



ABERDEEN FC  
COMMUNITY  
TRUST



Aberdeen City  
Health & Social  
Care  
Partnership



Aberdeen  
Archives,  
Gallery &  
Museums



THE  
LIVINGWELL  
PROJECT  
living well café



# ABERDEEN CITY HEALTH & WELLBEING PROGRAMME

## August 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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# Aberdeen Archives, Gallery and Museums

**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 2 <sup>nd</sup> August	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space Schoolhill Aberdeen
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## Week 2

Friday 8 <sup>th</sup> August	Musical Memories	1.30pm – 3.00pm	Art Gallery Cowdray Hall Schoolhill Aberdeen
Saturday 9 <sup>th</sup> August	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space

## Week 3

Friday 15 <sup>th</sup> August	Inspired Gallery Meets: Nautical Decoupage	11.00am – 12.30pm	Art Gallery Learning Space
Saturday 16 <sup>th</sup> August	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space

## Week 4

Friday 22 <sup>nd</sup> August	Musical Memories	1.30pm – 3.00pm	Art Gallery Cowdray Hall
Saturday 23 <sup>rd</sup> August	Artroom with Grampian Hospitals Art Trust	10.30am – 12.30pm	Art Gallery Learning Space

## Week 5

Saturday 30 <sup>th</sup> August	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 2

Monday 4 <sup>th</sup> August	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH
Monday 4 <sup>th</sup> August	Knit & Natter	2:00pm-4:00pm	Aberdeen Vaccination Hub, Bon Accord Centre, George Street, Aberdeen, AB25 1HZ
Tuesday 5 <sup>th</sup> August	Health Walk	10:00am- 12:00pm	Co-Op, 2 Mounthooly Way, Aberdeen, AB24 3ER
Tuesday 5 <sup>th</sup> August	Football Memories	10:30am- 12:00pm	The Dementia Resource Centre, 13-19 King Street, Aberdeen, AB24 5AA
Wednesday 6 <sup>th</sup> August	Sporting Memories	2:00pm-3:30pm	Aberdeenshire Cricket Club,

			Morningside Rd, Aberdeen AB10 7FB
Thursday 7 <sup>th</sup> August	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH

## Week 3

Monday 11 <sup>th</sup> August	Knit & Natter	2:00pm-4:00pm	Aberdeen Vaccination Hub, Bon Accord Centre, George Street, Aberdeen, AB25 1HZ
Tuesday 12 <sup>th</sup> August	Health Walk	10:00am- 12:00pm	Castlegate Square, Aberdeen
Wednesday 13 <sup>th</sup> August	Golf Memories	2:00pm-3:30pm	Caledonian Golf Club, 20 Golf Road, Aberdeen, AB24 5QB
Thursday 14 <sup>th</sup> August	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH
Thursday 14 <sup>th</sup> August	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH

## Week 4

Monday 18 <sup>th</sup> August	Football Memories	2:00pm- 3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH
Monday 18 <sup>th</sup> August	Knit & Natter	2:00pm- 4:00pm	Aberdeen Vaccination Hub, Bon Accord Centre, George Street, Aberdeen, AB25 1HZ
Tuesday 19 <sup>th</sup> August	Kinship Coffee Morning	9:30am- 11:00am	Fraser's Legend Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH
Tuesday 19 <sup>th</sup> August	Health Walk	10:00am- 12:00pm	Scotstown Shops, Scotstown Road, Bridge of Don, Aberdeen
Thursday 21 <sup>st</sup> August	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH

## Week 5

Monday 25 <sup>th</sup> August	Knit & Natter	2:00pm-4:00pm	Aberdeen Vaccination Hub, Bon Accord Centre, George Street, Aberdeen, AB25 1HZ
Tuesday 26 <sup>th</sup> August	Health Walk	11:00am- 1:00pm	Stonehaven Outdoor Swimming Pool
Wednesday 27 <sup>th</sup> August	Music Memories	2:00pm-3:30pm	SHMU FM
Thursday 28 <sup>th</sup> August	Pittodrie Community Hub	12:30pm- 3:30pm	Richard Donald Stand, Pittodrie Stadium, Aberdeen, AB24 5QH
Thursday 28 <sup>th</sup> August	Football Memories	2:00pm-3:30pm	Sir Alex Ferguson Lounge, Pittodrie Stadium, Aberdeen, AB24 5QH
Friday 29 <sup>th</sup> August	Social History Memories	11:00am- 12:30pm	Middlefield Community Project, Manor Avenue, Aberdeen AB16 7UR



# 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

Friday 1 <sup>st</sup> August	Boogie in the Bar	12:00pm-2:30pm	Sunnybank FC, Heathryfold Park, Heathryfold Circle, Aberdeen, AB16 7DS
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## Week 2

Tuesday 5 <sup>th</sup> August	Boogie in the Bar	12:00pm-2:00pm	The New Greentrees, 183 Victoria Street, Dyce, Aberdeen, AB21 7AA
Thursday 7 <sup>th</sup> August	Boogie in the Bar	11:30am-1:30pm	The White Cockade, 2 Oscar Road, Torry, Aberdeen, AB11 8ER
Thursday 7 <sup>th</sup> August	Soup & Sandwich Club	11:00am-1:00pm	Cornhill Community Centre, Beechwood Road, Aberdeen, AB16 5BL

## Week 3

Monday 11 <sup>th</sup> August	Stay Well, Stay Connected	1:00pm-2:00pm	SHMU FM
Tuesday 12 <sup>th</sup> August	Soup & Sarnies	12:00pm- 2:00pm	Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HD
Wednesday 13 <sup>th</sup> August	Boogie in the Bar	11:30am- 1:30pm	Dee Swimming Club, 50 Gerrard Street, Aberdeen, AB25 1HA
Wednesday 13 <sup>th</sup> August	Health Walk	6:00pm-7:00pm	Powis Community Centre, 11 Powis Circle, Aberdeen, AB24 3YX

## Week 4

Thursday 21 <sup>st</sup> August	Boogie in the Bar	12:00pm- 4:00pm	The Foundry, 41- 43 Holburn Street, Aberdeen, AB10 6BR
Thursday 21 <sup>st</sup> August	Soup & Sarnies	11:00am- 1:00pm	Cornhill Community Centre, Beechwood Road, Aberdeen, AB16 5BL

## Week 5

Thursday 28 <sup>th</sup> August	Boogie in the Bar	11:30am- 1:30pm	The Abbot 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](http://www.aberdeencity.gov.uk/services/libraries-and-archives)



Tuesday 5 <sup>th</sup> August	Memories Scotland	2:30pm-4:00pm	Central Library, Rosemount Viaduct, Aberdeen, AB25 1GW
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Wednesday 20 <sup>th</sup> August	Memories Scotland	11:00am- 12:30pm	Dyce Library, Gordon Terrace, Aberdeen, AB21 7BD
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Tuesday 26 <sup>th</sup> August	Memories Scotland	2:30pm-4:00pm	Cove Library, Loirston Avenue, Aberdeen, AB12 3HE
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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](mailto: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**

Donations Welcome at Cafés

Tuesday 5 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Oldmachar Church, Ashwood Park, Aberdeen, AB22 8PR
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Tuesday 12 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
Thursday 14 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Devana Church, Fonthill Road, Aberdeen, AB11 6UD

Tuesday 19 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Oldmachar Church, Ashwood Park, Aberdeen, AB22 8PR
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Tuesday 26 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Brimmond Church, Bucksburn, Aberdeen, AB21 9SS
Thursday 28 <sup>th</sup> August	Living Well Café	1:00pm-3:00pm	Devana Church, Fonthill Road, Aberdeen, AB11 6UD

# Silver City Surfers



*Silver City Surfers Providing free tutoring and support on all forms of modern technology (e.g. laptops, iPads & smartphones etc) through mentoring and one-to-one support sessions provided by experienced volunteers. Just drop in.*

## Week 1

Saturday 2nd August	1-2-1 Tutoring Sessions	10:00am-12:00pm	Central Library Media Centre, Rosemount Viaduct, Aberdeen, AB25 1GW
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## Week 2

Monday 4 <sup>th</sup> August	1-2-1 Tutoring Sessions	1:30pm-3:00pm	Charles Michie's Cafe, 391 Union Street, Aberdeen, AB11 6BX
Tuesday 5 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am-12:00pm	Torry Library, Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HS
Wednesday 6 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Shopping Centre
Thursday 7 <sup>th</sup> August	1-2-1 Tutoring Sessions	11:00am-1:00pm	Cummings Park Flat, 122 Cummings Park



			Drive, Aberdeen, AB16 7BB
Thursday 7 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Tillydrone Campus, 52 Hayton Road, Tillydrone, Aberdeen, AB24 2UY
Saturday 9 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Central Library Media Centre, Rosemount Viaduct, Aberdeen, AB25 1GW

## Week 3

Monday 11 <sup>th</sup> August	1-2-1 Tutoring Sessions	1:30pm-3:00pm	Charles Michie's Cafe, 391 Union Street, Aberdeen, AB11 6BX
Tuesday 12 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Torry Library, Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HS
Wednesday 13 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Shopping Centre
Thursday 14 <sup>th</sup> August	1-2-1 Tutoring Sessions	11:00am- 1:00pm	Cummings Park Flat, 122 Cummings Park

			Drive, Aberdeen, AB16 7BB
Thursday 14 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Tillydrone Campus, 52 Hayton Road, Tillydrone, Aberdeen, AB24 2UY
Saturday 16 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Central Library Media Centre, Rosemount Viaduct, Aberdeen, AB25 1GW

## Week 4

Monday 18 <sup>th</sup> August	1-2-1 Tutoring Sessions	1:30pm-3:00pm	Charles Michie's Cafe, 391 Union Street, Aberdeen, AB11 6BX
Tuesday 19 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Torry Library, Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HS
Wednesday 20 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Shopping Centre
Thursday 21 <sup>st</sup> August	1-2-1 Tutoring Sessions	11:00am- 1:00pm	Cummings Park Flat, 122 Cummings Park

			Drive, Aberdeen, AB16 7BB
Thursday 21 <sup>st</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Tillydrone Campus, 52 Hayton Road, Tillydrone, Aberdeen, AB24 2UY
Saturday 23 <sup>rd</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Central Library Media Centre, Rosemount Viaduct, Aberdeen, AB25 1GW

## Week 5

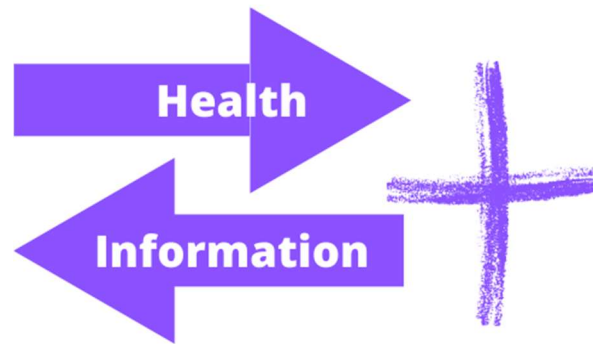
Monday 25 <sup>th</sup> August	1-2-1 Tutoring Sessions	1:30pm-3:00pm	Charles Michie's Cafe, 391 Union Street, Aberdeen, AB11 6BX
Tuesday 26 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Torry Library, Greyhope Community Hub, Tullos Circle, Aberdeen, AB11 8HS
Wednesday 27 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Aberdeen City Vaccination & Wellbeing Hub, Bon Accord Shopping Centre
Thursday 28 <sup>th</sup> August	1-2-1 Tutoring Sessions	11:00am- 1:00pm	Cummings Park Flat, 122 Cummings Park

			Drive, Aberdeen, AB16 7BB
Thursday 28 <sup>th</sup> August	1-2-1 Tutoring Sessions	2:00pm-4:00pm	Tillydrone Campus, 52 Hayton Road, Tillydrone, Aberdeen, AB24 2UY
Saturday 30 <sup>th</sup> August	1-2-1 Tutoring Sessions	10:00am- 12:00pm	Central Library Media Centre, Rosemount Viaduct, Aberdeen, AB25 1GW

## Month At A Glance

				<b>Friday 1<sup>st</sup> August</b>	<b>Saturday 2<sup>nd</sup> August</b>
				Boogie in the Bar (9)	Artroom with GHAT (3) Silver City Surfers (16)
<b>Monday 4<sup>th</sup> August</b>	<b>Tuesday 5<sup>th</sup> August</b>	<b>Wednesday 6<sup>th</sup> August</b>	<b>Thursday 7<sup>th</sup> August</b>	<b>Friday 8<sup>th</sup> August</b>	<b>Saturday 9<sup>th</sup> August</b>
Football Memories (5) Knit & Natter (5) Silver City Surfers (16)	Health Walk (5) Football Memories (5) Boogie in the Bar (9) Memories Scotland (12) Living Well Café (14) Silver City Surfers (16)	Sporting Memories (5) Silver City Surfers (16)	Pittodrie Community Hub (6) Boogie in the Bar (9) Soup & Sandwich Club (9) Silver City Surfers (16) Silver City Surfers (17)	Musical Memories (3)	Artroom with GHAT (3) Silver City Surfers (17)
<b>Monday 11<sup>th</sup> August</b>	<b>Tuesday 12<sup>th</sup> August</b>	<b>Wednesday 13<sup>th</sup> August</b>	<b>Thursday 14<sup>th</sup> August</b>	<b>Friday 15<sup>th</sup> August</b>	<b>Saturday 16<sup>th</sup> August</b>
Knit & Natter (6) Stay Well, Stay Connected (10) Silver City Surfers (17)	Health Walk (6) Soup & Sarnies (10) Living Well Café (14) Silver City Surfers (17)	Golf Memories (6) Boogie in the Bar (10) Health Walk (10) Silver City Surfers (17)	Football Memories (6) Pittodrie Community Hub (6) Living Well Café (14)	Inspired Gallery Meets (4)	Artroom with GHAT (4) Silver City Surfers (18)

			Silver City Surfers (17) Silver City Surfers (18)		
<b>Monday 18<sup>th</sup> August</b>	<b>Tuesday 19<sup>th</sup> August</b>	<b>Wednesday 20<sup>th</sup> August</b>	<b>Thursday 21<sup>st</sup> August</b>	<b>Friday 22<sup>nd</sup> August</b>	<b>Saturday 23<sup>rd</sup> August</b>
Football Memories (7) Knit & Natter (7) Silver City Surfers (18)	Kinship Coffee Morning (7) Health Walk (7) Living Well Café (14) Silver City Surfers (18)	Memories Scotland (12) Silver City Surfers (18)	Pittodrie Community Hub (7) Boogie in the Bar (10) Soup & Sandwich Club (10) Silver City Surfers (18) Silver City Surfers (19)	Musical Memories (4)	Artroom with GHAT (4) Silver City Surfers (19)
<b>Monday 25<sup>th</sup> August</b>	<b>Tuesday 26<sup>th</sup> August</b>	<b>Wednesday 27<sup>th</sup> August</b>	<b>Thursday 28<sup>th</sup> August</b>	<b>Friday 29<sup>th</sup> August</b>	<b>Saturday 30<sup>th</sup> August</b>
Knit & Natter (7) Silver City Surfers (19)	Health Walk (8) Memories Scotland (12) Living Well Café (15) Silver City Surfers (19)	Music Memories (8) Silver City Surfers (19)	Pittodrie Community Hub (8) Football Memories (8) Boogie in the Bar (11) Living Well Café (15) Silver City Surfers (19) Silver City Surfers (20)	Social History Memories (8)	Artroom with GHAT (4) Silver City Surfers (20)



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