



Aberdeen
City Health
& Social
Care



ABERDEEN FC
COMMUNITY
TRUST



Aberdeen
Archives,
Gallery &
Museums



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

April 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 1 st April	Stitching with the UFOs	1.30pm – 3.30pm	Art Gallery Learning Space Schoolhill Aberdeen
Thursday 3 rd April	Our Aberdeen: Sickness and Health	2.00pm – 3.30pm	Aberdeen Treasure Hub, Granitehill Road, Northfield, AB16 7AX
Friday 4 th April	Musical Memories	1.30pm – 3.30pm	Art Gallery Cowdray Hall Schoolhill Aberdeen
Saturday 5 th April	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space

Week 2

Saturday 12 th April	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space
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Aberdeen Archives, Gallery and Museums

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Archives,
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Week 3

Friday 18 th April	Inspired Gallery Meets: Cross Stitch	11.00am – 12.30pm	Art Gallery Learning Space
Friday 18 th April	Musical Memories	1.30pm – 3.30pm	Art Gallery Cowdray Hall
Saturday 19 th April	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space

Week 4

Saturday 26 th April	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space
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Inspiring and empowering, particularly the next generation, through education and positive destinations; football, health and wellbeing

Week 1

Tuesday 1 st April	Health Walk	10:00am-11:00am	Hazlehead Primary School, Provost Graham Avenue, Aberdeen, AB15 8HB
Tuesday 1 st April	Football Memories	10:30am-12:00pm	Dementia Resource Centre, 13-19 King Street, Aberdeen, AB24 5AA
Wednesday 2 nd April	Sporting Memories	2:00pm-3:30pm	Aberdeenshire Cricket Club, Morningside Road, Aberdeen, AB10 7FB
Thursday 3 rd April	Pittodrie Community Hub	12:30pm-3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH

Week 2

Monday 7 th April	Women Wellbeing Hub	09:30am-11:00am	Greyhope Community Hub, Tullos Circle, Torry, Aberdeen, AB11 8HD
Monday 7 th April	Knit & Natter	2:00pm-4:00pm	Bon Accord Vaccination Hub, Bon Accord Shopping Centre, George Street, AB25 1HZ
Tuesday 8 th April	Health Walk	10:00am-12:00am	Rosehill Chip Shop, 95 Rosehill Drive, Aberdeen, AB24 4JS
Wednesday 9 th April	Golf Memories	2:00pm-3:30pm	Caledonian Golf Club, 20 Golf Road, Aberdeen, AB24 5QB

Thursday 10 th April	Pittodrie Community Hub	12:30pm-3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH
Thursday 10 th April	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH

Week 3

Monday 14 th April	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Pittodrie Street, Aberdeen, AB24 5QH
Monday 14 th April	Knit & Natter	2:00pm-4:00pm	Bon Accord Vaccination Hub, Bon Accord Shopping Centre, George Street, AB25 1HZ
Tuesday 15 th April	Health Walk	10:00am-11:00am	Gordon Highlanders Museum, St Lukes, Viewfield Road, Aberdeen, AB15 7XH
Thursday 17 th April	Pittodrie Community Hub	12:30pm-3:30pm	Richard Donald Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen, AB24 5QH

Week 4

Monday 21 st April	Knit & Natter	2:00pm-4:00pm	Bon Accord Vaccination Hub, Bon Accord Shopping Centre, George Street, AB25 1HZ
Tuesday 22 nd April	Kinship Coffee Morning	9:30am-11:00am	Richard Donald Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen, AB24 5QH
Tuesday 22 nd April	Health Walk	11:00am-12:00pm	Market Street, Ellon, Aberdeenshire, AB41 9JD
Thursday 24 th April	Pittodrie Community Hub	12:30pm-3:30pm	Richard Donald Stand, Pittodrie Stadium, Pittodrie

			Street, Aberdeen, AB24 5QH
Friday 25 th May	Social History Memories	11:00am-12:30pm	Middlefield Community Project, Manor Avenue, Aberdeen, AB16 7UR

Week 5

Monday 28 th April	Knit & Natter	2:00pm-4:00pm	Bon Accord Vaccination Hub, Bon Accord Shopping Centre, George Street, AB25 1HZ
Tuesday 29 th April	Health Walk	10:00am-12:00pm	Campus ½ Bus Stop, Balgownie Road, Aberdeen, AB22 8GT
Wednesday 30 th April	Music Memories	2:00pm-3:30pm	SHMU FM, 99.8FM



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

Week 1

Tuesday 1 st April	Boogie in the Bar	12:00pm-2:00pm	The New Greentrees, 183 Victoria Street, Dyce, Aberdeen, AB21 7AA
Thursday 3 rd April	Boogie in the Bar	11:30am-1:30pm	The White Cockade, 2 Oscar Road, Torry, Aberdeen, AB11 8ER

Week 2

Monday 7 th April	Women's Mental Health Hub	9:30am-11:30am	Greyhope Community Hub, Tullos Circle, Torry, Aberdeen, AB11 8HD
Tuesday 8 th April	Soup & Sarnies	12:00pm-2:00pm	Greyhope Community Hub, Tullos Circle, Torry, Aberdeen, AB11 8HD
Wednesday 9 th April	Boogie in the Bar	11:30am-1:30pm	Dee Swimming Club, 50 Gerrard Street, Aberdeen, AB25 1HA
Friday 11 th April	Boogie in the Bar	12:00pm-2:30pm	Sunnybank FC, Heathryfold Park, Heathryfold Circle, Aberdeen, AB16 7DS

Aberdeen 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 3

Thursday 17 th April	Soup & Sarnies	12:00pm-2:00pm	Cornhill Community Centre, Beechwood Road, Aberdeen, AB16 5BL
Thursday 17 th April	Boogie in the Bar	12:00pm-4:00pm	The Foundry, 41-43 Holburn Street, Aberdeen, AB10 6BR

Week 4

Thursday 24 th April	Boogie in the Bar	11:30am-1:30pm	The Abbott Lounge, Provost Watt Drive, Aberdeen, AB12 5BT
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**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 sessions use old images from local and national history to stimulate conversation and reminiscence. Held across the month of April at the following locations;

Tuesday 1 st April	Memories Scotland	2:30pm-4:00pm	Central Library, Rosemount Viaduct, Aberdeen, AB25 1GW
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Wednesday 2 nd April	Memories Scotland	11:00am-12:30pm	Dyce Library, Gordon Terrace, Dyce, Aberdeen, AB21 7BD
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Tuesday 15 th April	Memories Scotland	2:30pm-4:00PM	Tillydrone Library, Tillydrone Community Campus, 52 Hayton Road, Aberdeen, AB24 2UY
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Tuesday 29 th April	Memories Scotland	2:30pm-4:00pm	Cove Library, Loirston Avenue, Cove Bay, Aberdeen, AB12 3HE
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Aberdeen Vaccination & Wellbeing Hub (April)

Unit 19, Lower Mall, Bon Accord Centre,
George Street, Aberdeen



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 7th, 14th, 21st & 28th April

Time: 2.00 – 4.00pm



Andy's Man Club

Provides free and confidential peer to peer support groups for men struggling with mental health issues.

Dates: 2nd, 16th & 30th April

Time: 9.30 – 1.00pm



Aberdeen in Recovery

Lived experience peer support for recovery from drugs & Alcohol and naloxone training. Attends every Wednesday

Dates: Wed 2nd, 9th, 16th, 23rd & 30th April

Time: 10.30 – 12.30pm



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 3rd, 10th, 17th, 24th April

Time: 10.00 – 12.30pm



Alcohol & Drugs Action (ADA)

Providing alcohol and drug support services for individuals, family members and friends. Every second Tuesday.

Date: Tues 1st, 15th & 29th April

Time: 2.00 – 4.00pm



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 3rd, 10th, 17th, 24th April

Time: 2.00 – 4.00pm

Aberdeen Vaccination & Wellbeing Hub (April)



CFINE

Community Food Outlet Fresh Fruit, Veg & Eggs Sale. Every Tuesday.

Dates: Tuesday 1st, 8th, 15th, 22nd & 29th April

Time: 10.00 – 3.00pm

CFINE Safe Team

Providing budgeting advice and free benefits checks. Safe stands for Support, Advice, Finance and education. The team helps people access benefits, support with finance and refer to other services based on individual circumstances.

Date: Friday 11th & 25th April

Time: 10.00 – 12.00



Coffee with a Cop

An opportunity to speak with local Police Officers about anything that matters to you in your local community.

Date: Thurs 17th & 24th April

Time: 9.30 – 11.00



Department
for Work &
Pensions

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 28th April

Time: 10.00 – 12.00pm

Locality Planning Outreach Session

Your Place, Your Plans, Your Future – take part in new consultation on multiple strategies that together aim to shape the future of the city.

Date: Mon 14th April

Time: 9.30 – 12.00noon



Motivational Monday

Wellbeing Co-ordinators promoting activities to support people to stay well and connected in their communities. 1st Monday of Month.

Date: Monday 7th April

Time: 10.00 – 12.30pm



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 3rd, 10th, 17th, 24th April

Time: 10.00 – 12.00pm



Period Place – Walk to Give her A Voice

Championing positive menstrual health from menarche to menopause. Promoting the annual “Walk to Give her a Voice”

Date: Saturday 12th April

Time: 11.00 – 2.00pm

Aberdeen Vaccination & Wellbeing Hub (April)



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.

Tues 15th April 1.30 – 3.30

Thurs 17th Sept 9.30 – 11.30

Tues 22nd April 1.30 – 3.30

Thurs 24th April 9.30 – 11.30

Tues 29th April 1.30 – 3.30

Public Health Team (Oral Health)

Promoting good oral health for National Smile Month.

Dates: Tues 22nd April

Times: 10.00 – 12.00

QUARRIERS

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 4th, 18th & 25th April

Time: 11.00 – 1.00pm



Friday 11th April – Stall Holders

- Your Love Rara CIC
- Aberdeen City Libraries
- PEEP
- Sport Aberdeen
- Health Visiting Team
- School Nursing Team
- Aberdeen City Council School & Early Years Teams
- Scottish Childminding Association
- Early Intervention
- Infant Feeding Support
- Aberdeen Football Club Community Trust
- Childsmile
- WeToo
- Speech & Language Therapy Service
- Home Start
- CFINE Safe Team
- Public Health / Friends of Anchor – Screening Services
- Community Planning Strategy Public Consultation

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 1 st April	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
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Tuesday 8 th April	Living Well Café	1:00pm-3:00pm	Oldmachar Church, Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR
Thursday 10 th April	Living Well Café	1:00pm-3:00pm	Devana Church, Fonthill Road, Aberdeen, AB11 6UD

Tuesday 15 th April	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
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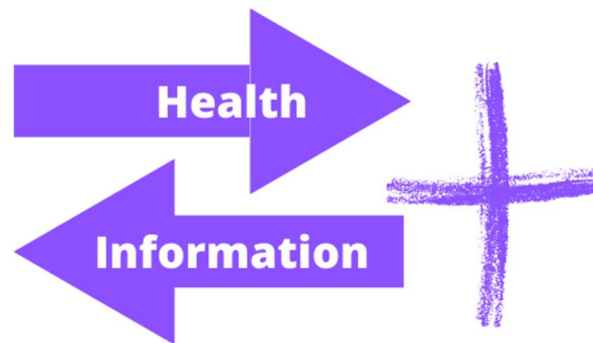
Tuesday 22 nd April	Living Well Café	1:00pm-3:00pm	Oldmachar Church, Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR
Thursday 24 th April	Living Well Café	1:00pm-3:00pm	Devana Church, Fonthill Road, Aberdeen, AB11 6UD

Tuesday 29th April	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
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Month At A Glance

	Tuesday 1st April	Wednesday 2nd April	Thursday 3rd April	Friday 4th April	Saturday 5th Aril
	Stitching with UFOs (3) Health Walk (5) Football Memories (5) Boogie in the Bar (8) Memories Scotland (10) Alcohol & Drug Action (11) CFINE (12) Living Well Café (15)	Sporting Memories (5) Memories Scotland (10) Andy's Man's Club (11) Aberdeen In Recovery (11)	Our Aberdeen: Sickness & Health (3) Pittodrie Community Hub (5) Boogie in the Bar (8) Asthma & Allergy Foundation (11) Bon Accord Care (11) Pathways (12)	Musical Memories (3) Quarriers (13)	Artroom with GHAT (3)
Monday 7th April	Tuesday 8th April	Wednesday 9th April	Thursday 10th April	Friday 11th April	Saturday 12th April
Women's Wellbeing Hub (5) Knit & Natter (5) Boogie in the Bar (8) Motivational Monday (12)	Health Walk (5) Soup & Sarnies (8) CFINE (12) Living Well Café (15)	Golf Memories (5) Boogie in the Bar (8) Aberdeen In Recovery (11)	Pittodrie Community Hub (6) Football Memories (6) Asthma & Allergy Foundation (11) Bon Accord Care (11) Pathways (12) Living Well Café (15)	Boogie in the Bar (8) CFINE Safe Team (12) Free Family Health Day (13)	Artroom with GHAT (3) Period Place (12)
Monday 14th April	Tuesday 15th April	Wednesday 16th April	Thursday 17th April	Friday 18th April	Saturday 19th April
Football Memories (6) Knit & Natter (6) Locality Planning (12)	Health Walk (6) Memories Scotland (10) Alcohol & Drug Action (11) CFINE (12) Stand Up to Falls (13) Living Well Café (15)	Andy's Man's Club (11) Aberdeen in Recovery (11)	Pittodrie Community Hub (6) Soup & Sarnies (9) Boogie in the Bar (9) Asthma & Allergy Foundation (11) Bon Accord Care (11) Coffee with a Cop (12)	Inspired Gallery Meets (4) Musical Memories (4) Quarriers (13)	Artroom with GHAT (4)

			Pathways (12) Stand Up to Falls (13)		
Monday 21st April	Tuesday 22nd April	Wednesday 23rd April	Thursday 24th April	Friday 25th April	Saturday 26th April
Knit & Natter (6)	Kinship Coffee Morning (6) Health Walk (6) CFINE (12) Stand Up to Falls (13) Oral Health (13) Living Well Café (16)	Aberdeen in Recovery (11)	Pittodrie Community Hub (6) Boogie in the Bar (9) Asthma & Allergy Foundation (11) Bon Accord Care (11) Coffee with a Cop (12) Pathways (12) Stand Up to Falls (13) Living Well Café (16)	Social History Memories (7) CFINE Safe Team (12) Quarriers (13)	Artroom with GHAT (4)
Monday 28th April	Tuesday 29th April	Wednesday 30th April			
Knit & Natter (7) DWP (12)	Health Walk (7) Memories Scotland (10) Alcohol & Drug Action (11) CFINE (12) Stand Up to Falls (13) Living Well Café (16)	Music Memories (7) Andy's Mans Club (11) Aberdeen in Recovery (11)			



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