



ABERDEEN FC
COMMUNITY
TRUST



ABERDEEN
CITY LIBRARIES



Aberdeen
City Health
& Social
Care

Aberdeen
Archives,
Gallery &
Museums



ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

February 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

Saturday 1 st February	Artroom with Grampian Hospitals Art Trust	10:30am- 12:30pm	Art Gallery (Learning Space)
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Week 2

Thursday 6 th February	Our Aberdeen: Out and About	2.00pm – 3.30pm	Aberdeen Treasure Hub, Granitehill Road, Northfield, AB16 7AX
Friday 7 th February	Musical Memories	1.30pm – 3.30pm	Art Gallery (Cowdray Hall)
Saturday 8 th February	Artroom with Grampian Hospitals Art Trust	10:30am- 12:30pm	Art Gallery (Learning Space)



Week 3

Saturday 15 th February	Artroom with Grampian Hospitals Art Trust	10:30am- 12:30pm	Art Gallery (Learning Space)
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Week 4

Friday 21 st February	Inspired Gallery Meets: Body Adornment	11.00am – 12.30pm	Art Gallery (Learning Space)
Friday 21 st February	Musical Memories	1.30pm – 3.30pm	Art Gallery (Cowdray Hall)
Saturday 22 nd February	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

Week 1

Monday 3 rd February	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium
Tuesday 4 th February	Health Walk	10:00am- 12:00pm	Pittodrie Stadium, Goods Entrance at Richard Donald Stand

Week 2

Tuesday 11 th February	Health Walk	10:00am- 12:00pm	Wellington Road – Bus Stop across from Shell Garage near Ikea)
Wednesday 12 th February	Golf Memories	2:00pm-3:30pm	Caledonian Golf Club Golf Road, Aberdeen
Thursday 13 th February	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium
Thursday 13 th February	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium



Week 3

Monday 17 th February	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium
Tuesday 18 th February	Health Walk	10:00am- 12:00pm	Seaton Park – Car Park
Thursday 20 th February	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium

Week 4

Tuesday 25 th February	Health Walk	10:00am- 12:00pm	Duthie Park Winter Gardens – End at The Foundry for Tea/Coffee
Wednesday 26 th February	Music Memories	2:00pm-3:30pm	SHMU FM
Thursday 27 th February	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium
Thursday 27 th February	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie 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

Tuesday 4 th February	Boogie in the Bar	12:00pm- 2:00pm	The New Greentrees Pub, 183 Victoria Street, Dyce, AB21 7AA
Wednesday 5 th February	Community Appointment Day	10:00am- 4:00pm	Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen
Thursday 6 th February	Boogie in the Bar	11:30am- 1:30pm	The White Cockade, 2 Oscar Road, Torry, AB11 8ER

Week 2

Tuesday 11 th February	Soup & Sarnies	12:00pm- 2:00pm	Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HD
Wednesday 12 th February	Boogie in the Bar	11:30am- 1:30pm	Dee Swimming Club, 50 Gerrard Street, Aberdeen, AB25 1HA



Week 3

Thursday 20 th February	Boogie in the Bar	12:00pm- 4:00pm	The Foundry, Holburn Street, Aberdeen, AB10 6BR
Thursday 20 th February	Soup and Sarnies	11:00am- 1:00pm	Cornhill Community Centre, Beechwood Road, Aberdeen, AB16 5BL

Week 4

Thursday 27 th February	Boogie in the Bar	12:00pm- 2:00pm	The Abbot Lounge, Provost Watt Drive, Kincorth, 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



Tuesday 4 th February	Memories Scotland	2:30pm-4:00pm	Central Library, Rosemount Viaduct, Aberdeen, AB25 1GW
Wednesday 5 th February	Memories Scotland	10:30am- 12:00pm	Dyce Library, Gordon Terrace, Dyce, AB21 7BD

Tuesday 18 th February	Memories Scotland	2:30pm-4:00pm	Tillydrone Library, Tillydrone Community Campus,
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Tuesday 25 th February	Memories Scotland	2:30pm-4:00pm	Cove Library, Loirston Road, Cove, AB12 3HE
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Aberdeen Vaccination & Wellbeing Hub



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

Mon 3 rd Feb	<ul style="list-style-type: none"> Wellbeing Co-ordinators – Motivational Mondays Scottish Fire & Rescue – Home Safety <ul style="list-style-type: none"> Versus Arthritis – Chronic Pain Management AFC Community Trust – Knit & Natter 	10.00 - 12.00pm 1.00 - 4.00pm 2.00 – 4.00pm 2.00 - 4.00pm
Tues 4 th Feb	<ul style="list-style-type: none"> CFINE Community Food Outlet – Fruit & Veg <ul style="list-style-type: none"> Alcohol & Drugs Action Four Pillars LGBTQ+ Workshop – Online Safety 	10.00 - 3.00pm 1.00 - 4.00pm 2.00 - 4.00pm
Wed 5 th Feb	<ul style="list-style-type: none"> Andy’s Man Club – Men’s Mental Health Peer Support Aberdeen in Recovery - Drugs & Alcohol Peer Support 	9:30 -1:00pm 10.30 -12.30pm
Thurs 6 th Feb	<ul style="list-style-type: none"> Asthma & Allergy Foundation <ul style="list-style-type: none"> Alzheimer Scotland Pathways Employment Keyworker Bon Accord Care – Telecare 	9.30 -12.30pm 10.00 -12.00pm 10.00 – 12.00pm 1.00 - 4.00pm
Fri 7 th Feb	<ul style="list-style-type: none"> CFINE Safe Team – Financial & Benefits Support 	10.00 - 12.00pm

	<ul style="list-style-type: none"> • Quarriers – Wee Blether Carers Conversation Cafe 	11.00 - 1.00pm
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Mon 10 th Feb	<ul style="list-style-type: none"> • AFC Community Trust – Knit & Natter 	2.00 - 4.00pm
Tues 11 th Feb	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg • Scottish Fire & Rescue – Home Safety • Barclays Bank - Digital Safety – Fraud & Scams 	10.00 - 3.00pm 1.00 - 4.00pm 1.00 – 4.00pm
Wed 12 th Feb	<ul style="list-style-type: none"> • Aberdeen in Recovery – Drugs & Alcohol Peer Support 	10.30 - 12.30pm
Thurs 13 th Feb	<ul style="list-style-type: none"> • Asthma & Allergy Foundation • Pathways Employment Keyworker • Bon Accord Care – Telecare & Digital Support 	9.30-12.30pm 10.00 – 12.00pm 1.00-4.00pm
Fri 14 th Feb	<ul style="list-style-type: none"> • Quarriers Wee Blether Carers Conversation Café 	11.00 - 1.00pm

Aberdeen Wellbeing & Vaccination Hub

Mon 17 th Feb	<ul style="list-style-type: none"> • AFC Community Trust – Knit & Natter • Versus Arthritis – Chronic Pain Management 	2.00 - 4.00pm 2.00 – 4.00pm
Tues 18 th Feb	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg • Barclays Bank – Digital Safety – Fraud & Scams <ul style="list-style-type: none"> • Alcohol Drugs Action • Scottish Fire & Rescue – Home Safety 	10.00 - 3.00pm 10.00 – 12.00pm 1.00- 4.00pm 1.00-4.00pm
Wed 19 th Feb	<ul style="list-style-type: none"> • Andy’s Man Club – Mental Health • Aberdeen in Recovery – Drugs & Alcohol Peer Support 	9.30-1.00pm 10.30 - 12.30pm
Thurs 20 th Feb	<ul style="list-style-type: none"> • Asthma & Allergy Foundation • Alzheimer's Scotland • Pathways Employment Keyworker • Bon Accord Care – Telecare & Digital Support • Adult Support & Protection Day – Financial Harm 	9.30-12.30pm 10.00-12.00pm 10.00 – 12.00pm 1.00-4.00pm All Day
Fri 21 st Feb	<ul style="list-style-type: none"> • Quarriers Wee Blether Carers Café 	11.00 - 1.00pm

Mon 24 th Feb	<ul style="list-style-type: none"> • Dept. of Work & Pensions – Financial/Benefits Support • Barclays Bank – Digital Safety, Fraud & Scams • Scottish Fire & Rescue – Home Safety • Versus Arthritis – Chronic Pain Management • AFC Trust – Knit & Natter 	10.00-12.00pm 10.00-12.00pm 1.00-4.00pm 2.00 – 4.00pm 2.00-4.00pm
Tues 25 th Feb	<ul style="list-style-type: none"> • CFINE Community Food Outlet – Fruit & Veg 	10.00-3.00pm
Wed 26 th Feb	<ul style="list-style-type: none"> • Aberdeen in Recovery – Drugs & Alcohol Peer Support 	10.00-12.30pm
Thurs 27 th Feb	<ul style="list-style-type: none"> • Asthma & Allergy Foundation • Pathways Employment Keyworker • Bon Accord Care – Telecare 	9.30 - 12.30pm 10.00 – 12.00pm 1.00-4.00pm
Fri 28 th Feb	<ul style="list-style-type: none"> • Quarriers – Wee Blether Carers Conversation Cafe 	11.00-1.00pm

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 4 th February	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
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Tuesday 11 th February	Living Well Café	1:00pm-3:00pm	Oldmachar Church, Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR
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Thursday 13 th February	Living Well Café	1:00pm-3:00pm	Devana Church, Fonthill Road, Aberdeen, AB11 6UD
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Tuesday 18 th February	Living Well Café	1:00-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
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Tuesday 25 th February	Living Well Café	1:00-3:00pm	Oldmachar Church, Ashwood Park, Bridge of Don, Aberdeen, AB22 8PR
Thursday 27 th February	Living Well Café	1:00-3:00	Devana Church, Fonthill Road, Aberdeen, AB11 6UD



**5th February 2025
10.00am - 4.00pm
Vaccination & Wellbeing
Hub, Bon Accord Centre**



Book
your
place
with QR
Code
here



Chronic Pain Community Appointment Day - Free to Attend

Come along to our Chronic Pain Community Appointment Day - Everyone welcome. Have a chat with our team about "What Matters to You" and take part in an Information and Q&A session delivered by NHS Grampian Chronic Pain Management Team. Gain some peer support in our Pain Cafe (refreshments provided), speak to Allied Health Professionals (i.e. Physiotherapy, Dietetician, Occupational Therapists etc) and visit our community partner stalls which will include the following:

NHS Grampian Chronic Pain Team
Aberdeen Fibromyalgia Support Group
University of Aberdeen Research Team
Aberdeen Action on Disability
Nuffield Sport Pain Programme
Department of Work & Pensions
Mental Health & Wellbeing Support
Wellbeing Co-ordinators
Allied Health Professionals

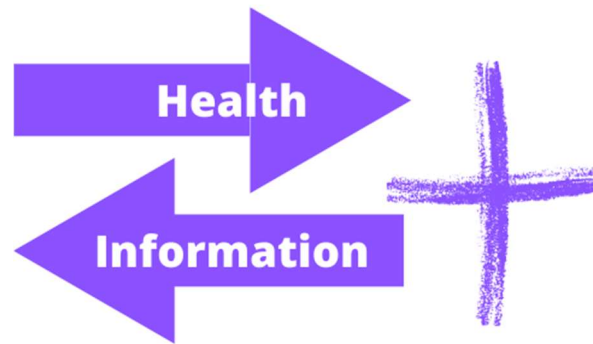
Sport Aberdeen
Versus Arthritis
Pain Concern
Employability Support
Aberdeen in Recovery
Alcohol & Drugs Action
Financial Support
Carers Support
Housing Support

Information available in other languages and formats by contacting Equality and Diversity on 01224 551116 or emailing gram.communications@nhs.scot

Month At A Glance

Monday 3rd February	Tuesday 4th February	Wednesday 5th February	Thursday 6th February	Friday 7th February	Saturday 8th February
Football Memories (5) Motivational Mondays (11) Scottish Fire & Rescue (11) Versus Arthritis (11) Knit & Natter (11)	Health Walk (5) Boogie in the Bar (7) Memories Scotland (9) CFINE (11) Alcohol & Drugs Action (11) Four Pillars Workshop (11) Living Well Café (16)	Community Appointment Day (7) Memories Scotland (9) Andy's Man Club (11) Aberdeen in Recovery (11)	Our Aberdeen: Out & About (3) Boogie in the Bar (7) Asthma & Allergy Foundation (11) Alzheimer Scotland (11) Pathways (11) Bon Accord Care (11)	Musical Memories (3) CFINE Safe Team (12) Quarriers Carers Café (12)	Artroom with GHAT (3)
Monday 10th February	Tuesday 11th February	Wednesday 12th February	Thursday 13th February	Friday 14th February	Saturday 15th February
Knit & Natter (12)	Health Walk (5) Soup & Sarnies (7) CFINE (12) Scottish Fire & Rescue (12) Barclays Bank (12) Living Well Café (16)	Golf Memories (5) Boogie in the Bar (7) Aberdeen in Recovery (12)	Football Memories (5) Pittodrie Community Hub (5) Asthma & Allergy Foundation (12) Pathways (12) Bon Accord Care (12) Living Well Café (16)	Quarriers Carers Café (12)	Artroom with GHAT (4)

Monday 17th February	Tuesday 18th February	Wednesday 19th February	Thursday 20th February	Friday 21st February	Saturday 22nd February
Football Memories (6) Knit & Natter (13) Versus Arthritis (13)	Health Walk (6) Memories Scotland (9) CFINE (13) Barclays Bank (13) Alcohol & Drugs Action (13) Scottish Fire & Rescue (13) Living Well Café (16)	Andy's Mans Club (13) Aberdeen in Recovery (13)	Pittodrie Community Hub (6) Boogie in the Bar (8) Soup & Sarnies (8) Asthma & Allergy Foundation (13) Alzheimer Scotland (13) Pathways (13) Bon Accord Care (13) Adult Support & Protection Day (13)	Inspired Gallery Meets (4) Musical Memories (4) Quarriers Carers Café (13)	Artroom with GHAT (4)
Monday 24rd February	Tuesday 25th February	Wednesday 26th February	Thursday 27th February	Friday 28th February	
Dept of Work & Pensions (13) Barclays Bank (14) Scottish Fire & Rescue (14) Versus Arthritis (14) Knit & Natter (14)	Health Walk (6) Memories Scotland (10) CFINE (14) Living Well Café (17)	Music Memories (6) Aberdeen in Recovery (14)	Football Memories (6) Pittodrie Community Hub (6) Boogie in the Bar (8) Asthma & Allergy Foundation (14) Pathways (14) Bon Accord Care (14) Living Well Café (17)	Quarriers Carers Café (14)	



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