aberdeen FC Community Trust

### Week 1

|                                |                         |                 |   |
|--------------------------------|-------------------------|-----------------|---|
| Monday 2 <sup>nd</sup> June    | Knit & Natter           | 2:00pm-4:00pm   | Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Shopping Centre |
| Monday 2 <sup>nd</sup> June    | Football Memories       | 2:00pm-3:30pm   | Sir Alex Ferguson Lounge, Pittodrie Stadium                           |
| Tuesday 3 <sup>rd</sup> June   | Health Walk             | 10:00am-12:00pm | Pittodrie Stadium   |
| Wednesday 4 <sup>th</sup> June | Sporting Memories       | 2:00pm-3:30pm   | Aberdeenshire Cricket Club, Morningside Road, Aberdeen, AB10 7FB      |
| Thursday 5 <sup>th</sup> June  | Pittodrie Community Hub | 12:30pm-3:30pm  | Richard Donald Stand, Pittodrie Stadium                               |

## Week 2

|                                    |                            |                     |   |
|------------------------------------|----------------------------|---------------------|---|
| Monday 9 <sup>th</sup> June        | Knit & Natter              | 2:00pm-4:00pm       | Aberdeen City<br>Vaccination &<br>Wellbeing Hub,<br>Bon Accord<br>Shopping Centre |
| Tuesday 10 <sup>th</sup><br>June   | Health Walk                | 10:00am-<br>12:00pm | Byron Square,<br>Northfield, AB16<br>7LL  |
| Wednesday 11 <sup>th</sup><br>June | Golf Memories              | 1:00pm-3:30pm       | Caledonian Golf<br>Club, Golf Road,<br>AB24 5QB                                   |
| Thursday 12 <sup>th</sup><br>June  | Pittodrie<br>Community Hub | 12:30pm-<br>3:30pm  | Richard Donald<br>Stand, Pittodrie<br>Stadium                                     |
| Thursday 12 <sup>th</sup><br>June  | Football<br>Memories       | 2:00pm-3:30pm       | Sir Alex<br>Ferguson<br>Lounge, Pittodrie<br>Stadium                              |

## Week 3

|                                   |                            |                    |   |
|-----------------------------------|----------------------------|--------------------|---|
| Monday 16 <sup>th</sup><br>June   | Knit & Natter              | 2:00pm-4:00pm      | Aberdeen City<br>Vaccination &<br>Wellbeing Hub,<br>Bon Accord<br>Shopping Centre |
| Monday 16 <sup>th</sup><br>June   | Football<br>Memories       | 2:00pm-3:30pm      | Sir Alex<br>Ferguson<br>Lounge, Pittodrie<br>Stadium                              |
| Tuesday 17 <sup>th</sup><br>June  | Health Walk                | 10:00am-<br>2:00pm | Seaton Park Car<br>Park   |
| Thursday 19 <sup>th</sup><br>June | Pittodrie<br>Community Hub | 12:30pm-<br>3:00pm | Richard Donald<br>Stand, Pittodrie<br>Stadium                                     |

## Week 4

|                                    |                               |                     |   |
|------------------------------------|-------------------------------|---------------------|---|
| Monday 23 <sup>rd</sup> June       | Knit & Natter                 | 2:00pm-<br>4:00pm   | Aberdeen City<br>Vaccination &<br>Wellbeing Hub,<br>Bon Accord<br>Shopping Centre |
| Tuesday 24 <sup>th</sup> June      | Health Walk                   | 10:00am-<br>12:00pm | Abbott Pub,<br>Provost Watt<br>Drive, Kincorth,<br>Aberdeen                       |
| Wednesday 25 <sup>th</sup><br>June | Musical<br>Memories           | 2:00pm-<br>3:30pm   | SHMU FM   |
| Thursday 26 <sup>th</sup><br>June  | Pittodrie<br>Community<br>Hub | 12:30pm-<br>3:30pm  | Richard Donald<br>Stand, Pittodrie<br>Stadium                                     |
| Thursday 26 <sup>th</sup><br>June  | Football<br>Memories          | 2:00pm-<br>3:30pm   | Sir Alex Ferguson<br>Lounge, Pittodrie<br>Stadium                                 |

## Week 5

|                                 |                      |               |   |
|---------------------------------|----------------------|---------------|---|
| Monday 30 <sup>th</sup><br>June | Knit & Natter        | 2:00pm-4:00pm | Aberdeen City<br>Vaccination &<br>Wellbeing Hub,<br>Bon Accord<br>Shopping Centre |
| Monday 30 <sup>th</sup><br>June | Football<br>Memories | 2:00pm-3:30pm | Sir Alex<br>Ferguson<br>Lounge, Pittodrie<br>Stadium                              |



# Aberdeen City Health & Social Care Partnership



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

## Week 1

|                               |                       |                |  |
|-------------------------------|-----------------------|----------------|--|
| Monday 2 <sup>nd</sup> June   | Women's Wellbeing Hub | 9:30am-11:30am | Greyhope Community Hub, Tullos Circle, Aberdeen    |
| Tuesday 3 <sup>rd</sup> June  | Boogie in the Bar     | 12:00pm-2:00pm | The New Greentrees Pub, 183 Victoria Street, Dyce, |
| Thursday 5 <sup>th</sup> June | Boogie in the Bar     | 11:30am-1:30pm | The White Cockade, 2 Oscar Road, Torry             |
| Friday 6 <sup>th</sup> June   | Boogie in the Bar     | 12:00pm-2:30pm | Sunnybank FC, Heatheryfold Park Aberdeen           |

## Week 2

|                                 |                   |                |  |
|---------------------------------|-------------------|----------------|--|
| Tuesday 10 <sup>th</sup> June   | Soup & Sarnies    | 12:00pm-2:00pm | Greyhope Community Hub Tullos Circle Aberdeen  |
| Wednesday 11 <sup>th</sup> June | Boogie in the Bar | 11:30am-1:30pm | Dee Swimming Club, 50 Gerrard Street, Aberdeen |

# Aberdeen City Health & Social Care Partnership



## Week 3

|                                   |                   |                    |  |
|-----------------------------------|-------------------|--------------------|--|
| Thursday 19 <sup>th</sup><br>June | Boogie in the Bar | 12:00pm-<br>4:00pm | The Foundry Bar,<br>41-43 Holburn<br>Street,<br>Aberdeen, AB10<br>6BR        |
| Thursday 19 <sup>th</sup><br>June | Soup & Sarnies    | 11:00am-<br>1:00pm | Cornhill<br>Community<br>Centre,<br>Beechwood<br>Road, Aberdeen,<br>AB16 5BL |

## Week 4

|                                   |                   |                    |  |
|-----------------------------------|-------------------|--------------------|--|
| Thursday 26 <sup>th</sup><br>June | Boogie in the Bar | 12:00pm-<br>2:00pm | The Abbott,<br>Provost Watt<br>Drive, Kincorth,<br>Aberdeen, AB12<br>5BT |
|-----------------------------------|-------------------|--------------------|--|

## Aberdeen City Libraries

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](http://www.aberdeencity.gov.uk/services/libraries-and-archives)



|                                    |                      |                     |   |
|------------------------------------|----------------------|---------------------|---|
| Tuesday 10 <sup>th</sup><br>June   | Memories<br>Scotland | 2:30pm-4:00pm       | Central Library<br>Committee<br>Room, Central<br>Library,<br>Rosemount<br>Viaduct,<br>Aberdeen, AB25<br>1GW |
| Wednesday 11 <sup>th</sup><br>June | Memories<br>Scotland | 11:00am-<br>12:30pm | Dyce Library,<br>Gordon Terrace,<br>Dyce, AB21 7BD  |

|                                  |                      |                |  |
|----------------------------------|----------------------|----------------|--|
| Tuesday 17 <sup>th</sup><br>June | Memories<br>Scotland | 2:30pm -4:00pm | Tillydrone<br>Library and<br>Learning Centre,<br>Hayton Road,<br>Aberdeen, AB24<br>2UY |
|----------------------------------|----------------------|----------------|--|

|                          |                      |               |   |
|--------------------------|----------------------|---------------|---|
| Tuesday 24 <sup>th</sup> | Memories<br>Scotland | 2:30pm-4:00pm | Cove Library,<br>Loirston Place,<br>Cove Bay, AB12<br>3HE |
|--------------------------|----------------------|---------------|---|

# Aberdeen Vaccination & Wellbeing Hub



The Hub is open daily between 9.30 – 4.00pm – Drop in for a free cuppa & conversation within our Community Café. Have a chat with a volunteer or member of staff, browse our range of health & wellbeing leaflets. Pick up free sanitary products and or condoms. Just drop in – no appointment necessary

**Aberdeen Football Club Community Trust (AFCCT) Knit & Natter**  
Knitting, cuppa and conversation to support your health & wellbeing. (Bring along your own knitting/crochet – free refreshments provided). Every Monday.  
**Dates:** Mon 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>  
**Time:** 2.00 – 4.00pm

**Aberdeen in Recovery**  
Lived experience peer support for recovery from drugs & Alcohol and naloxone training. Attends every Wednesday  
**Dates:** Tues 10<sup>th</sup>, 24<sup>th</sup>  
**Time:** 10.30 – 12.30pm

**Aberdeen Tenant & Resident Participation Group**  
Providing tenants and residents opportunities to contribute to and influence all decisions relations to your homes and living conditions.  
**Date:** Wednesday 11<sup>th</sup> June  
**Time:** 1.00 – 3.00pm

**CFINE**  
Community Food Outlet Fresh Fruit, Veg & Eggs Sale. Every Tuesday.  
**Dates:** Tues 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>  
**Time:** 10.00 – 3.00pm

**Alcohol & Drugs Action (ADA)**  
Providing alcohol and drug support services for individuals, family members and friends. Every second Tuesday.  
**Date:** Tues 14<sup>th</sup> & 18<sup>th</sup>  
**Time:** 2.00 – 4.00pm

**Asthma & Allergy Foundation**  
Advice and support to people with asthma to support people to live healthy, active and full lives. Attends every Thursday  
**Dates:** Thurs 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>  
**Time:** 10.00 – 12.30pm

**Bon Accord Care - Telecare**  
Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare & digital support. Every Thursday  
**Dates:** Thurs 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>  
**Time:** 2.00 – 4.00pm

**Cruse Scotland – Bereavement**  
Helping people understand, process and navigate grief. Information leaflets, listening services, counselling and peer support

**Date:** Tues 10<sup>th</sup> June  
**Time:** 1.00 – 4.00pm

### Department of Work & Pensions (DWP)

Providing support and advice around welfare, pensions, child maintenance, disability allowance etc. Attends Hub on last Monday of every month.

**Date:** Monday 23rd

**Time:** 10.00 – 12.00pm

### Pathways Employment Keyworker

One to one support to help people find the job they want, building confidence, training, job search, CV Support. Every Thursday.

**Dates:** Thurs 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

**Time:** 10.00 – 12.00pm

### Scottish Fire & Rescue

Promoting Home Fire Safety Visits to support people to live more safely and reduce the risk of fire.

**Dates:** Mon 2<sup>nd</sup>

**Time:** 1.00 – 4.00pm

### SCARF Energy Savings

Providing home energy savings advice, fuel debt, grants and funding, reducing your energy bills, in-home advice etc.

**Date:** Mon 2<sup>nd</sup>, Thurs 5<sup>th</sup>, Wed 11<sup>th</sup>

Thurs 12<sup>th</sup>

**Time:** 10.00 – 12.00noon

### Stand up to Falls

Collaborative project between volunteers Falls ambassadors, Aberdeen City Health & Social Care Partnership, NHS Grampian and Sport Aberdeen providing advice and support around falls prevention.

**Dates:** Tues 3<sup>rd</sup> & Thurs 5<sup>th</sup>

**Time:** 1.00-3.00pm

### SAMH

“Hear for You” provides both psychological wellbeing and practical programmes of support for the community affected by RAAC in Balnagask area of Aberdeen.

**Dates:** Wed 11<sup>th</sup>, 25<sup>th</sup>

**Time:** 9.30-12.30pm

### Public Health Team (Oral Health)

Promoting good oral health for National Smile Month.

**Dates:** Wed 4<sup>th</sup> & Thurs 12<sup>th</sup>

**Times:** 10.00 – 12.00

### Quarriers

#### Wee Blether Carers Conversation

**Café** - Group is aimed to bring unpaid carers together for company and a chat. Peer Support Every Friday.

**Dates:** Friday 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

**Time:** 11.00-1.00pm



Helping You Live Well with  
**Chronic Pain**

**Chronic Pain Community  
Appointment Day  
Tuesday 1st July  
10.00am - 4.00pm**

Aberdeen Vaccination & Wellbeing Hub  
Bon Accord Centre

Join us for expert advice, community support and practical tools & strategies to help you live well with Chronic Pain

- Meet the NHS Chronic Pain Management Team and talk to other health & social care professionals.
- Speak to voluntary organisations & other services to explore wider support in your local community.
- Learn about available pain management resources.
- Connect with others who understand your journey.

**Reserve Your Place Today**  
Click on QR Code or email [Gram.citycad@nhs.scot](mailto:Gram.citycad@nhs.scot)  
Telephone: 07870 998369 (leave message)

People First, Aberdeen City Health & Social Care Partnership, Aberdeen City Council, NHS Grampian

Alzheimer Scotland



Come and visit us at our Brain Health and Dementia Resource Centre at

**13-19 King Street, Aberdeen, AB24 5AA**

to find out more about the support we offer for people affected by dementia or those who'd like to find out more about keeping their brain healthy.

Or contact us

By phone: **01224 644077**

By email: [aberdeencityservices@alzscot.org](mailto:aberdeencityservices@alzscot.org)

**June highlights at the Alzheimer Scotland Brain Health and Dementia Resource Centre:**

*2-8 June is Dementia Awareness Week.*

**Monday 2 June, 2-3pm**

Musical performance and sing along with the senior pupil from St Margarets School.

**Thursday 5 June, 2-3.30pm**

Cream Tea and Blether

*9-15 June is Carers Week*

**Monday 9 June, 12-2pm**

Lunch and learn with Quarriers (Aberdeen Carer Support Service). Join staff from Alzheimer Scotland and Quarriers for lunch and to learn about the support available for unpaid carers.

*The Tall Ships are coming to Aberdeen in July*

**Tuesday 17 June, 2-3pm**

Talkspot: Tall Ships. Join us to reminisce about the last visit of the tall ships in the 1990s and find out more about what to expect in July.



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

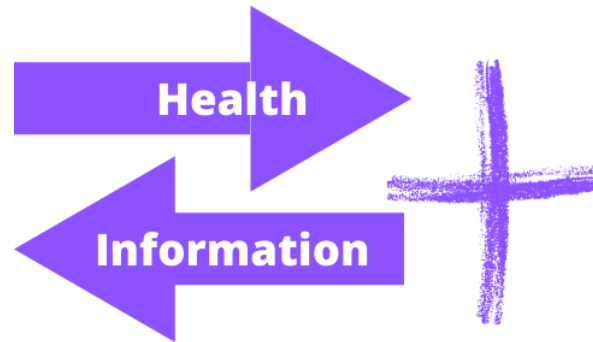
For further information, please contact Jeanette on 07512 141818 or Linda on 07927 541028

|                                   |                      |               |  |
|-----------------------------------|----------------------|---------------|--|
| Thursday 5 <sup>th</sup><br>June  | Living Well<br>Cafés | 1:00pm-3:00pm | Devana Church,<br>Ferryhill,<br>AB11 6UD           |
| Tuesday 10 <sup>th</sup><br>June  | Living Well<br>Cafés | 1:00pm-3:00pm | Brimmond<br>Church,<br>Bucksburn,<br>AB21 9SS      |
| Tuesday 17 <sup>th</sup><br>June  | Living Well<br>Cafés | 1:00pm-3:00pm | Oldmachar<br>Church, Bridge<br>of Don,<br>AB22 8PR |
| Thursday 19 <sup>th</sup><br>June | Living Well<br>Cafés | 1:00pm-3:00pm | Devana Church,<br>Ferryhill,<br>AB11 6UD           |
| Tuesday 24 <sup>th</sup><br>June  | Living Well<br>Cafés | 1:00pm-3:00pm | Brimmond<br>Church,<br>Bucksburn,<br>AB21 9SS      |



## NOTES





If you would like your organisation/group added to the Aberdeen City Health & Wellbeing Guide, please contact [healthinfo@aberdeencity.gov.uk](mailto:healthinfo@aberdeencity.gov.uk) for more information