

GRAMPIAN

Wellbeing festival

Wednesday 1st May to Friday 31st May 2024

Find out what's happening
in Aberdeen





Promoting positive mental wellbeing in Grampian

The Grampian Wellbeing Festival is an annual event which brings together communities through activities that promote and support good mental health and wellbeing.

This year there are lots of face to face and online activities available. You will find some of the larger events have been highlighted which are to promote lots of agencies coming together to provide information and activities.

Please take a look and enjoy the wide range of free opportunities available this year to support mental wellbeing.

Throughout the programme you will see information about Mind yer Mind which is an Aberdeenshire wide campaign. For more information and resources please visit www.mindyermind.com



The Grampian Wellbeing Festival includes events in Aberdeenshire, Aberdeen City and Moray.

Scan the QR code to find out what is happening in all the areas.

The Aberdeen City Health and Social Care Partnership, Stay Well Stay Connected (SWSC) program of activities promotes wellbeing in the City. Wellbeing at its simplest level is about feeling good and living safely and healthily. Everything we do, think, feel and believe influences our wellbeing. Making positive lifestyle choices can really help to improve your overall health and wellness.

The Wellbeing Team are working in the community promoting 5 ways of wellbeing.

Good connections are important for your mental wellbeing. Making phone calls to others can help hugely. So, give your friends, neighbours, and families a call. Spread this out over the days so you speak to different people each day.

There are many groups in Aberdeen who will give you a warm welcome as well as help and advice, whether that is practical help as you learn to live with a long-term condition or a peer support group where you meet other people who use their own experiences to help each other.

Find more information on our webpage:

www.aberdeencityhsc.scot/our-delivery/agile/

Email: swsc@aberdeencity.gov.uk



Connect



Be Active



Keep Learning



Take Notice



Give



Wednesday 1st May

ACHSCP Grampian Wellbeing Kick off

Wellbeing May in the City with Aberdeen City Health and Social Care Partnership.

Rosewell House, Aberdeen

11am to 1pm

- Staff, residents and visitors at Rosewell House
- Drop in

Friday 3rd May

Musical Memories

Musical Memories is a friendly singing group for people with dementia, their partners, families and friends, which supports wellbeing, encourages creativity and participation.

Aberdeen Art Gallery, Cowdray Hall, School Hill, Aberdeen AB10 1FQ

1.30pm to 3.30pm

- 60 places
- Adults, 16+
- Drop in
- <https://aberdeencity.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/EVENTS?HOMEPRMS=EVSESPARAMS>

Monday 6th May

Zumba

Adults Zumba Class

VSA Broomhill Activity Centre, 197 Broomhill Road, Aberdeen AB10 7LN

6.30pm to 7.15pm

- 30 places
- Adults only
- Shaggy255@hotmail.co.uk



Introduction to Suicide Prevention training

Training covers suicide in Scotland and the associated stigma, spotting the signs, how to ask about suicide and the importance of listening, boundaries limitations and looking after yourself including signposting for support.

Note this course is not designed for crisis support and cannot guarantee a confidential, safe space as it is offered via video conference.

Online

2nd to 31st May

Times out in April

- Adults only
- northeast-suicideprevention@samh.org.uk

shmu Wellbeing Events

Mental Health Awareness Week: 13/05/2024 to 19/05/2024

This week is Mental Health Awareness Week, so come along and talk to us about what we and other organisations can do to support your mental health.

Wellbeing Wednesday

Join us at shmu to kick off the first Grampian Wellbeing Festival. We will start the month of wellbeing activities with a cuppa and chat.

01/05/2024, 1pm to 3pm

Meet our wellbeing team and hear about what we have planned for the month and what you can get involved in at shmu.

08/05/2024, 1pm to 3pm

22/05/2024, 1pm to 3pm

Join us at shmu for a session themed around wellbeing - we will be inviting exciting organisations in to deliver workshops and you can get involved in shmu activities.

Mental Health Awareness Week Wellbeing Wednesday

15/05/2024, 1pm to 3pm

Join us at shmu for a session themed around wellbeing - we will be inviting exciting organisations in to deliver workshops and you can get involved in shmu activities.

Station Road, Woodside, Aberdeen
AB24 2WB

- Drop in. Details available on SHMU and on our social media

Wellbeing Cafe

Join our wellbeing support staff for a cuppa, cake and chat.

We will have different wellbeing activities running throughout the session if you would like to take part, or you are welcome to come along and just enjoy the company.

02/05/2024, 2pm to 4pm

09/05/2024, 2pm to 4pm

23/05/2024, 2pm to 4pm

30/05/2024, 2pm to 4pm

Mental Health Awareness Week Wellbeing Cafe

16/05/2024, 2pm to 4pm

This week is Mental Health Awareness Week, so come along and talk to us about what we and other organisations can do to support your mental health.

Station Road, Woodside, Aberdeen
AB24 2WB

- Drop in



Radio Shows

Wellbeing Radio Show

06/05/2024, 1pm to 2pm

Tune in to listen to our Adult Wellbeing Worker talk all things mental health and wellbeing with various guests to kick off the Grampian Wellbeing Festival. Listening where you are.

Stay Well Stay Connected - Radio Show

Mental Health Awareness Week

13/05/2024, 1pm to 2pm

Tune in to listen to your local wellbeing coordinators give advice and updates on what's happening in your community. Mental Health Awareness Week theme. Listening where you are.

Wellbeing Radio Show

20/05/2024, 1pm to 2pm

Tune in to listen to our Adult Wellbeing Worker talk all things mental health and wellbeing with various guests. Listening where you are.

- Listen to the wellbeing show www.shmu.org.uk/fm/schedule

Music Memories

Join the Aberdeen Football Club Community Trust (AFCCT) for their brilliant Music Memories group at shmu - reminisce and make new memories.

Come along and talk to us about what we and other organisations can do to support your mental health.

29/05/2024, 2pm to 4pm

Station Road, Woodside, Aberdeen
AB24 2WB

- Drop in
- Listening on the radio or online. www.shmu.org.uk/fm/schedule

Mental Health Awareness Week Monthly Wellbeing Walk – Feel Good Friday

Join our wellbeing staff on a nature walk around Woodside - exploring the river and beautiful surrounding areas.

We will share stories and snap some pictures while getting moving for Mental Health Awareness Week.

17/05/2024, 1pm to 3pm

Station Road, Woodside, Aberdeen
AB24 2WB

- Drop in



Harbour Memories Choir

Singing for all abilities.

**Fittie Community Hall, New Pier
Road, Aberdeen AB11 5DR**

01/05/2024, 6pm to 8pm

08/05/2024, 6pm to 8pm

15/05/2024, 6pm to 8pm

22/05/2024, 6pm to 8pm

29/05/2024, 6pm to 8pm

- Anyone with an interest in singing
- Drop in

Feel Good Football – Tuesday's

A free indoor football session, incorporating skills, walking football, standard football for those looking to improve their mental health and/or wellbeing in a fun environment with a positive ethos.

Strikers Indoor Football, 50 Broadfold Road, Aberdeen AB23 8EE

14/05/2024, 10.30am to 11.30am

21/05/2024, 10.30am to 11.30am

28/05/2024, 10.30am to 11.30am

- Open to any adults 16+
- Drop in
- info@strikersfootball.com or 01224 706007

Monday 6th May

Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

Online

7.30pm to 8.15pm

- Adults 18+
- Facebook Page: Mindfulness Flow Email: Lisa@MindfulnessFlow.co.uk

Avacadough Financial Wellness Brunch and Blether

Opportunity to walk around local area and draw what you see.

82 Crown Street, Aberdeen AB11 6ET

10am to 1pm

- 16+
- To book E-mail info@aberdeenfoyer.com or call 01224 212 924

Tuesday 7th May

Memories Scotland

A dementia friendly session using images of recent social history to stimulate memories and conversation.

Central Library, Rosemount Viaduct, Aberdeen AB25 1GW

2.30pm to 4pm

- The session is open to people affected by Alzheimer's, dementia, social isolation, loneliness and other conditions
- healthinfo@aberdeencity.gov.uk or 01224 652500
- <https://aberdeencity.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/EVENTS?HOMEPRMS=EVSESPARAMS>

Rock Up and Ride Communities - Led Cycle Ride

Short, 1 hour led cycle rides, from Seaton area of Aberdeen, providing an accessible pathway to recreational cycling (bikes and helmets available).

Raymond Kelly Pavilion, School Road, Seaton, Aberdeen AB24 1TN

02/05/2024, 10am to 11am

09/05/2024, 10am to 11am

16/05/2024, 10am to 11am

30/05/2024, 10am to 11am

- 8 places
- Adults
- Lbenison@sportaberdeen.co.uk

Tuesday 7th May

Simply Meditate

Take half an hour to uplift your mind and cultivate a feeling of inner peace with guided meditation.

Kadampa Meditation Centre, 77-79 King Street, Aberdeen

12.30pm to 1.05pm

- 60 places
- Open to all
- Supported by the mental health and well being fund
- Drop-in or for queries, or to reserve a space contact info@meditateinaberdeen.org or 07483 914 371
www.meditateinaberdeen.org



Tuesday 7th May

Stitching with the UFOs

Come along and join in with the UFOs or Unfinished Objects Group to take part in their latest stitch project designed especially for them.

Aberdeen Art Gallery, Cowdray Hall, School hill, Aberdeen AB10 1FQ

1.30pm to 3.30pm

- Adults, 16+
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/stitching-ufos>

Thursday 9th May

Our Aberdeen

These relaxed dementia-friendly sessions bring people together to explore our exhibitions and the collection, learn more about our city, handle real museum objects and reminisce.

Aberdeen Treasure Hub, Granitehill Road, Northfield, Aberdeen AB16 7AX

2pm to 3.30pm

- People affected by dementia, adults
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/our-aberdeen-5>

Friday 10th May

RGU SPORT Pickleball

Free chance to take part in the fastest growing sport in the world! This session will be coach led and will teach everyone the basics of the game but the main emphasis will be based on making sure everyone has as much fun as possible!

RGU Sport, Garthdee Rd, Garthdee, Aberdeen AB10 7GE

10am to 11am

- Anyone over the age of 18
- Please email sportdevelopmentteam@rgu.ac.uk



Viking Hiking

Viking Hiking provide one hour Nordic walking sessions four times each week at Hazlehead Park.

Hazlehead Park car park close to the cafe and toilets.

16/05/2024, 9.45am to 11am

17/05/2024, 9.45am to 11am

18/05/2024, 9.45am to 11am

19/05/2024, 9.45am to 11am

- We can host six people on each day
- Our offer is open to anyone capable of walking three to four miles in one hour
- 07850 982442

Friday 10th May

Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

Kings Church, Bridge of Don, Aberdeen AB23 8BL

12.30pm to 1.45pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome
- <http://latnem.eventbrite.com>

Saturday 11th May

Maternal Journal - Creative Journaling

Take part in creative journaling for your mental wellbeing.

Kings Church, Bridge of Don, Aberdeen AB23 8BL

10.30am to 12.30pm

- 10 places
- Any mother or birthing person who needs support with their mental health
- <http://latnem.eventbrite.com>

Monday 13th May

Happy Trails

Park walk and foliage collection and spring crafts.

82 Crown Street, Aberdeen AB11 6ET

10am to 1pm

- 16+
- To book E-mail info@aberdeenfoyer.com or call 01224 212 924

Release and Reset

Gentle stretches and breathwork session.

Get Active @ Westburn, Westburn Park, Westburn Drive, Aberdeen

10am to 11am

- 15 places
- Suitable for beginners, anyone above 18 years of age
- <https://form.jotform.com/240756245084357>
samagrahealthylife@gmail.com
- Bring your mat if you have one



Boogie in the Bar

Afternoon disco with light lunch.

Heathryfold Park, Heathryfold Circle, Aberdeen AB167DS

03/05/2024, 12 noon to 2.30pm

Green Trees, 183 Victoria Street, Dyce, Aberdeen AB21 7AA

07/05/2024, 11.30am to 2.30pm

Dee Swimming Club, 50 Gerrard Street, Aberdeen AB251HA

08/05/2024, 11.30am to 1.30pm

The Abbot, Provost Watt Drive, Kincorth, Aberdeen AB125BT

30/05/2024, 12 noon to 2.30pm

- Open to everyone
- Dementia friendly and suitable for those with long term health conditions
- Drop in



Mighty Oaks Menopause Walks and Talks

Women empowering women through walking, talking, laughs and support. Tea and biccies after.

Greyhope Community Hub and Library, Tullos Circle, Torry, Aberdeen AB11 8HD

01/05/2024, 1pm to 2pm

15/05/2024, 1pm to 2pm

Powis Community Centre, 11 Powis Circle, Powis, Aberdeen AB24 3YX

01/05/2024, 5.30pm to 6.30pm

15/05/2024, 5.30pm to 6.30pm

Sheddocksley Community Centre, Sumburgh Crescent, Sheddocksley Aberdeen AB16 6WF

02/05/2024, 6pm to 7pm

09/05/2024, 6pm to 7pm

16/05/2024, 6pm to 7pm

23/05/2024, 6pm to 7pm

30/05/2024, 6pm to 7pm

Aberdeen City Vaccination and Wellbeing Hub, BonAccord Centre, George Street, Aberdeen AB25 1HZ

13/05/2024, 12.30pm to 1.30pm

27/05/2024, 12.30pm to 1.30pm

- Women and girls
- Drop in



Tuesday 14th May

Wellbeing at Work for Young People

Exploring techniques for building resilience and managing stress/anxiety.

Learning and Development Hub, 2 Croft Road, Mastrick, Aberdeen

10am to 12.30pm

- 10 places
- Modern Apprentices
- Email dyw@bonaccordcare.org

Release and Reset

Gentle stretches and breathwork session.

Get active @ Alex Collie, Cardens Knowe, Bridge of Don, Aberdeen

12 noon to 1pm

- 15 places
- Suitable for beginners, anyone above 18 years of age
- <https://form.jotform.com/240756245084357>
samagrahealthylife@gmail.com
- Bring your mat if you have one

Thursday 16th May

Mindfulness Sessions

Mindfulness based living course.

Get Active @ Northfield, Kettlehills Crescent, Aberdeen AB16 5TL

10am to 11am

- 12 places
- 16+
- nicolamacpherson.wellbeing@gmail.com



Wednesday 1st May to Friday 31st May

Grampian 50 Plus Network

Walking groups and more promoting health and happiness in later life.

Airyhall Walking Group:
Wednesday

Bridge of Don Wednesday:
Wednesday

Bridge of Don Ramblers: Friday

Cornhill Thursday Group:
Thursday

Culter 50+ Walking Group,
Peterculter: Thursday

Discovery: None walking group.
Activity based.

Dyce TFG:
Alternate Thursday/Fridays

Dyce/Stoneywood Walking
Group: Monday

Friday Ramblers, Bucksburn:
Friday

Kaimhill Strollers 2: Thursday

Mastrekkers: Thursday

Mastrick Amblers: Monday

Mastrick Strollers: Friday

- Visit www.grampian50plusnetwork.com to find a group near you.

Friday 17th May

Inspired Gallery Meets

These sessions are for anyone over the age of 16 to take part in sketching, crafts and creative writing inspired by the gallery's collection and exhibitions.

Aberdeen Art Gallery, Cowdray Hall, School hill, Aberdeen AB10 1FQ

11am to 2.30pm

- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/artroom-ghat>

Musical Memories

Musical Memories is a friendly singing group for people with dementia, their partners, families and friends, which supports wellbeing, encourages creativity and participation.

Aberdeen Art Gallery, Cowdray Hall, School hill, Aberdeen AB10 1FQ

1.30pm to 3.30pm

- Adults, 16+
- Drop in
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/musical-memories-6>

Monday 20th May

Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

Online

7.30pm to 8.15pm

- Adults only
- Facebook Page: Mindfulness Flow
- Email: Lisa@MindfulnessFlow.co.uk

Monday 20th May

Pantastic

Nourishing Nutrition - Nutrition seminar followed by healthy cooking session.

82 Crown Street, Aberdeen AB11 6ET

10am to 1pm

- 16+
- To book E-mail info@aberdeenfoyer.com or call 01224 212 924

Dyce Men's Shed

Workshop, pool and bowling.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

9.30am to 12 noon

Bridge Group

A small friendly group willing to teach newcomers.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

1.15pm to 3.15pm

- Anyone interested in learning or playing bridge
- Leave a message for an queries 01224 723344

Aerobics

Aerobics led by Lynn.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

6.15pm to 7.15pm and 7.30pm to 8.30pm

- For those who enjoy a good workout
- Booking preferred to Lynn 087739 048008

Bookbug

Bookbug sessions are free, friendly and fun sessions of stories, songs and rhymes for babies toddlers, pre-schoolers and their parents/carers to enjoy together.

Dyce Library, Gordon Terrace,

Dyce, Aberdeen AB21 7BD

03/05/2024, 10.30am to 11am

Children's Library, Central

Library, Rosemount Viaduct,

Aberdeen AB25 1GW

09/05/2024, 10am to 11am

14/05/2024, 10.30am to 11am

23/05/2024, 10.30am to 11am

28/05/2024, 10.30am to 11am

Cove Library, Loirston Avenue,

Cove, Aberdeen AB12 3HE

10/05/2024, 2.15pm to 2.45pm

Dyce Library, Gordon Terrace,

Dyce, Aberdeen AB21 7BD

13/05/2024, 2.15pm to 2.45pm

31/05/2024, 10.30am to 11am

Kincorth Library, Provost Watt

Drive, Aberdeen AB12 5NA

14/05/2024, 10.30am to 11am

Culter Library, 189 North

Deeside Road, Peterculter,

Aberdeen AB14 0UJ

16/05/2024, 10.30am to 11am

Airyhall Library, Springfield

Road, Aberdeen AB15 7RF

16/05/2024, 10.30am to 11am

28/05/2024, 2.30pm to 3pm

Torry Library, Greyhope

Community Hub, Tullos Circle,

Torry, Aberdeen AB11 8HD

16/05/2024, 2.15pm to 2.45pm

Bridge of Don Library, Scotstoun

Road, Bridge of Don, Aberdeen

AB22 8HH

17/05/2024, 10.30am to 11am

27/05/2024, 2.15pm to 2.45pm

Tillydrone Library, Tillydrone

Community Campus, Hayton

Road, Aberdeen AB24 2UY

23/05/2024, 10.30am to 11am

Mastrick Library, Greenfern

Road, Mastrick,

Aberdeen AB16 6TR

28/05/2024, 10.30am to 11am

Bucksburn Library, Kepplehills

Road, Bucksburn, Aberdeen

AB21 9DG

28/05/2024, 10.30am to 11am

- Telephone: 01224 652500

- <https://bit.ly/ACLEventsCalendar>

- Speak to staff at the local library for more information and to book your space



Tuesday 21st May

Memories Scotland

A dementia friendly session using images of recent social history to stimulate memories and conversation.

Tillydrone Library, Tillydrone Community Campus, Hayton Road, Aberdeen AB25 2UY

2.30pm to 4pm

- The session is open to people affected by Alzheimer's, dementia, social isolation, loneliness and other conditions
- Telephone - 01224 652500
- Email healthinfo@aberdeencity.gov.uk
- <https://aberdeencity.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/EVENTS?HOMEPRMS=EVSESPARAMS>

Simply Meditate

Take half an hour to uplift your mind and cultivate a feeling of inner peace with guided meditation.

Kadampa Meditation Centre, 77-79 King Street, Aberdeen

12.30pm to 1.05pm

- 60 places
- Open to all
- Supported by the mental health and well being fund
- Drop-in or for queries, or to reserve a space contact info@meditateinaberdeen.org or 07483 914 371 www.meditateinaberdeen.org

Art

Self-led group, no tutor. Small friendly group looking for more people to join them.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

9.30am to 12 noon

- Drop in

Aberdeen Football Club Community Trust

Sporting Memories

A reminiscence session, focusing on a variety of different sports.

Aberdeenshire Cricket Club, Morningside Road, Aberdeen, AB10 7FB

01/05/2024, 2pm to 3.30pm

Football Memories

Football Memories is an inclusive project that provides a safe space for individuals to look and discuss old football memorabilia and footage of past games.

Pittodrie Stadium, Aberdeen (enter through main stand reception on Pittodrie Street)

06/05/2024, 2pm to 3.30pm

16/05/2024, 2pm to 3.30pm

20/05/2024, 2pm to 3.30pm

30/05/2024, 2pm to 3.30pm

Brain Health and Dementia Resource Centre, King Street, Aberdeen

07/05/2024, 10.30am to 12 noon

- Open to all affected by dementia, loneliness and social isolation, mental health, or other conditions
- Drop in



Tuesday 21st May

Senior Exercise and Chat

Enjoy exercising to lovely music along with like-minded people.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

9.15am to 10.15am and 10.30am to 1.30pm

- Drop in

Fused Glass

Welcome to drop in to see how this work is done. Currently classes full but can go on a waiting list.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

9.30am to 12.30pm and 1pm to 4pm

- Drop in

Whist

Small friendly group for those who play or would like to learn.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

1pm to 3.30pm

- Drop in

Harmony Flow

Slow flow movement and meditation session.

Get active @ Kincorth, Corthan Crescent, Kincorth, Aberdeen

12 noon to 1pm

- 15 places
- Suitable for busy, stressed individuals, above 18 years of age
- <https://form.jotform.com/240756245084357>
- samagrahealthylife@gmail.com
- Bring your mat if you have one



Friskis Aberdeen

- Jympa Exercise to Music Classes

Jympa exercise classes provide all round training set to music and they are great fun! Bring a mat and some water.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

01/05/2024, 6pm to 7pm

27/05/2024, 6pm to 7pm

Cults Sports Complex Quarry Road AB15 9TP

02/05/2024, 6pm to 7pm

04/05/2024, 10am to 11am

- Adults only
- You work at your own pace so Jympa is suitable for a range of fitness levels
- Drop in
- aberdeen@friskissvettis.co.uk www.facebook.com/fsaberdeen/
www.friskissvettis.co.uk/aberdeen

Wednesday 22nd May

Men's Wellbeing Event

To promote our Men's Shed as a place to come, to benefit from the camaraderie that is generated in our social area and workshops.

Bridge of Don and District Men's Shed, Oldmachar Community Hall, Jesmond Drive, Bridge of Don, Aberdeen AB22 8UR

9am to 12 noon

- Men from 18 to 118, who might benefit from being in the company of like minded males and 'may' wish to join our Men's Shed in the future
- secretary.bodshed@outlook.com

Basketball

Girls and women basketball group.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

6pm to 9pm

- Contact Graeme for more info 07773 253010

Thursday 23rd May

Mindfulness Sessions

Mindfulness based living course.

Get Active @ Northfield, Kettlehills Crescent, Aberdeen AB16 5TL

10am to 11am

- 12 place
- 16+
- nicolamacpherson.wellbeing@gmail.com

Sport Aberdeen Paths for All

Full Body Walking

A walk using Nordic Walking Poles for propulsion thereby giving your upper body a workout as you walk.

Westburn Outdoor Centre, Westburn Park, Aberdeen

01/05/2024, 12 noon to 1pm

15/05/2024, 12 noon to 1pm

29/05/2024, 12 noon to 1pm

- Open to all - walk will last about 30 min after some 30 min of training
- Info on the following link. Scroll down to the Wellbeing Festival Logo <https://sport-aberdeen.checkfront.com/reserve/>

Trishaw Rides

CWAS offers piloted trishaw rides for older adults and people with mobility issues letting them feel the wind in their hair.

Beach Esplanade (across from Innoflate), Aberdeen

07/05/2024, 1pm to 4pm

Duthie Park (by the boating pond), Aberdeen

18/05/2024, 1pm to 4pm

- Info on the following link. Scroll down to the Wellbeing Festival Logo <https://sport-aberdeen.checkfront.com/reserve/>

Social Walk

Seaton Park Front Gate, King Street, Aberdeen

A 1 ½ hour social walk through the park and along the Don to the Diamond bridge and back via Brig o' Balgownie.

06/05/2024, 10.30am to 12 noon

Altens Community Centre, Aberdeen

A 1 ½ hour social walk along the coastal path to Torry where the walk will end.

10/05/2024, 10.30am to 12 noon

Jesmond, Aberdeen

A 1 ½ hour social walk around Scotstown moor and Lochside.

14/05/2024, 2pm to 3.30pm

St. Machar Cathedral, Aberdeen

A 1 ½ hour social walk through the park along the Don to Brig o' Balgownie and finishing at Cruickshank Gardens.

22/05/2024, 2pm to 3.30pm

Tesco Danestone, Aberdeen

A 1 ½ hour social from Tesco along the Don to Grandholm and back.

30/05/2024, 2pm to 3.30pm

- This walk will be at a social pace along paths and pavements. Dress for the weather.
- Info on the following link. Scroll down to the Wellbeing Festival Logo <https://sport-aberdeen.checkfront.com/reserve/>





Art Room with GHAT

Led by professional artists, Aberdeen Art Gallery are working with GHAT to bring Art Room to the city centre to offer a person-centred art making workshop for adults to experiment with creativity with a variety of materials.

Aberdeen Art Gallery, Cowdray Hall, School hill Aberdeen AB10 1FQ

04/05/2024, 10.30am to 12.30pm

11/05/2024, 10.30am to 12.30pm

18/05/2024, 10.30am to 12.30pm

25/05/2024, 10.30am to 12.30pm

- Adults, 16+
- Drop in
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/artroom-ghat>

Thursday 23rd May

Art

Self-led group, no tutor. Small friendly group - would welcome more people to join them. Bring your own work.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

10am to 12 noon

- Drop in

Pottery Class

Currently full but opportunity for three people to have a go.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

10.30am to 1.30pm and 6.30pm to 9.30pm

- Contact the Community Centre to book a place 01224 723344

Zumba Gold

Low impact dance and fitness. Just come along and join in or watch - lovely music.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

11am to 12 noon

- Drop in

Yoga

Yoga and flexibility.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

6pm to 7.30pm

- Contact Marie for more information 07929 714047

Taekwondo

Taekwondo for all abilities.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

6.30pm to 9.30pm

- Contact Yaraslav for more information 07460 994448



Friday 24th May

Woodcarving

Places available in this small friendly group.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

10am to 12 noon

- Contact 01467 620118 For more information

Scrabble

Just come along and join in.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD

1pm to 3.30pm

- All welcome

Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

Kings Church, Bridge of Don, Aberdeen AB23 8BL

2pm to 3.15pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome
- <http://latnem.eventbrite.com>

The No Wrong Door Event

Doors open Thursdays in May, presenting a seamless pathway to a diverse range of our services, ensuring every participant discovers how they can access support without barriers.

McKenzie Building, Aberdeen

02/05/2024, 8am to 8pm

09/05/2024, 8am to 8pm

16/05/2024, 8am to 8pm

23/05/2024, 8am to 8pm

30/05/2024, 8am to 8pm

- Stay tuned to Penumbra social media for updates and booking instructions
- You can contact us directly through the following email communityinterventions@penumbra.org.uk



Saturday 25th May

NLB Coaching

We will be offering a 1:1 taster session of coaching therapy and support sessions to guests as several group presentations surrounding mental health wellbeing and resilience.

NLB Coaching Solutions, 2nd Floor, 39 Huntly Street, Aberdeen AB32 6BL

10am to 4pm

- 35 places
- 18+
- Book by email NLBcoachingsolutions@mail.com or call 0776 3817746

Jazzercise Aberdeen City

- Dance Fitness Classes

Jazzercise Cardio Sculpt - A fun and effective workout that blends dance cardio, resistance training, barre, pilates, yoga and stretch into one class.

**Craigiebuckler Church Hall,
185 Springfield Road, Aberdeen
AB15 8AA**

06/05/2024, 9.30am to 10.30am

08/05/2024, 9.30am to 10.30am

10/05/2024, 9.30am to 10.30am

**Danestone Community Centre,
Fairview Street, Bridge Of Don,
Aberdeen AB22 8ZP**

06/05/2024, 6.30pm to 7.15pm

09/05/2024, 9.15am to 10am

09/05/2024, 6.40pm to 7.25pm

11/05/2024, 9.15am to 10am

11/05/2024, 6.40pm to 7.25pm

13/05/2024, 6.30pm to 7.15pm

**Broomhill Activity Centre,
197 Broomhill Road, Aberdeen
AB10 7LN**

07/05/2024, 9.30am to 10.30am

07/05/2024, 6.30pm to 7.30pm

11/05/2024, 9.30am to 10.30am

11/05/2024, 6.30pm to 7.30pm

**Stoneywood Scout Hut,
Waterton Road, Bucksburn
AB21 9HS**

08/05/2024, 6.30pm to 7.30pm

**Holburn South Church,
539A Holburn Street, Aberdeen
AB10 7LH**

09/05/2024, 6.15pm to 7.30pm

- Suitable for age 16 plus.
Our classes currently attract women of all ages and fitness levels
- elisa.galbraith@hotmail.co.uk
07906 682318
- [https://
aberdeennorthdancefitness.
punchpass.com/classes](https://aberdeennorthdancefitness.punchpass.com/classes)



Saturday 25th May

Basketball

Basketball session for boys.

Dyce Community Centre, Gordon Terrace, Dyce, Aberdeen AB21 7BD
10am to 12 noon

- Contact Graeme for more info 07773 253010

Walk to Give Her a Voice - A Health and Charity walk

Walk to Give Her a Voice is a united front and wellbeing campaign to stop period shaming, stigma commemorate Menstrual Hygiene Day and support girls in need.

Esplanade, Aberdeen Beach, Aberdeen AB24 5NR

10.30am to 12.30pm

- 200 places
- Women, families, buggies, individuals groups and friends
- <https://walk4her.theperiodplace.co.uk/>

Monday 27th May

Mind Games

Mindfulness stay and play with chair yoga and quiz/board games.

82 Crown Street, Aberdeen AB11 6ET

10am to 1pm

- 16+
- To book E-mail info@aberdeenfoyer.com or call 01224 212 924



Tuesday 28th May

Memories Scotland

A dementia friendly session using images of recent social history to stimulate memories and conversation.

Cove Library, Loirston Avenue, Cove, Aberdeen AB12 3HE

2.30pm to 4pm

- The session is open to people affected by Alzheimer's, dementia, social isolation, loneliness and other conditions
- Telephone - 01224 652500
- Email healthinfo@aberdeencity.gov.uk
- <https://aberdeencity.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/EVENTS?HOMEPRMS=EVSESPARAMS>

Wednesday 29th May

Create a Clay Spiral Goddess Talisman

Learn, create and energetically charge up our very own clay spiral goddess, nourishing snacks and refreshments provided.

Langstane House, 6 Dee Street, Aberdeen

10am to 11.30am

- 10 places
- Open to anyone aged 11 to 110
- Email us at info@rcgrampian.co.uk or call 01224 590932 to book your place

Wednesday 29th May

AFCCT Music Memories

Join us for some music reminiscence and make some new musical memories.

SHMU FM, Station Road, Woodside, Aberdeen AB24 2WB

2pm to 3.30pm

- Open to all affected by dementia, loneliness and social isolation, mental health, or other conditions.
- Drop in

Thursday 30th May

Grandma's Group

Informal group for Grandma's to chat in a social setting.

Danestone Community Centre, Fairview, Bridge of Don Street, Aberdeen AB22 8ZP

11.30am to 1.30pm

- Drop in
- Danestonecentre@btinternet.com

Liver Health Awareness

An introduction to liver health awareness and the British Liver Trust, for anyone with an interest in liver disease and/or liver cancer.

Teams online

10am to 11am

- Adults (18 and over), patients, family and carers, health care professionals, 3rd sector organisations
- Please email for link lesley.simpson@britishlivertrust.org.uk



Gentle Yoga with Ester

On Tuesday evenings we will share some Yoga techniques to relax, ground ourselves and look at the bright side of life. On Wednesday mornings we will share some chair yoga for those who have mobility issues or a sedentary lifestyle.

Tuesday Gentle Yoga with Ester

Jubilee Hall, South Holburn Church, Aberdeen

07/05/2024, 7.30pm to 8.30pm
14/05/2024, 7.30pm to 8.30pm
21/05/2024, 7.30pm to 8.30pm
28/05/2024, 7.30pm to 8.30pm

Wednesday Gentle Yoga with Ester

Bonnymuir Green (outdoor marquee), Aberdeen

01/05/2024, 11.30am to 12.30pm
08/05/2024, 11.30am to 12.30pm
15/05/2024, 11.30am to 12.30pm
22/05/2024, 11.30am to 12.30pm
29/05/2024, 11.30am to 12.30pm

- Adults, especially women
- 07757 304879
or druyoga.ester@gmail.com

Specialist GCRA+ Exercise Classes

– Fun Fitness and Friendships

Classes are suitable for people with cardiac conditions and a range of long term health conditions and we welcome anyone who wants to improve their physical and mental health through exercise.

RGU Sport Gathdee Campus, Aberdeen

07/05/2024, 1pm to 2pm
14/05/2024, 1pm to 2pm
21/05/2024, 1pm to 2pm
28/05/2024, 1pm to 2pm

Get Active @ Westburn Park, Aberdeen

07/05/2024, 5.30pm to 6.30pm
14/05/2024, 5.30pm to 6.30pm
21/05/2024, 5.30pm to 6.30pm
28/05/2024, 5.30pm to 6.30pm

Get Active @ Westburn Park, Aberdeen

07/05/2024, 6.30pm to 7.30pm
14/05/2024, 6.30pm to 7.30pm
21/05/2024, 6.30pm to 7.30pm
28/05/2024, 6.30pm to 7.30pm

Kippie Lodge, North Deeside Road, Miltimber, Aberdeen

01/05/2024, 12 noon to 1pm
08/05/2024, 12 noon to 1pm
15/05/2024, 12 noon to 1pm
22/05/2024, 12 noon to 1pm
29/05/2024, 12 noon to 1pm

Get Active @Beacon, Kepplehills Road, Aberdeen

01/05/2024, 5.30pm to 6.30pm
08/05/2024, 5.30pm to 6.30pm
15/05/2024, 5.30pm to 6.30pm
22/05/2024, 5.30pm to 6.30pm
29/05/2024, 5.30pm to 6.30pm

Get Active @ Westburn Park, Aberdeen

03/05/2024, 3pm to 4pm
17/05/2024, 3pm to 4pm
24/05/2024, 3pm to 4pm
31/05/2024, 3pm to 4pm

- 20 places
- Book a place email info@gcra.org.uk and state the class you would like to attend
- Classes run whole year. First class is free and then charged £5 per class



Thursday 30th May

Our Aberdeen

These relaxed dementia-friendly sessions bring people together to explore our exhibitions and the collection, learn more about our city, handle real museum objects and reminisce.

Aberdeen Treasure Hub, Granitehill Road, Northfield, Aberdeen AB16 7AX

2pm to 3.30pm

- People affected by dementia, adults
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/our-aberdeen-5>

Friday 31st May

Musical Memories

Musical Memories is a friendly singing group for people with dementia, their partners, families and friends, which supports wellbeing, encourages creativity and participation.

Aberdeen Art Gallery, Cowdray Hall, School hill, Aberdeen AB10 1FQ

1.30pm to 3.30pm

- Adults, 16+
- Drop in
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/musical-memories-6>

Aberdeen City Vaccination and Wellbeing Hub

Unit 19, Bon Accord Centre, Aberdeen (across from Costa Coffee)

Complete Health Coaching by Stephanie Cumming

Come along and speak to Stefanie and pick up your Health Coaching Card.

01/05/2024, 9.30am to 2.30pm

14/05/2024, 9.30am to 2.30pm

- Café

Complete Health Coaching by Stephanie Cumming

Talk – Food Labelling

How to make sense of what is in our food and what alternative choices we can make.

01/05/2024, 10am to 10.30am

Talk – Improving Physical and Mental Health

01/05/2024, 1.30pm to 2pm

- Workshop

Long COVID

Long COVID practitioner support.

02/05/2024, 9.30am to 12.30pm

09/05/2024, 12.30pm to 4pm

13/05/2024, 9.30am to 12.30pm

20/05/2024, 12.30pm to 4pm

- Café drop in

SAMH

Suicide prevention awareness.

02/05/2024, 10am to 3pm

- Café drop in

Pathways

Employment keyworker.

02/05/2024, 10am to 12.30pm

09/05/2024, 10am to 12.30pm

16/05/2024, 10am to 12.30pm

23/05/2024, 10am to 12.30pm

30/05/2024, 10am to 12.30pm

- Just walk in

Social Security Scotland

Benefits, debt advice, job start payments, energy bills payment, disability payment.

02/05/2024, 9.30am to 12.30pm

09/05/2024, 9.30am to 12.30pm

16/05/2024, 9.30am to 12.30pm

23/05/2024, 9.30am to 12.30pm

30/05/2024, 9.30am to 12.30pm

- Café drop in

Bon Accord Care

Telecare equipment to support independent living and peace of mind for family/carers.

02/05/2024, 1pm to 4pm

09/05/2024, 1pm to 4pm

16/05/2024, 1pm to 4pm

23/05/2024, 1pm to 4pm

30/05/2024, 1pm to 4pm

- Café drop in

Penumbra Mental Health

Mental Health 1st Response Team - offering listening ear and practical support for people in distress/ low mood, anxiety etc.

03/05/2024, 10am to 3pm

10/05/2024, 10am to 3pm

17/05/2024, 10am to 3pm

24/05/2024, 10am to 3pm

31/05/2024, 10am to 3pm

- Just walk in

Quarriers

Carers “Wee Blether” Conversation Café.

03/05/2024, 11am to 1pm

10/05/2024, 11am to 1pm

17/05/2024, 11am to 1pm

24/05/2024, 11am to 1pm

31/05/2024, 11am to 1pm

- Café drop in

ACHSCP Learning Disabilities Service

Learning Disabilities Week. Theme: Digital Inclusion

07/05/2024, 10am to 3pm

08/05/2024, 10am to 3pm

09/05/2024, 10am to 3pm

10/05/2024, 10am to 3pm

- Café drop in

CFINE

Community Food Outlet – selling affordable fruit, veg, eggs and snacks.

07/05/2024, 10am to 3pm

14/05/2024, 10am to 3pm

21/05/2024, 10am to 3pm

28/05/2024, 10am to 3pm

- Café drop in



NHS
Grampian

Aberdeen City
Health & Social Care
Partnership
A caring partnership.

Aberdeen City Vaccination and Wellbeing Hub

Unit 19, Bon Accord Centre, Aberdeen (across from Costa Coffee)

Aberdeen In Recovery

Naloxone training and peer support.

08/05/2024, 10.30am to 12.30pm

15/05/2024, 10.30am to 12.30pm

22/05/2024, 10.30am to 12.30pm

29/05/2024, 10.30am to 12.30pm

- Just walk in

Home Instead

Home care, companionship, nutrition, diabetes, parkinson's, cancer care and more.

08/05/2024, 1pm to 4pm

15/05/2024, 1pm to 4pm

22/05/2024, 1pm to 4pm

29/05/2024, 1pm to 4pm

- Café drop in

Menopause

Mighty Oaks Menopause.

Bring your own lunch and chat.

13/05/2024, 12.30pm to 1.30pm

27/05/2024, 12.30pm to 1.30pm

- Workshop

Public Health

National Smile Day.

15/05/2024, 10am to 3pm

- Café drop in

Dementia Carers Day

Dementia Carers - Meet a range of Allied Health Professionals.

29/05/2024, 10am to 3pm

- Café

Friday 31st May

Grampian Meaningful Engagement Network Festival

Grampian Meaningful Engagement Network (GMEN) Festival is hosting an event for care home or supported living activity coordinators, physiotherapist and anyone supporting people in the community to engage in meaningful activity. This is the first event post pandemic an opportunity to meet an artist who would offer an opportunity to discuss ideas for the covid memorial.

The Care Inspectorate Care About Physical Activity (CAPA) Initiative will be at hand to run a workshop. This an opportunity to network and share. Stalls stands and opportunity to share ideas.

Aberdeen City Council Town House, Castle Street, Town and Country Room, Aberdeen AB10 1LP

10am to 4pm

- GMAN Facebook group
<https://www.facebook.com/groups/GrampianMAN>
- Email: SWSC@aberdeencity.gov.uk





Stay Well Stay Connected

[www.aberdeencityhscp.scot/our-delivery/
stay-well-stay-connected/wellbeingmatters/](http://www.aberdeencityhscp.scot/our-delivery/stay-well-stay-connected/wellbeingmatters/)

SWSC@Aberdeencity.gov.uk



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