



Aberdeen City Health & Social Care Partnership

A caring partnership

West Wellbeing Manual

*Information on activities and
services in your Community
and Aberdeen City*

10th May 2018



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Local Activities & Information

City Wide Activities & Information

Health Services & Advice



Connect



Be Active



Take Notice



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Give



The Wellbeing Manual can show you the activities and groups which run in your area. Whether you are looking get out of the house more, increase your activity levels or find out about health services; there will be something in here for you.



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Do you organise or run any activities in the area and would like to put your information into this manual? Get in touch with Hayley

Buchan on:

Tel: 01224 522270

Email: hbuchan@aberdeencitygov.uk



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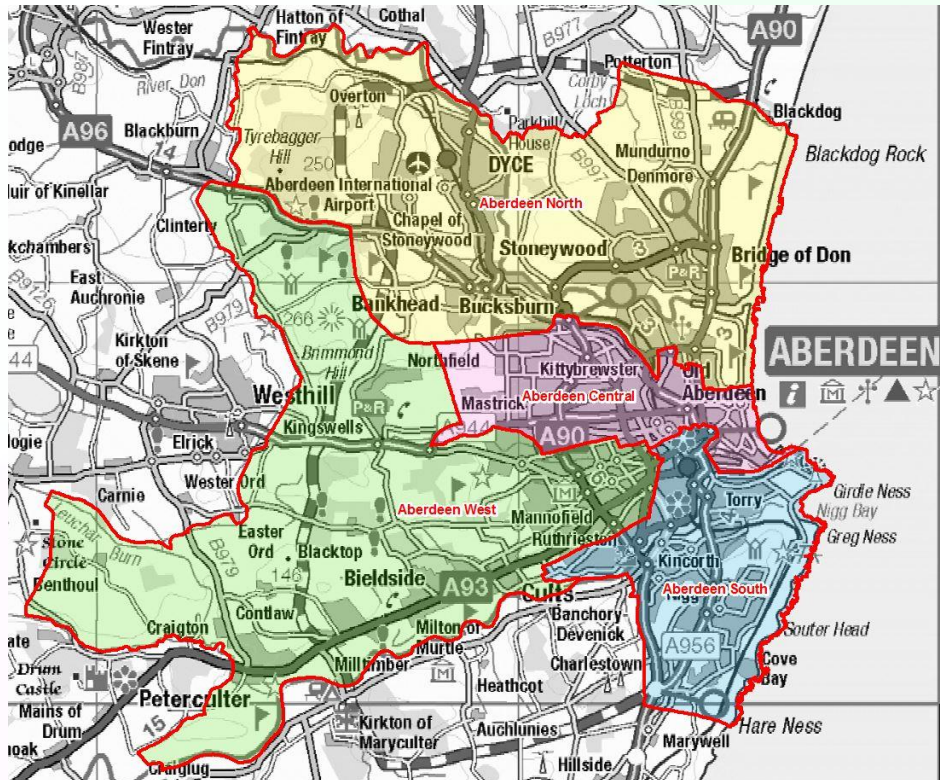
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Where is the West Locality?



This map shows Aberdeen City. The West Locality is highlighted in **Green**. Areas included in the West Locality include:

- Kingswells
- Hazelhead
- Lower Deeside- Peterculter, Miltimber, Cults and Bielside
- Braeside and Mannofield
- Airyhall
- The West End- Queens Road ,Craigiebuckler, Seafield, Albyn and Great Western Road



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Transport

Fleet Transport

Mini buses and coaches for trips can be organised through:

fleettransport@aberdeencity.gov.uk

03000 200 293

Community Transport

Community transport services will operate in Aberdeen City between 10:00am and 14:30pm Monday to Friday.

To book: Call the following number: **01224 523765**. Bookings will be taken 7 days in advance and must be booked at least 24 hours before you travel.

New users are required to complete a membership form when they first travel on our buses

Fares: £3.50 single (£4.00 for single + carer)

£5.00 Return (£5.50 for return + carer)

Multi Journey Ticket- 10 Prepaid Journeys £20

Royal Voluntary Service

Transport from your home to your destination and return.

To book please contact:

aberdeenhub@royalvoluntaryservice.org.uk

01224 552923



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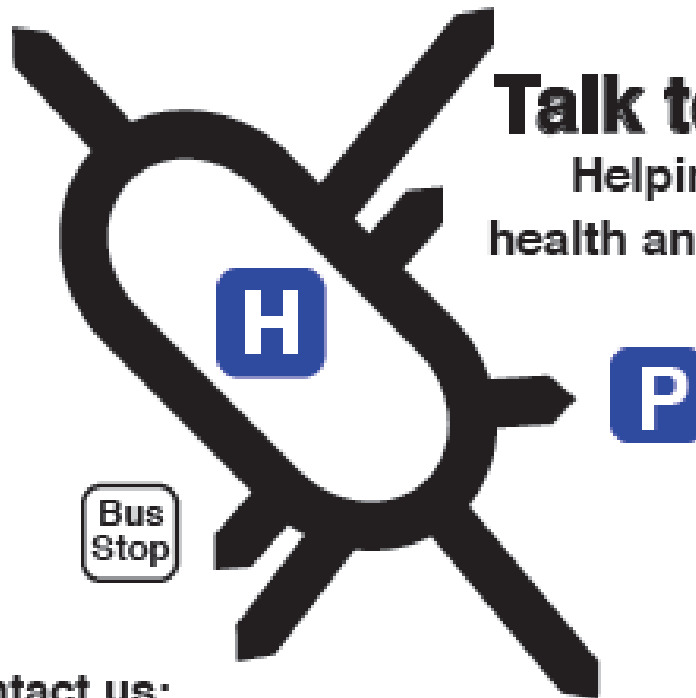
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Need travel advice for attending health and social care appointments?



Talk to THInC
Helping you get to
health and social care

Contact us:



01224 665568



travel@thinc-hub.org

In support of the Grampian Health and Transport Action Plan

www.thinc-hub.org



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Local Activities and Information



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Home Library Service

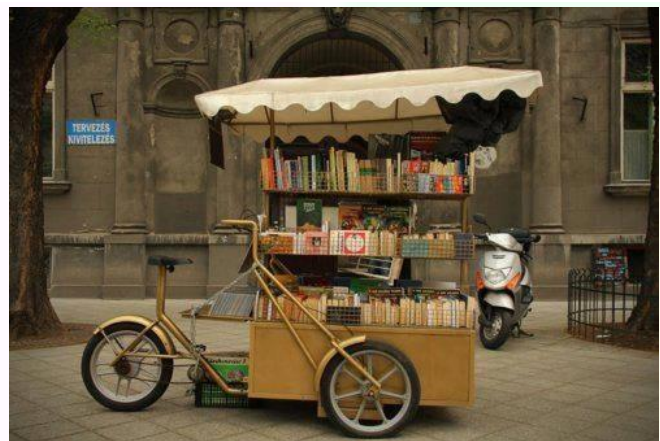
The Home Library Service is a free personal service for people of all ages who live in Aberdeen and are unable to visit their local library due to disability, illness or because they are caring for someone.

Our friendly staff will visit you at home to discuss your application and find out about your reading or listening tastes. They then visit once every four weeks to drop off and collect items. Although use of the Home Library Service is free, there is a charge for borrowing CDs, DVDs, and Blu-ray.

If you feel that you or someone you know may benefit from this service you can apply using the application form on our **Home Service Leaflet**, or contact the Home Library Service as detailed below.

Contacts:

Home Library Service
c/o Airyhall Library
Springfield Road
Airyhall
Aberdeen
AB15 7RF
Phone:01224 498930
Email:



HomeLibrary@aberdeencity.gov.uk



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OPENING HOURS

	Mon	Tues	Wed	Thurs	Fri	Sat
Central Library	9 – 8	9 – 5	9 – 8	9 – 5	9 – 5	9 – 5
Airyhall	9 – 7	9 – 5	9 – 7	9 – 5	9 – 5	10 – 1 2 – 5
Bridge of Don	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
Bucksburn	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
Cornhill	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	2 – 5	10 – 1
Cove	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
Culter	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
Cults	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
Dyce	10 – 5	10 – 5	1 – 7	10 – 5	10 – 5	10 – 1
Ferryhill	1 – 7	10 – 5	10 – 5	10 – 5	10 – 5	10 – 1
Kaimhill	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	2 – 5	10 – 1
Kincorth	9 – 7	9 – 5	9 – 5	9 – 5	9 – 5	10 – 1
Mastrick	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
Northfield	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
Tillydrone	10 – 7	10 – 5	10 – 7	10 – 5	10 – 5	10 – 1 2 – 5
Torry	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1
Woodside	10 – 1 2 – 5	10 – 1 2 – 5	1 – 7	10 – 1 2 – 5	10 – 1 2 – 5	10 – 1



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Staying Active is important in later life- here are some great opportunities to stay healthy and have fun.

Peterculter Sports Centre						
Mon	Tues	Wed	Thu	Fri	Sat	Sun
0900 2200	0900 2200	1500 2200	1500 2200	0900 2200	0900 1700	0900 1700
Day	Start	End	Name			
Monday	930	1030	Hi/Lo Aerobics			
	1100	1230	Active Ageing Table Tennis			
	1745	1815	Metafit			
	1830	1930	PIYo			
	1945	2030	Indoor Cycling			
Tuesday	1030	1130	Active Ageing Health Walk			
Wednesday	1800	1845	Circuits			
	1900	1945	Indoor Cycling			
Friday	930	1030	Body Conditioning			
	1300	1400	Active Ageing Stable and Able			
	1400	1500	Active Ageing Stable and Able			
Saturday	1000	1100	Hi/Lo Combo			

For more information on any sessions please call our friendly Active Lifestyles team on 07533056564.



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Walking Groups

Ruthrieston Ramblers 1 & 2:

Meet every second Thursday, meeting place will vary depending on the walk destination. Usually use bus passes to get to and from the destination. Small friendly group currently with 8/9 participants, doing short walks over good terrain with a maximum of 6 miles.

Contact Wilma via telephone - 01224 572211

Aberdeen Ramblers

A busy group of fit older adults who meet most Sundays. £15 per outing required for the coach and an annual membership required if attending regularly. Check the website for further information regarding equipment required if attending walks.

Contact: info@aberdeenramblers.co.uk

Website: <http://aberdeenramblers.co.uk/>



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Pensioners Groups and Lunch Clubs

Mannofield Church

Lunch Club

Date: Third Thursday of each month.

Join us for lunch and entertainment with friends. Transport is available if you require.

For more information contact Lynn Allan on 01224 323 206

Peterculter Parish Church

Lunch Club

Date: 1st Wednesday of the Month.

The Wednesday Group

Date: Every Wednesday 2:00pm

For more information contact Margaret Bruce on 01224 735845



Cults Kirk Centre

Monday Lunch Club

Date: every Monday (during term time)

For more information contact Jacky Hatchwell- 01224 861736

O50 Group- Lunch Club and entertainment

Date: Wednesdays 12:00-14:45

For more information contact Liz Thomas- 01224 869413





Deeside Christian Fellowship

55+- Social Group and Activities

Date: 2nd Monday of the Month 10:30-12:00 (September-June)

For more information contact Robert Hamilton on 01224 733979

St Devenicks Parish Church

Friday Friends Coffee Morning

Date: First Friday of the Month- 09:30-12:00

For more information contact Anne Beedie on 01224 739180

Craigiebuckler Church

Seniors Group

Date: First Wednesday of Month 2:00-4:00pm

For more information contact Hilary Forbes on 01224 313484

Rubislaw Parish Church

Monday Lunch Club

Date: 1st and 3rd Monday of the Month 12:15-13:45

For more information contact Neil Williamson on 01224 645477



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THE
LIVINGWELL
PROJECT

living well café

Ferryhill Parish Church

Fortnightly from 1:00-3:00pm

This facility is in recognition of the need to support people with memory loss or dementia and their families or carers.

For more information contact Jeanette Able on 07512 141818 or email café@thelivingwellproject.org.uk



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THE LIVING WELL PROJECT
living well café



2018 Ferryhill Church

JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY

M	T	W	T	F	S	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST

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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NOVEMBER

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DECEMBER

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
						31

Jeanette Abel 07512 141818 | Linda Rendall 07927 541029
cafe@thelivingwellproject.org.uk | www.thelivingwellproject.org.uk





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Corrie cafe



**A selection of hot meals, light lunches,
teas and coffees and snacks.**

Open to all

**12:30-4:30
Monday-Friday**

Coronation Court- School Road



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Enjoy singing have skills in accompanying or conducting

Why not come along to discuss forming a

Community Choir

No auditions : age over 16

Meet in a convivial setting, mingle and sing for

FUN

Can't sing for toffee but would like to be involved, help is required for the tea and transport pool.

Venue

Airyhall Library, large room on the right, at 6.30 Tuesday April 10th.
Corner of Springfield Road/Countesswells Road Aberdeen.

Parking is available and refreshments will be provided.

Contact

for further details and information

Audrey Harvey

Tel : 01224 314060 - 24 hour ansaphone

email : audreyharvey@talktalk.net

LOOK FORWARD TO SEEING YOU



Sponsored by Braeside Community Council



When our Shed is functioning, we expect that it will be open about 3 days a week and all Members will be welcome to use it any time it is open.

The Shed will be self-financing and there will be NO charge for membership and NO charge to use the facilities.

Sign up for membership now - the more Members we have, even before we open, the more likely we are to successfully transfer the Shed to our ownership and the more likely we are to attract external funding to pay for repairs, refurbishment, furnishings and equipment.

By joining now you will be kept informed about progress and events we organise. You will also be made welcome at regular social meetings we plan to hold in local halls and meeting places.

REMEMBER, IT COSTS YOU NOTHING TO SIGN UP AND MEMBERSHIP DOES NOT COMMIT YOU TO REGULAR ATTENDANCE - JUST COME ALONG WHEN YOU FEEL LIKE IT!

Membership Application

Name:.....
 Address:.....
 Postcode:.....
 Date of Birth:.....
 Tel:

Mobile:.....
 Email:.....
 Skills or interests:.....
 Signature:.....
 Date:.....

Culter and District Men's Shed undertakes to use your personal information ONLY for internal communication on Men's Shed matters and not to divulge it to any third party without your express consent. You may refuse to allow your information to be used but, in this case, we may not be able to keep you properly informed.

Please return the completed form to the Shed Secretary: Erik Stien, Craigwell, Malcolm Road, Peterculter AB14 0NX

Alternatively, you may email the same information to: erik@estien.co.uk



Scottish Charitable Incorporated
 Organisation SC047990

**A place to meet, talk
 and relax.**

**Come along and
 work on your own
 project or help other
 Shedders with theirs**



The Men's Shed movement started in Australia, from where it spread fast - because it is such a good idea!

The purpose of a Shed is to provide a social and workshop environment for men of all ages from 18 upwards. They may be in work, out of work, retired, with disabilities or just plain bored. These men have a wealth of skills and knowledge to contribute and can gain immensely from social contact and sharing their experience with other men.

It is widely recognised that men, particularly when not in employment, can suffer from social isolation, often leading to the deterioration of mental and physical health and wellbeing.

Experience has shown that being a member of a Men's Shed has a very positive effect on such wellbeing.

A group of men, with encouragement from a local Councillor, have formed Culter and District Men's Shed.

The Men's Shed is registered as a Scottish Charitable Incorporated Organisation (SCIO) number SC047990

It is essential for the project that we acquire, as soon as possible, a Shed - somewhere we can meet up regularly and work on a variety of projects of all kinds.

We have identified a building, owned by Aberdeen City Council, which is very suitable and we are applying to take over the building under the Asset Transfer legislation. This may, however, take several months to achieve as laid-down procedures have to be followed.

A New Venture for Men in the Culter/Cults area

What's in it for you?

Do you find that you have fewer opportunities for socialising with like-minded men?

Do you have skills and knowledge which you could pass on to others?

Would you like to learn new skills from other men?

Do you have a personal project which you want to work on? Do you need access to tools and equipment?

Would you like to have access to somewhere you could just have a coffee and conversation?

Do you sometimes just feel that you need some company?

YOU NEED THE MEN'S SHED!



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What is Zumba Gold?

Zumba Gold is a low intensity dance class which is perfect for the active older person or those who are looking for a modified Zumba Class.

Wednesdays 9:30am-10:30am
Culter Mills Social Club
25 School Crescent, Peterculter AB14 0QJ

For more information contact:
Siobhan- 07791 865173



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Albacappella

Sing with us- it's good for you!
Culter's own Ladies Barbershop Chorus

Wednesdays 7:30pm-9:45pm
St Peters Heritage Hall, Peterculter

www.albacappella.co.uk
07834490290



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KINGSWELLS COMMUNITY CENTRE

April – Summer 2018



01224 741806

MONDAY

10-12noon	Indoor Bowls <i>No booking required!</i>
10.30-11.30am	Coffee & Conversation 55+ <i>No booking required!</i>
12-12.45pm	Private Hire
1-3pm	Arts & Crafts – Parent & Toddlers (Room Upstairs) <i>No booking required!</i>
2-2.30pm	Alisons Football PRE-SCHOOL
2.30-3.30pm	Gentle Exercise <i>No booking required!</i>
3.30-4.15pm	Alisons Football P1/P2
5.30-6.30pm	Girl Guiding
6.30-7.45pm	Girl Guiding
8-10pm	Badminton 71 Club

TUESDAY

9.15-11.15am	Parent & Toddlers <i>No booking required!</i>
1.45-3.15pm	Private Hire
3.30-4.15pm	Alisons Football P1/P2
5-6pm	Beavers
6-7pm	Tang Soo Do
7-8pm	NEW Yoga (Room Upstairs)
7-9pm	Badminton Adults £1 <i>No booking required!</i>

WEDNESDAY

1.30-3pm	Private Hire
3.10-3.55pm	Zumba Gold- Active 55+ <i>No booking required!</i>
4-5pm	Kingswells Karate P3-P7
5-5.45pm	Kingswells Karate P1-P2
5.30-6.30pm	Marie Law Pilates BEGINNERS (Room Upstairs)
6-7.30pm	Kingswells Karate Adults (12+)
6.30-7.30pm	Marie Law Pilates IMPROVERS (Room Upstairs)
7-8pm	Clubercise <i>No booking required!</i>
7.30-9pm	NEW Tai Chi (Room Upstairs) Starts 2 May

THURSDAY

9.15-11.15am	Parent & Toddlers <i>No booking required!</i>
10.30am	Walking Group <i>No booking required!</i>
11.45-12.45pm	Private Hire
1.50-3.50pm	Whist Club (55+) <i>No booking required!</i>
6-9pm	Girl Guiding

FRIDAY

9.30-10am	Alisons Football PRE-SCHOOL
10-10.30am	Alisons Football TINY TOTS
10-12noon	Art Group- Adults (Room Upstairs) <i>No booking required!</i>
10.45-12.45pm	Private Hire
1.30-2pm	Alisons Football ASN
2-2.45pm	Alisons Football PRE-SCHOOL
2.50-3.50pm	ACC Public Library Fortnightly
4-5pm	Ian Wilsons Football P3-P4
5-6pm	Ian Wilsons Football P1-P2
6.15-7.45pm	Cubs

SATURDAY

9-9.30am	Danscentre Preschool Ballet
9.30-10.10am	Danscentre P1 Ballet
10.10-10.50am	Danscentre Modern P1-P2
10.50-11.30am	Danscentre Ballet P2
11.30-12.10pm	Danscentre Ballet P3
12.10-12.50pm	Danscentre Modern Grade 1 P3

SUNDAY

11-12.30pm	City Church Service
5-6pm	NEW Kingswells Karate P3-P7
6-7.30pm	NEW Kingswells Karate Adults (12+)





Kingswells Walking Group

The walks are leisurely, always interesting and an opportunity to take the benefit of fresh air, and our wonderful scenery and countryside, castles and enjoy the company of like-minded folk.

- Transport will leave from Kingswells Church Car Park at 9.30am prompt.
 - Walks marked ** will leave at 9.00am.
- Please bring packed lunch, waterproofs and a small first aid kit.
 - Please wear suitable supportive footwear.
- In case of emergency, please carry information re contact for next of kin, any medical conditions and any medication you are taking.
- On most walks, there will be an option of short or long.
 - Cost is to cover petrol, please pay the driver.
 - **Any queries please contact Rosemary Clark, 01224 744386**

Upcoming Walks

26 May Stonehaven Wilma/Rosemary £5.00
30 June Balmoral Cairns Wilma/Rosemary £5.00
28 July Deskry** Wilma/Rosemary £5.00
25 August Glen Eye** Wilma/Rosemary £5.00
29 Sept Craig Leek** Wilma/Rosemary £5.00
27 Oct Logie Coldstone Wilma/Rosemary £5.00
24 Nov Banchory/Scotie Wilma/Rosemary £5.00
29 Dec Dunecht Estate Wilma/Rosemary £5.00



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NOSH & NATTER

*The first Wednesday in the month
Starts Wednesday 4th April
12.30–2.30pm, in the Church Halls.*

*For a time of friendship
and entertainment, all ages welcome.
Toddlers and babies welcome; books and toys available
£2.00 includes soup & bread, coffee & biscuits.*

*For more information,
tel 01224 743742 or check the church website
www.kingswells.church or  Facebook.*

*A Community Project assisted by Co-op, Kingswells.
Kingswells Church & Halls, Old Skene Road, Kingswells SC No. SC006865*



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CULTS PARISH CHURCH ACTIVITIES : 2018

WC QR: Worship Centre, Quarry Road

CKC: Cults Kirk Centre, 404, N.Deeside Rd.

MONDAY:

Playgroup:	9.15-11.45am	Mary Hadfield	Tel: 07842 470828	(WCQR)
Probus Bk GP (1st of month)	10-12 noon	Katie Dawson	Tel: 01224 316956	(CKC)
Lunches:	12-2pm	Jacky Hatchwell	Tel: 01224 861736	(CKC)
Zumba:	9.30-10.30am,	Marly Guerrero	Tel: 07525669376	(CKC)
Zumba Gold:	11am- 12 noon	Michelle Armstrong	Tel: 07729 622489	(CKC)
Sinclair Highland Dance:	4.45-7.10pm	Carolanne Sinclair	Tel: 07972 104774	(WCQR)
Badminton:	7.15-9.30pm	John Troup	Tel: 01224 732701	(WCQR)
Yoga:	6.30-8.30pm	Simone Barnett	Tel: 07985 384402	(CKC)
Yoga:	7.30-9.00pm	Gayle Mutch	Tel: 07759679862	(CKC)

TUESDAY:

Playgroup:	9.15-11.45am	Mary Hadfield	Tel: 07842 470828	(WCQR)
Hub Cafe:	10.00-3pm	Tracy Gordon	Tel: 07503 867682	(CKC)
050 Bridge & Scrabble:	10-12 noon	Liz Thomas	Tel: 01224 869413	(CKC)
Cults Music to Remember (<i>alt weeks</i>)		Debbie Gordon	Tel: 07887820202	(CKC)
Nimble Thimbles Quilt Group:	1.30-4.30pm	Mary Milne	Tel: 01224 713608	(WCQR)
Guild: (<i>alt weeks</i>)	2.30pm/7.30pm	Kristeen Murray	Tel: 01224 861771	(CKC)
Taylor Dance:	5.45-9.15pm	Taylor Dance	Tel: 07531 811506	(CKC)
Pilates:	6.30 - 8.30pm	Wallace Practice	Tel: 01224 316488	(CKC)
1st Cults Rainbows	5-6.00pm	Erica Meldrum	Tel: 07743350600	(WCQR)
2nd Cults Brownies:	6-7.30pm	Jill Sutherland	Tel: 01224 734540	(WCQR)
1st Cults Guides:	7.30-9pm	Jan Macintosh	Tel: 07739 154047	(WCQR)
Golden Girls: 1st of month	7.30-9.30pm	Myra Noble	Tel: 01224 867433	(WCQR)

WEDNESDAY:

Playgroup:	9.15-11.45am	Mary Hadfield	Tel: 07842 470828	(WCQR)
Scribes: 1st of month	9.30-11.30am	Isobel Archibald	Tel: 01224 867303	(CKC)
Zumba: Gold:	9.30 -10.30am	Irene Gregory	Tel: 07939 077641	(CKC)
Yoga:	9.30-10.45am	Fiona Webster	Tel: 07977 790648	(CKC)
050:	12-2pm	Liz Kilvington	Tel: 01224 867103	(CKC)
Flower Class:	2.00-4.00pm	Rena Cross	Tel: 01224 867663	(WCQR)
Karen Berry Dance:	6.30- 7.45pm	Danscentre	Tel: 01224 647341	(CKC)
Yoga	7-8pm	Deborah Thompson	Tel: 07821 704826	(WCQR)
Yoga:	7.00-8.30pm	Fiona Britee	Tel: 01224 487712	(CKC)

THURSDAY:

Playgroup:	9.15-11.45am	Mary Hadfield	Tel: 07842 470828	(WCQR)
Mother & Toddler:	9.30-11.30am	Beckie Sales	Tel: 07985523569	(WCQR)
Bible Study	10-11.30am	Peter Michie	Tel: 01224 868054	(CKC)
Fitness Classes:	10-12 noon	Laura Walker	Tel: 07773 021851	(CKC)
Gentle Exercise:	2.30-3.30pm	Fiona Murray	Tel: 01224 702305	(WCQR)
Messy Church: 1st of month	3.30-6.00pm	Karen Fawcett	Tel: 01224 867744	(CKC)
Pilates:	5.30-7.30pm	Wallace Practice	Tel: 01224 316488	(CKC)
Pilates for Golfers:	7.30-8.45pm	Helen Murphy	Tel: 07761733748	(CKC)
Carpet Bowls:	7.00-9.00pm	Doreen Gordon	Tel: 01224 869491	(WCQR)
Zumba:	7.30-8.30pm	(CKC)		

FRIDAY:

Playgroup:	9.15-11.45am	Mary Hadfield	Tel: 07842 470828	(WCQR)
Pilates:	9.45-13.30pm	Solveig Dahle Smith	Tel: 01224 861421	(CKC)
3rd Cults Rainbows:	4.30-5.30pm	Jenny Boddy	Tel: 07739 516877	(CKC)
Folk at the Hub:	7.30-10pm	Jan Johnson	Tel: 01224 867951	(CKC)
Friday Cafe:	3.30-6.00pm	Karen Fawcett	Tel: 07970285885	(CKC)

SATURDAY:

Sinclair Highland Dance:	09.30-12noon:	Carolanne Sinclair	Tel: 07972 104774	(WCQR)
Baitu Taleem:	10.00- 12.30pm	Nurul Hoque Ali	Tel: 07984 062689	(CKC)

For more information, please contact the Church Secretaries on 869028

Website: www.cultsparishchurch.co.uk

email: cultsparishchurch@btinternet.com



Connect



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Keep Learning



Give



The Mixing Bowl Aberdeen was launched in June 2014 with the aim to bring people together to learn, discover and share anything to do with food.

The group meets monthly during term time and is open to everyone however does require pre-booking. It offers talks, tastings, demonstrations and workshops by inviting local people to share their passion of good food with others; whether it be a dish from their country, a new skill they have learnt or a hobby that they love.

Our usual location is St Devenick's church hall, 2 Ballieswells Road, Bieldside, AB15 9AP

For more information please email:

mixing.bowl@outlook.com



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Aberdeen City Health & Social Care Partnership

A caring partnership



Sunday	10am	Morning Service (with Young Church)
Monday	10am	Parent & Toddler Group
	6.30pm	Mango Choir (session ends 28th May)
Tuesday	10am	Seated Yoga
	7.30pm	Mannofield Guild (finished for the summer, new session starts 11th September)
Wednesday	10.30am	Midweek Service
	11am	Mannofield Ringers (handbell group)
	12.00pm	Seated Exercise Class
	5pm	Rainbows (session ends 27th June)
	6pm	Brownies (session ends 27th June)
	6pm	Pilates
	7.30pm	Girl Guides (session ends 13th June)
	8.15pm	Metafit Class
Thursday	9.30am	Guild Craft Group
	1.30pm	Ladies Badminton
	6pm	Boys' Brigade – Anchor Boys (session ends 1st June)
	6.45pm	Boys' Brigade – Junior Section (session ends 1st June)
	7.15pm	Yoga
Friday	10am	Parent and Toddler Group
	2pm	Bowling Club (starts again in the Autumn)
	6pm	Brownies
	7.45pm	Boys' Brigade – Company Section (session ends 25th May)
Saturday	10am – 12 noon	Table Top Sale – 26th May, 16th June

Tel: 01224 310087 | E-mail: office@mannofieldchurch.org.uk



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MANNOFIELD LUNCH CLUB
Third Thursday every month
between September and May



Balmanno Hall
Lunch served 1pm
Entertainment 2-3pm
Cuppa at 2.30pm
Cost: £5

All welcome
Need transport?

Contact: Lynn Allan
01224 323206



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Chair Based Yoga



These sessions are aimed at over 65's.

Gentle seated yoga modifies yoga poses so that they can be done while seated in a chair or, in some cases, a wheelchair.

These modifications make yoga accessible to people who cannot stand for long periods or lack the mobility to undertake floor based exercise. There is no need to have done any yoga before and it's never too late to start!

In addition to a good stretch, participants can also enjoy other health benefits associated with yoga, such as improved strength, confidence with balance, enhanced range of motion, better posture, stress relief and a sense of well-being.

Come and enjoy a 45 minute class and feel the real benefits yoga can bring!!

TUESDAYS-10.00-11:00am

Mannofield Church- Deeside Road

£3.50 per session

To book a place, call Hayley or Louise on 01224 522270

Limited places available!



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Friskis & Svettis



Classes at Airyhall Community Centre

Basic Jympa

Tuesday 7.30-8.30pm

Jympa Soft

Wednesdays 7-8pm

No need to book, just pay as you go.

www.fsaberdeen.co.uk

www.facebook.com/fsaberdeen



Aberdeen City Health & Social Care Partnership
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City Wide Activities and Information



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Wellbeing at Albury



Set in the beautiful, safe and tranquil space of Albury Sports Centre we are happy to host our new multi activity sessions for older people in Aberdeen!

You can take part in putting and bowling or you could even just sit back and relax with a cup of tea with some friendly folks.



So why not come and join us!



Friday's from 1:00pm-3:00pm at Albury Sports Centre, Albury Road.

Our activities can be tailored to suit all abilities and we can offer assistance to people coming along with their carers. We also have plenty indoor space to run sessions should the weather turn a bit weat!

£1.00 for Putting and £2.00 for bowling

For more information on sessions or to hear about parking opportunities please contact Agnes on 07769 824059 or Fiona on 07816 688037



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Chair Based Yoga



Participant Feedback

"The yoga is very good for my age and disability"

"Gentle but effective exercise"

"Better flexibility"

"Good exercise"

"Better balance when walking"

"I am a little better and easier to reach for things".

"It passes the morning away as it's good and not too difficult."

"I'm not so fed up as I was"

These sessions are aimed at over 65's.

Gentle seated yoga modifies yoga poses so that they can be done while seated in a chair or, in some cases, a wheelchair.

In addition to a good stretch, participants can also enjoy other health benefits associated with yoga, such as improved strength, confidence with balance, enhanced range of motion, better posture, stress relief and a sense of well-being.

Mondays- 10:30am

St Peters Court- Victoria Road
Torry

£2.00 per session

To book a place call:
Hayley 07554 332436 or
Louise on 07799 860899

Limited places available!





Evergreens Exercise Classes & Specialist Classes

Activities listed below are tailored to the older adult or as part of rehabilitation from injury/illness. All activities below are available as part of an Evergreens and ASV Lifestyle membership. *Bookable course.

MONDAY	ACTIVITY	VENUE	LEVEL	i
09.10 – 09.55	Evergreens Exercise to Music	Sports Hall 3	•••	E
10.00 – 11.00	Cardiac Rehab (Referral only)	Seminar Room / Sky Studio	•	
10.00 – 11.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E
10.05 – 10.55	Evergreens Exercise to Music	Sports Hall	••	E
10.05 – 10.55	Evergreens Energise	Sports Studio	•••	E
12.00 – 13.00	Evergreens Badminton	Sports Hall	••	E
14.15 – 15.45	Evergreens Table Tennis	Sports Hall	••	E
14.30 – 15.30	Ladies Walking Football	Indoor Football Pitch	••	E
15.00 – 16.00	Stable & Able (Referral only)	Sky Studio	•	

TUESDAY	ACTIVITY	VENUE	LEVEL	i
09.20 – 10.05	Well-being Exercise (35 plus)	Sky Studio	••	E
09.45 – 11.15	Evergreens Table Tennis	Sports Hall	•	E
10.15 – 11.00	Well-being Exercise (35 plus)	Sky Studio	••	E
11.20 – 12.00	Evergreens Circuits	Gym	•••	E
12.15 – 13.00	Evergreens Learn to Swim	25m Pool	••	B
12.30 – 13.30	Walking Football	Indoor Pitch	••	E

WEDNESDAY	ACTIVITY	VENUE	LEVEL	i
10.05 – 10.55	Zumba Gold	Sports Hall	••	E
11.00 – 12.00	Evergreens Swimming	25m Pool	•	E
12.00 – 13.00	Evergreens Walking Netball	Sports Hall	••	E
12.00 – 13.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E



Evergreens Exercise Classes & Specialist Classes

Activities listed below are tailored to the older adult or as part of rehabilitation from injury/illness. All activities below are available as part of an Evergreens and ASV Lifestyle membership. *Bookable course.

THURSDAY	ACTIVITY	VENUE	LEVEL	i
09.45 – 10.30	Evergreens Fitness Pilates	Sky Studio	•	E
09.45 – 11.15	Evergreens Table Tennis	Sports Hall	•	E
10.45 – 11.30	Well-being Fitness Pilates (35 plus)	Sky Studio	•	E
12.00 – 12.45	Evergreens Aquafun	25m Pool	••	E

FRIDAY	ACTIVITY	VENUE	LEVEL	i
10.00 – 11.00	Cardiac Rehab (Referral only)	Seminar Room / Sky Studio	•	
10.05 – 10.55	Evergreens Exercise to Music	Sports Hall	••	E
11.00 – 12.00	Evergreens Weightlifting	Indoor Athletics Platforms	•••	E
11.00 – 12.30	Evergreens Pickleball	Sports Hall	••	E
12.00 – 13.00	Evergreens Swimming	25m Pool	•	E
14.30 – 15.30	Stable & Able (Referral only)	Sky Studio	•	

How to book

- All exercise classes are available to both members and non-members
- Members can book up to 7 days in advance
- Non-members can book up to 3 days in advance
- Booking a class is simple – use our online booking service or contact reception on 01224 438900
- Please visit our website for a list of the class descriptions



active Lifestyles



Inclusive opportunities for everyone to get active

Including those starting out, recovering from injury, living with a long term health condition and older adults



www.sportaberdeen.co.uk



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Low intensity sessions for those starting an active lifestyle or living with a long-term health condition

Classes

Day	Start	End	Class name	Venue
Mon	10:30	11:30	Walk Aberdeen Health Walk	Alex Collie Sports Centre
	14:30	15:30	Walk Aberdeen Health Walk	Old Torry Community Centre
Tues	10:30	11:30	Walk Aberdeen Health Walk	Peterculter Sports Centre
	11:00	12:00	Gentle Exercise	The Beacon Centre
	11:00	12:00	Walk Aberdeen Health Walk	Fountain Community Centre
	13:30	14:30	Walk Aberdeen Health Walk	Asda Café Dyce
Wed	13:30	14:30	Walk Aberdeen Health Walk	Sheddocksley Sports Centre
	18:00	19:00	Everybody Active Boccia	Orchard Brae School
Thur	10:30	11:30	Walk Aberdeen Health Walk	Get Active @ Jesmond
	10:30	11:30	Walk Aberdeen Health Walk	Kingswells Community Centre
	10:30	11:30	Walk Aberdeen Health Walk	Altens Community Centre
	14:00	15:00	Walk Aberdeen Health Walk	Westburn Outdoor Sports Centre
Fri	09:30	10:30	Walk Aberdeen Buggy Walk	Danestone Community Centre
	10:30	11:30	Walk Aberdeen Health Walk	Albury Outdoor Centre

Class levels are a guide to help you find the right opportunity. Most of our opportunities can be adapted by our highly skilled instructor to make them inclusive.



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LEVEL **1**

Referral classes

Day	Start	End	Class name	Venue
Mon	11:15	12:15	Carers Stable & Able	Westburn Outdoor Sports Centre
	12:00	13:00	Stable & Able	The Beacon Centre
Tues	10:30	11:30	Stable & Able	Kincorth Sports Centre
Wed	13:15	14:15	Stable & Able	Alex Collie Sports Centre
Thur	18:00	19:00	Move More Gentle Movement Group	Clan House
Fri	10:30	11:30	Move More Health Walk	Clan House
	11:00	12:00	Stable & Able	Westburn Outdoor Sports Centre
	13:00	14:00	Stable & Able	Peterculter Sports Centre
	13:30	14:30	Stable & Able	Westburn Outdoor Sports Centre
	14:00	15:00	Stable & Able	Peterculter Sports Centre
Sat	10:00	11:00	Move More Gardening Group	Garthdee Fields Allotments
	11:00	12:00	Move More Gentle Movement Group	Beach Leisure Centre

If you are interested in any of the referral classes please
contact the team before attending:

T. 01224 047 924



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LEVEL 2

Slightly more demanding activities for those who are active and want to improve further

Day	Start	End	Class name	Venue
Mon	10:30	11:30	Relaxed Skating	Linx Ice Arena
	11:00	12:30	Table Tennis	Peterculter Sports Centre
	13:00	14:00	Ballroom Dancing	Westburn Outdoor Sports Centre
	14:00	15:00	Steady Steps	Westburn Outdoor Sports Centre
	14:00	15:30	Table Tennis	Get Active @ Jesmond
	14:30	15:15	Swimming	Bucksburn Swimming Pool
Tues	10:30	11:15	Line Dancing	Beach Leisure Centre
	11:00	12:00	Fun Fitness	Get Active @ Jesmond
	12:30	14:00	Pickleball	Kincorth Sports Centre
	13:30	14:00	Aqua Aerobics	Bucksburn Swimming Pool
	13:30	14:15	Zumba Gold	Alex Collie Sports Centre
	15:00	15:45	Learn to Swim Lessons	Tullos Swimming Pool
	15:00	16:00	Swimming	Tullos Swimming Pool
Wed	9:30	11:30	Indoor Bowls	Get Active @ Jesmond
	9:45	10:45	Senior Circuits	Alex Collie Sports Centre
	10:00	12:00	Table Tennis	Westburn Outdoor Sports Centre
	11:15	12:00	Retro Rhythms	Kincorth Sports Centre
	12:30	13:45	Pickleball	Get Active @ Jesmond
	14:00	14:45	Retro Rhythms	The Beacon Centre
	14:30	15:30	Steady Steps	Alex Collie Sports Centre
	15:00	16:30	Swimming	Bridge of Don Swimming Pool
	15:00	15:45	Swimming	Tullos Swimming Pool
Thur	9:30	10:15	Zumba Gold	Alex Collie Centre
	10:00	11:00	Technogym Movers	Westburn Outdoor Sports Centre
	10:00	11:00	Lawn Bowls (Starts 03/05)	Westburn Outdoor Sports Centre
	10:00	11:00	Walking Football	Torry Sports Centre



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Give



LEVEL 2

Day	Start	End	Class Name	Venue
Thur	12:00	13:00	Walking Netball	Get Active @ Jesmond
	13:00	14:00	Pilates	Beach Leisure Centre
	13:00	14:00	Steady Steps	Kincorth Sports Centre
	14:00	15:30	Table Tennis	Get Active @ Jesmond
	14:15	15:15	Swimming	Bucksburn Swimming Pool
Fri	9:30	11:30	Indoor Bowls	Get Active @ Jesmond
	10:00	11:30	Table Tennis	Kincorth Sports Centre
	10:00	11:30	Table Tennis	Westburn Outdoor Sports Centre
	12:15	13:15	Osteobuild	Westburn Outdoor Sports Centre
	13:45	16:15	Table Tennis	The Beacon Centre
	14:00	15:15	Swimming	Tullos Swimming Pool
	14:00	15:00	Fit to Dance	Alex Collie Sports Centre
	17:30	18:30	Relaxed Swimming	Tullos Swimming Pool
	19:00	20:00	Ladies Walking Football	Beach Leisure Centre
Sat	17:00	18:00	Relaxed Swimming	Beach Leisure Centre

Referral Classes

Day	Start	End	Class name	Venue
Mon	12:45	13:30	Confidence in Water	Tullos Swimming Pool
	13:00	14:30	Move More Circuit Group	The Beacon Centre
Tues	12:00	13:30	Move More Circuit Group	Get Active @Jesmond
	17:30	18:30	Move More Circuit Group	Beach Leisure Centre
Thur	15:15	16:15	Move More Circuit Group	Torry Sports Centre
	16:15	17:15	Move More Circuit Group	Torry Sports Centre
	19:00	20:00	Move More Circuit Group	Westburn Outdoor Sports Centre
Sat	11:30	12:30	Move More Circuit Group	Sheddocksley Sports Centre



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Give



LEVEL 3

Medium intensive activities ideal for those progressing through rehabilitation based classes or those returning to exercise

Classes

Day	Start	End	Class name	Venue
Mon	10:00	11:00	Technogym Improvers	Westburn Outdoor Sports Centre
	11:30	12:30	Wellbeing Circuits	Beach Leisure Centre
Tues	11:00	12:00	Easy Movers	Torry Sports Centre
	19:00	20:00	Live Well Circuits	Beach Leisure Centre
	20:00	20:45	Everybody Active Swimming	Bucksburn Swimming Pool
Wed	11:00	12:00	Live Well Gym	Beach Leisure Centre
	12:30	13:30	Live Well Circuits	Beach Leisure Centre
	15:00	15:45	Aqua Zumba	Tullos Swimming Pool
	19:00	20:00	Walking Football	Beach Leisure Centre
	20:00	21:00	Walking Football	Beach Leisure Centre
Thur	11:15	12:15	Technogym Improvers	Westburn Outdoor Sports Centre
	10:30	11:30	Easy Movers	Torry Sports Centre
	14:00	15:00	Technogym Improvers	Westburn Outdoor Sports Centre
	17:00	18:00	Live Well Circuits	Westburn Outdoor Sports Centre
Fri	13:30	15:00	Everybody Active Football	Sheddocksley Sports Centre
	13:30	15:00	Tennis	Aberdeen Tennis Centre
Sat	10:00	11:00	Live Well Circuits	Sheddocksley Sports Centre



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High intensity classes for those advanced in their fitness journey. Generally a full body workout.

Classes

Day	Start	End	Class name	Venue
Mon	10:30	11:30	Movers & Shapers	Beach Leisure Centre

For information on Level 5 activities and the whole range of classes available through Sport Aberdeen please visit our website:

www.sportaberdeen.co.uk/timetables

To enhance our programme we work closely with a range of local and national partners.

These include:



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Health Walks

Listed below is our current programme of walks across the City. Most walks are coordinated by Walk Aberdeen and some by our partners. All meet the Health Walk criteria and usually last for between 30 – 60 min and usually finish with the opportunity of refreshments. The walks are always free.

Tea and coffee is charged at minimal prices depending on venue. Come along, have a chat and get some fresh air.

Monday

Bridge of Don - [Alex Collie Sports Centre](#) - 10.30am

Torry - Old Torry Community Centre - 2.30pm

Tuesday

Peterculter - [Peterculter Sports Centre](#) - 10.30am

Woodside - Fountain Community Centre - 11.00am

Dyce - Asda Dyce Cafe Area - 1.30pm

Wednesday

Sheddocksley - [Sheddocksley Sports Centre](#) - 1.30pm

Thursday

Bridge of Don - [Get active @ Jesmond](#) - 10.30am

Kingswells - Kingswells community Centre - 10.30am

Altens - Altens Community Centre - 10.30am

Westburn - [Westburn Outdoor Centre](#) - 2.00pm

Friday

Ferryhill - [Albury Outdoor Centre](#) - 10.30am

For more information please contact the Health Walks Coordinator on 01224 047928



Dementia Friendly Walks

Walk Aberdeen are part of a national network providing dementia friendly walks for those living with dementia, their family and supporters. The walks listed below have walk leaders who have received additional training to ensure the walks have been suitably assessed and they are aware of the additional support that may be required. Walk Aberdeen volunteers are not able to provide 1-2-1 support. Participants who may require assistance during the walk should bring a supporter with them.

Area	Meeting Point	Day and Time
Bridge of Don	Alex Collie Sports Centre	Monday 10.30am
Bridge of Don	Kingswells Community Centre	Thursday 10.30am
Kingswells	Get active @ Jesmond	Thursday 10.30am
Ferryhill	Albury Outdoor Sports Centre	Friday 10.30am

If you would like further information on any of our walks please contact:

Brian Harrison (Health Walks Coordinator)

Tel: 01224 047928

Email: bharrison@sportaberdeen.co.uk





Aberdeen City Health & Social Care Partnership

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Ruyi School of Taijiquan & Qigong

ruyischool.mk@gmail.com

Monday*

Frederick Street Health Village – Taijiquan (Tai Chi) 24-step simplified form 9:30-10:30am
(over 65's only), drop-in class £4

Rubislaw Church Centre - Qigong 10:45-11:45am
drop-in class £10

Unitarian Church Hall - Wudang Five Animals Health Qigong 7-8pm
drop-in class £10

Unitarian Church Hall - 24-step simplified form Taijiquan (Tai Chi) 8-9pm
drop-in class £10, alternatively £16 for those who attend both Five Animals and Taijiquan

Tuesday

Citymoves Studio – Taijiquan (Tai Chi) 24-step simplified form 1-2pm
drop-in class £5

Aberdeen Wellbeing Centre – Qigong 7-8pm
drop-in class £10

Wednesday

Confucius Institute, University of Aberdeen – Taijiquan 24-step simplified form (TBA)
Next block at University of Aberdeen campus, to book please contact the Confucius Institute
confucius@abdn.ac.uk
01224 273209

Thursday

Catherine Street Community Centre - Taijiquan (Tai Chi) 24-step simplified form 9:45-10:45am
drop-in class £9

Friday

Frederick Street Health Village – Qigong 10-11am
(over 65's only), drop-in class £4

*classes begin week commencing 8th January



Ruyi School of Taijiquan & Qigong



Tai Chi (Taijiquan) & Qigong (Chi Kung)

Chinese forms of gentle exercise focusing on posture, alignment and breathing

RELAX ~ BALANCE ~ FOCUS

‘Meditation in Motion’ practiced regularly helps reduce stress and improves physical well-being

Aberdeen Health Village, Frederick St

(week commencing 8th January 2018, drop-in classes, suitable for all)

Monday 9:30-10:30am - Tai Chi 24-step Simplified form

Friday 10-11am - Qigong for Health

ruyischool.mk@gmail.com

ruyi-online.com

Wudang Daoist Wuji Gongfu Academy

Teaching Cooperation Organisation





Strength and Balance Exercise Classes



Sessions are led by Laura Walker, a qualified instructor, for people of working age with long-term conditions.

Exercises can be performed either sitting or standing.

When: Free Taster Session Wednesday 7th March.
Come along 1:30pm for 2pm start.
Six-week block starting Wed 14th March
until Wed 18th April.

Venue: Community Room, ASDA Garthdee Superstore
Garthdee Road, AB10 7QA

Cost: £3.00 per session to cover tutor costs.

**To book a place or more information
contact Lynn or Tricia:**

Tel: 01467 629675

Email: goconnect@grampianopportunities.org.uk

Grampian Opportunities, 1 High Street, Inverurie AB51 3QA



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Technogym sessions for over 65's



What is Technogym?

Physical activity is well evidenced to prevent illness and promote good health and wellbeing. The Technogym Easy Line equipment is a great method of getting fit and promoting active ageing. It is simple to use and designed for those who are unfamiliar with gym equipment.

Where is Technogym?

- Dyce Community Centre (to book call: 01224 723344)
- Kincorth Community Centre (to book call: 01224 872851)
- Aberdeen Health Village (drop in)
- Pittodrie Stadium (AFCCT) (to book call: 01224 650400)
- Powis Community Centre (drop in 10am-2pm)
- RGU (to book call: 01224 263666)
- Westburn Outdoor Centre (to book call: 01224 507748)

These sessions are all open to the public, but most are bookable sessions. For more information, contact the Wellbeing Team

Tel 01224 522270 or email wellbeing@aberdeencity.gov.uk



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Community Projects 2018

Boogie at the Bar:

3rd Friday of the Month at [The Foundry Bar](#). 12:00-16:00

Walking football:

Day:	Venue:	Time:	Cost:
Monday	Aberdeen Sports Village (Woman's only)	2:30 – 3:30pm	£2.90
Tuesday	Aberdeen Sports Village	12:30 – 1:30pm	£2.90
Wednesday	Garioch Sports Centre	1:00 – 2:00pm	£2.00
Thursday	Torry Sports Centre , Aberdeen	10:00 – 11:00am (tea/coffee included)	£2.55

Technogym:

Wednesdays from 09:30-12:30. (1 Hour classes) Richard Donald Stand- [Pittodrie Football Stadium](#).

Active Reminiscence:

Thursdays from 1:30-3:30 (alternate venues between Dementia Resource Centre on King Street and Seaton Learning Centre.

Health Walks

Tuesdays from 10:00-12:00. Please contact the trust for meeting place.

If you would like to find out more about the [Technogym](#), Active Reminiscence or Health Walk programme's please contact Community Projects Officer Nicola Graham on Nicola.Graham@afccommunitytrust.org or 01224 650449.



Aberdeen City Health & Social Care Partnership
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Boogie in the Bar!

THIRD FRIDAY OF EVERY MONTH

Join us for a Dementia Friendly, relaxed afternoon boogie!

Foundry Bar, Holburn Street, Aberdeen

12 - 4pm • donations welcome

Like and visit our facebook page:  /boogieinthebar

www.afccommunitytrust.org



/AberdeenFCCommunityTrust



Tweet us @AFCCT

5.





Supported Tours



Do you support someone with a long term health condition? Bring them down to Pittodrie Stadium for a stadium tour along with you and your family.

“It was great to have a day out and to do it as a family made it better” TOUR PARTICIPANT

For more Information or to find out available tour dates contact nicola.graham@afccommunitytrust.org or call 01224 650449



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New free walk and talk group aimed at adding some activity to your Sunday!

This group, aimed at older adults, meets one Sunday each month to enjoy a 30-minute walk followed by a cuppa and blether (various locations across the City).

To book yourself a place contact Marion Douglas on 07796151705.



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Give



Gentle Exercise with Peter

Staying active is one of the best investments you can make to your quality of life and becomes more and more important as we age. Why not join Peter in one of his fun and easy to follow exercise sessions aimed at people living in Sheltered Housing but are open to people living locally. If you live out with the complex and are interested in attending any of the classes, please just call Peter or the Wellbeing Team for more information.

Tuesday:	11:00-12:00	Middlefield Hub
Thursday:	3:15 – 4:00pm	Danestone Community Centre
Friday:	1:00-1:45pm	Castleton Court

**For more information contact Peter on 07816242217
or email wellbeing@aberdeencity.gov.uk**





Aberdeen City Health & Social Care Partnership
A caring partnership



Young at Heart 2018

**WINTER/SPRING
PROGRAMME
FOR SPRITELY SENIORS**

Beach Ballroom
01224 647 647
beachballroom.com

Tickets available from Aberdeen
Performing Arts Box Office on
01224 641 122
or
aberdeenperformingarts.com

Supported by the Common Good Fund





Forthcoming Events:

WEDNESDAY 2ND MAY

*Sing-a-long and Dance
with Jim and
Marisha Addison*

12:30pm – 3:30pm

Tickets **£7.50**

WEDNESDAY 6TH JUNE

*Tea Dance
with Garioch Blend*

12:30pm – 3:30pm

**OTHER AFTERNOON DATES FOR
YOUR DIARY:**

Wednesday 4th July

Wednesday 1st August

Wednesday 5th September

Wednesday 3rd October

Wednesday 31st October

(Entertainment to be announced)

**MONDAY 10TH DECEMBER
TUESDAY 11TH DECEMBER
WEDNESDAY 12TH DECEMBER**

*Christmas Lunches
2018*

12:30pm – 3:30pm

Tickets **£15.00**

Three course lunch with dancing and
entertainment.

**Entertainment to be confirmed*



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Give



Silver City Surfers

The Silver City Surfer's Internet Café gives older people in Aberdeen (aged 55 and over) an opportunity to learn about and use email and the Internet. It enables older people to access computers even if they don't have one of their own at home.

The Cafe was set up in 2005 - it is a user led organisation. The Cafe provides:

- six computers
- access to the Internet, email and other computer software such as Word
- available help to teach older people how to use the Internet and set up email accounts
- the opportunity to have tea, coffee, biscuits and socialise with other attendees

Where: Salvation Army Citadel, 28 Castle Street, Aberdeen

When: Wed/Fri: 10.00am-1.00pm

The Silver City Surfer's also run the following sessions:

STAR Flat, 14a Seaton Drive, Aberdeen AB24 1UX

Mon: 11.00am-1.00pm

**Cummings Park Community Flat, 122 Cummings Park Driv,
Aberdeen AB16 7BB**

Thu: 11.00am-1.00pm

**Charles Michie's Cafe, 391 Union Street, Aberdeen AB11
6BX**

Drop-session where people can bring their own laptops to connect to the internet free of charge

Mon: 2.30pm-4.00pm

For more information please call **07799 371329** or email

silvercitysurfers@gmail.com

Website: <http://www.silvercitysurfers.co.uk>



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The Happy Crafters!



What's your craft?

Knitting, Macrame, Beading, Weaving, Crochet, Sewing, Drawing, Calligraphy or Card-Making?

Why not bring your hobby to a **FREE** self help community in a friendly relaxed atmosphere.

Let's Get Crafting with your hobby while meeting new people with similar interests.

Stay Connected by finding out about events and activities in your area which may interest you and your friends.

New Times and Days

The Happy Crafters are now meeting at the Aberdeen Community Health and Care Village, Frederick Street on:

Mondays – 1:30-3:30pm

For more information please contact Hayley Buchan, Wellbeing Coordinator on 01224 522270 or hbuchan@aberdeencity.gov.uk





Aberdeen City Health & Social Care Partnership
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SUMMER DATES

Friday Jun 1st, July 6th, Aug 3rd

12:30PM - 3:30PM



SUNNYBANK F.C. SOCIAL | CLUB

Over 50? Come along for a boogie, a dance,
a blether and to meet new friends.

Dementia friendly
disco

Free Stovies

For more information, contact Darren Smith
01224 522270



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THE
LIVINGWELL
PROJECT

living well café

The Living Well Cafe offers a safe and friendly space to support people with memory loss or dementia and their carers and families.

Working in partnership with Aberdeen City Council, NHS Grampian and Alzheimer Scotland, the cafes meet on:

Tuesday afternoons between 1 and 3 pm alternately at:

[Café at Newhills Church](#)

Bucksburn, Aberdeen, AB21 9SS

[Café at Oldmachar Church](#)

Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR

Thursday afternoons between 1 and 3 pm alternately at:

[Café at High Hilton Church](#)

1-3 Hilton Dr, Aberdeen AB24 4NQ

[Café at Fernhill Parish Church](#)

Fonthill Rd, Aberdeen AB11 6UD

For more information please contact:

Jeanette Abel on 07935 745435 or

Jo [Mugglestone](#) on 07935 733926

Email: cafe@thelivingwellproject.org.uk

Facebook: www.facebook.com/livingwellcafe



*Could the Good Morning Service
bring sunshine and comfort to you,
or to a loved one, every morning?*

*If you, or maybe one of your relatives, live alone in or around Aberdeen,
would a warm, caring phone call each morning be a
welcome and reassuring start to your - or their - day?*

*The Good Morning Service is a free charitable service for elderly residents of
Aberdeen, providing a telephone call between 9 - 11 am each day - all you
need to do is provide the details of the person to be called, and a next-of-kin
contact in case our calls are not answered.*

To request registration with the service, contact:

The Duthie Trust

1 East Craibstone Street

Aberdeen

Telephone: 07918 696958



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Give



Gentle Exercise with Fiona

Staying active is one of the best investments you can make to your quality of life and becomes more and more important as we age. Why not join Fiona in one of her fun and easy to follow exercise sessions aimed at people living in Sheltered Housing but are open to people living locally. If you live out with the complex and are interested in attending any of the classes, please just call the Wellbeing Team for more information and to book a place.

Tue's:	2.00-3.00pm	Gray Court
	3.15-4.15pm	Lewis Court
Wed's:	2.00-3.00pm	Woodhill Court
	3.30-4.30pm	Denseat Court

£2.00 per class

For more information contact The Wellbeing Team tel. 01224 522270 or email wellbeing@aberdeencity.gov.uk



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Be Our Guest!

Do you live alone and find it difficult to get out and about?

If so, a change of scenery and regular afternoons of conversation and laughter with friends of all ages could be just what you need.



denise.robson@contact-the-elderly.org.uk Tel No. 01542 285010



Connect



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Working together to tackle loneliness across the UK

CONNECTING COMMUNITIES



A HELPING HAND FOR PEOPLE WHO FEEL ALONE

CONNECTING COMMUNITIES

Our Connecting Communities service is available to all adults in the local area*.

Whether you're feeling lonely and don't know where to turn for a friendly chat, or you're socially isolated and struggling to cope with the demands of life, the British Red Cross can help.

* 18 or over in England, Wales or Northern Ireland; 16 or over in Scotland.

To find out more contact:

Cesar Garcia
Community Connector - Aberdeen
ConnectAberdeen@redcross.org.uk
07872 839864

Redcross.org.uk/tackleloneliness
#tacklingloneliness

The British Red Cross is committed to providing a quality service. If you have any comments or complaints please contact:

Tel: **0300 456 1981**
[redcross.org.uk/feedback](https://www.redcross.org.uk/feedback)

The British Red Cross Society, incorporated by Royal Charter (0103), is a charity registered in England and Wales (220649) and Scotland (SC017738).

You are not alone

Over nine million adults across the UK regularly feel lonely. People of all ages and from all walks of life.

- > Dealing with bereavement?
- > Affected by ill health?
- > Recently retired?
- > Divorced or separated?
- > Difficulties getting around?
- > Become a new parent?
- > Children just left home?

There are many reasons why you might start to feel isolated or alone. It could be an occasional feeling, or something taking over your entire life.

Without support, the impact can be devastating.

But two thirds of people say they would be uncomfortable talking to friends or family about feeling lonely. As many as 75 per cent of people affected don't know where to turn.

Whether you're facing a crisis or just want to chat with someone nearby, our local team can help.

Photo on cover © Simon Hawkes, photo on p2 © Simon Hawkes



Connect



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Connecting you back to your community

At the British Red Cross we're here to support thousands of adults of all ages who feel they have nowhere to turn.

During an initial period of up to three months, we aim to help each person to feel better connected and able to enjoy the benefits of being more involved in their local area.

Experience and expertise brought together

Our volunteers and staff are skilled and dedicated. They can draw on decades of British Red Cross experience in helping people to live independently and confidently in their communities.

Support tailored to your wishes

Everything we offer is built around enabling people to realise the things they want to achieve.

Together we'll develop a specially tailored plan of activities focused on helping you towards the brighter and better-connected future you want.

For each person, our support looks a little bit different. We could help you to:

Rediscover your interests

At an introductory chat with one of our local team members, together we'll explore your interests and what you want to achieve. We'll then identify ways you can start to do the things you want to do – or maybe something similar, but new.

Rebuild your independence

Over the next couple of months, we'll regularly meet up to chat about how you're feeling and give you the support you need to be able to achieve your goals. And together we'll take part in some of the local activities we've found out about and reflect on your experiences of being involved.

Find new friends

By joining you in local activities that match your interests, we'll introduce you to people who like doing the same things. Drawing on the confidence and sense of independence you've built, you'll have the chance to build new friendships that last.

Enjoy staying involved

As you become more connected to your community, our support will become less intensive. But we'll still be here when you need us.

Throughout our support, and as long as you wish us to, we will monitor our effectiveness and make sure we are helping you achieve the things you want.



It's given me the confidence to be me again, and to know that for all the horrible problems that I've got I can still be the person I was before.





Adult Learning

Free
classes

- Beginners Computing
- ESOL (English for Speakers of Other Languages)
- Confidence to Cook course
- Reading, Writing and Numbers support
- Skills for Employment

For more information call:

01224 346447

adminlifelong@aberdeencity.gov.uk



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Occupational Therapy

Hillylands Independent Living Centre

2 Croft Road, Mastrick, Aberdeen, AB16 6RB



Do you or someone you care for struggle with everyday tasks?

Hillylands Independent Living Centre offers:



- Professional and impartial advice on activities of daily living from Occupational Therapy staff
- Demonstration of equipment solutions including; telecare, bathing/showering equipment, stairlift, kitchen equipment, chairs and toileting equipment.



**Open to the Public
Monday – Friday
9am- 5pm**



**For enquiries please contact
01224 666350**

Alternatively why not try an on-line self assessment, please visit



VSA Airyhall

Our Community Based Facility

VSA Airyhall is the first of its kind; it's a community-based facility, to support individuals over the age of 50 with a mental or physical illness, who are cared for at home in the Aberdeen area.

We can support around 150 people each week, giving the individual routine, stability and something to look forward to while their carers benefit from some respite.

Full day

Full day sessions are available from 9.30am to 4pm Monday to Friday at a cost of £10 per day.

Morning or afternoon

Four-hour morning or afternoon sessions are also available at a cost of £4 per session.

Flexible sessions

Flexible sessions are made available to meet the needs of individuals who would benefit attending but find it difficult to commit to the above sessions.

Activities

Activities on offer at Airyhall include: crafts, board games, dominoes, darts, baking, snooker, karaoke, cards, reminiscence, films, music and quizzes. We also offer computer access, Wii games, relaxation sessions, sweet shop, a hairdressing salon complete with nail bar and gardening in the private garden with summer house.

Airyhall places great importance on the wellbeing benefits of physical activity; and we therefore offer a range of more physical activities including a small gym, hockey, curling, bowling and woodwork.

Referrals can be made personally or through a professional.

Please note: VSA Airyhall does not have hoisting equipment therefore service users must be able to weight bear.

For more information please contact May MacDougall on 01224 358635 or email May.MacDougall@vsa.org.uk



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www.alcoholanddrugsaction.org.uk

ALCOHOL CAN BE A LONELY PLACE

ADA
Alcohol & Drugs Action

ADA is here to help

Open 7 days a week.
Friendly, confidential service.

To find out how we can help please call:
Helpline 01224 594700

You can also email us:
helpline@alcoholanddrugsaction.org.uk

For advice please visit:
alcoholanddrugsaction.org.uk

Administration 01224 571720
7 Hadden Street, Aberdeen AB11 6NU

Alcohol & Drugs Action is a registered Scottish Charity Number SC035582

ADA
Alcohol & Drugs Action

Find us on Facebook
Follow us on Twitter

Helpline 01224 594700
For advice, support and access to our drugs & alcohol services

“I was able to access support quickly when I needed it and that made all the difference. I trust ADA.”
- Johnny, aged 35



Connect



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Have you thought about cutting back?

Alcohol is so widely used that we often forget that it is a drug which can harm our physical and mental wellbeing. If you think you may be drinking too much, you are not alone:

- Over 40% of people in Aberdeen drink above the recommended weekly limits
- 10,000 people in Aberdeen are drinking at a harmful level and are at risk of developing physical and mental health problems.

ADA provides alcohol services in Aberdeen which offer:

- ✓ Information on sensible drinking and advice on how to cut down
- ✓ Advice and support if you are concerned about a loved one
- ✓ Advice and support if you have developed a problem with drinking
- ✓ Access to health, social and peer support to help you recover

ADA also offers support and help if you are concerned about you or a loved one's use of other substances. Full service details are available on our website.

www.alcoholanddrugsaction.org.uk



"I was stuck for so long and help was easier than I thought"

- Julie, aged 48

When the problem is right in front of you, we're here to help you face it.

Alcohol & Drugs Action (ADA) is a local charity working in Aberdeen and Aberdeenshire providing specialist drugs and alcohol services. Our aims are to reduce harms associated with alcohol and other drugs and to promote recovery for people and families.

We believe in working with people at whatever stage they are at. We recognise that some people use alcohol to socialise and relax and it never becomes harmful or problematic. However, many people may feel they need to reduce their drinking and some may feel they need to stop drinking completely. ADA is here to advise and support to help people identify and achieve their personal goals regarding alcohol.

If you would like to find out more about how we can help you, please contact us via our confidential helpline, by dropping in to see us at our city centre base in Aberdeen or by visiting our website.



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About our funding

This service is free. It is funded and supported by the Transforming Self Management in Scotland Fund.

This fund is provided by the Scottish Government and administered by the Health and Social Care Alliance Scotland.

With this funding we will enable and empower people with neurological conditions to:

- access information
- develop skills to find out what is right for them
- maintain their self-esteem, positivity and sense of wellbeing

If you'd like more information or think you'd like to access the service please get in touch:

Call: 01224 896 339
Email: outreach.support@sue Ryder.org



Sue Ryder provides incredible hospice and neurological care for people facing a frightening, life-changing diagnosis. We do whatever we can to be a safety net for our patients and their loved ones at the most difficult time of their lives. We see the person, not the condition.

For more information about Sue Ryder

call: 0845 050 1953*
email: healthandsocialcare@sue Ryder.org
visit: www.sue Ryder.org



This document is available in alternative formats on request.

incredible hospice and neurological care

*Calls cost 5p per minute plus your telephone company's standard access charge. Sue Ryder is a charity registered in England and Wales (1031070) and in Scotland (SC036778). Ref No: 02/00 @Sue Ryder, December 2016.

Sue Ryder

Self-management service
Support to manage your neurological condition





About the service

Our free self-management service is for people with neurological conditions living at home in Aberdeen city. We can support people with conditions such as multiple sclerosis, Parkinson's disease, stroke, Huntington's disease and Motor neurone disease. Our service has been designed to offer support over the phone, within your home and in the community, depending on what you wish to achieve.

Our self-management service is based at Sue Ryder, Dee View Court in Aberdeen.

What is self-management?

Self-management means giving people the skills and support they need to take a proactive role in managing their own health and wellbeing. We aim to support people to live their lives as fully as possible by helping to improve physical and mental health.

We believe that self-management means that people are:

- better informed about their condition
- better prepared for everyday challenges
- better supported when they need to be

What we offer

We can support you with whatever you wish to achieve. We offer:

- company and conversation
- emotional and psychological support
- leisure or educational activities
- help to get back in touch with your community and friends
- information on other services that could help
- support if you have been in hospital
- support to build relationships
- support to understand your condition better
- support to maintain your hobbies and interests

Who provides the service?

Our specialist nurse and support workers offer short term support, including practical support, advice, and information to help you manage your health and wellbeing.

If you require longer term support, this can be provided by one of our volunteer befrienders. This type of support is more than just a sitting service. It can enable you to form real relationships and have a companion to boost your confidence and help you achieve your potential.

Get in touch

If you'd like more information or think you'd like to access the service please get in touch:

call: **01224 896 339**

email: **outreach.support@sue Ryder.org**

Support for carers

To fully support you, we know your carers need to be supported as well. Our staff and volunteers can provide emotional support for your carer, or give them the opportunity to take a break.





Good Neighbours



Thursdays
at the
Citadel, Castle Street

From
11am – 3.30pm

£3 (to cover cost of lunch)

Mornings: Company, Chat, Cuppa
Activities, Chair based exercises, Crafts etc. and light lunch.

Afternoon Sing-a-long session (no charge)

As Good Neighbours we invite folks to come to visit us at the Citadel.

“Good Neighbours” aims to address Social Isolation, especially amongst older folks. It is intended for people living alone or those who are cared for by a family member.

The Carer then can have a few hours respite knowing their loved one is in good hands and, more importantly, enjoying fun and fellowship in a safe environment.

Please contact
Citadel
579370
for further details

The Salvation Army, 28 Castle Street, Aberdeen, AB11 5BG
Tel: 01224 579370

Registered Charity No. 214779 and in Scotland SC009399; Social Trust Registered Charity No. 215174 and in Scotland SC037691
General: André Cas, Territorial Commander for the United Kingdom with the Republic of Ireland; Commissioner Clive Adams



Helpful Contact Information



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Bon Accord Care –

Information on a range of services including personal care/support in the home, day services, respite for carers, occupational therapy, telecare and wellbeing activities. Tel. 01224 218300, emailinfo@bonaccordcare.org or visit www.bonaccordcare.org

Out of Hours Social Work –

For emergencies/crises. Tel. 01224 693936 or email OOHS@aberdeencity.gov.uk

Adult Support and Protection-

Report Adult Protection Concerns. Tel: 0800 731 5520

Aberdeen Care and Repair-

Aberdeen Care and Repair can offer services to residents of Aberdeen City. Tel 01224 251133 or email gencareandrepair@castlehillha.co.uk

Scottish Fire and Rescue Service-

For free home safety checks Tel. 01224 618342

Care Management-

Arrange care or support at home. For an assessment Tel. 01224 264004



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Alzheimer Scotland Aberdeen- Dementia Resource Centre

13-19 King Street, AB24 5AA. Tel. 01224 644077

Occupational Therapy-

For home checks and aids for independent living. Tel 01224 666350 or email

OTDuty@bonaccordcare.org

Telecare-

To help you live independently at home. Tel 01224 788616 or email

communityalarm@bonaccordcare.org

Wiltshire Farmfoods-

Service to provide easy to cook microwavable and nutritional food. Tel 01358 725200

or visit aberdeen@wiltshirefarmfoods.com

Self-Directed Support Aberdeen-

Self-Directed Support is all about people having choice, control and flexibility over

their care and support. Tel 01224 523837 or email SDSHelpline@aberdeencity.gov.uk

North East Sensory Services-

NESS, an independent local charity and the first integrated joint sensory service in

Scotland, delivers information, equipment and support. Tel 01224 625622 or email

info@nesensoryservices.org or visit www.nesensoryservices.org

Cash In Your Pocket-



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Free referral service can be used by anyone requiring Information, Advice, or Practical Help around money and financial wellbeing, in relation to any health, care, or support needs. Tel 0800 953 4330 or email info@ciypp.co.uk or visit www.ciypp.co.uk

Aberdeen Health Point

Aberdeen Health and Care Village- Frederick Street. Provides free information and advice on health related questions. Tel 08085 202030 or email healthpoint@nhs.net

VSA-

Carers support, care, day-care and support. Tel 01224 212021 or email info@vsa.org.uk

City Home Helpers-

City Home Helpers offers flexible services on a short or longer term basis as well as one off services to suit your needs. Tel 01224 570400 or email enquiries@cityhomehelpers.co.uk

Urgent Medical Advice-

Daytime- Contact your own GP

Evenings Weekends and Holidays- 111

For Serious accidents and emergencies- 999

General switchboard for contacting NHS wards and departments - NHS Grampian Switchboard - 0345 456 6000



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Volunteering

Many of the groups listed in this manual rely on volunteers to run the groups. If you would like to know more about supporting any of these groups, please get in touch with the group direct.

If you are interested in giving your time but aren't sure what or where to go, contact ACVO on:

Tel. 01224 123456

Email. volunteer@acvo.org.uk



Connect



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We Want to Hear From You

Please tell us what you think of this Wellbeing Manual so that we can continually improve the information.

Get in touch through:

Tel. 01224 522270

Email. wellbeing@aberdeencity.gov.uk

Comments:

Notes:



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