



May  
2025

GRAMPIAN

# Wellbeing

festival

Find out what's happening  
in Aberdeenshire



Aberdeenshire  
Health & Social Care  
Partnership



ABERDEENSHIRE

Runs throughout May

## Live Life Well

The Live Life Well team, part of Live Life Aberdeenshire, provides individualised, tailored programmes for individuals living with long-term health conditions, combining physical activity and educational support to enhance both mental and physical wellbeing. In addition, the team offers health checks and promotes a preventative approach, helping communities maintain healthier lifestyles and reduce the risk of further health complications.

- To find out more visit:  
<https://livelifeaberdeenshire.org.uk/live-life-well/>



## 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](http://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.





Runs throughout May

## Bike Month

Bike Month is a challenge during May for individuals and workplaces to hop on their bike, log rides and win prizes for cycling anywhere at any time.

### Runs throughout May

- Sign up at [www.lovetoride.net/abz](http://www.lovetoride.net/abz)
- [shona@lovetoride.net](mailto:shona@lovetoride.net)



## Thursday 1st May

### Tie-Dye Workshop

Learn to make a tie-dye t-shirt. Bring along a white cotton t-shirt or similar and transform it into a colourful tie-dye garment.

The Vinery, Airlie Gardens, Banff AB45 1AZ

**Thursday 1st May, 10.30am to 12.30pm**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Drop-In Session

Pop in, grab a coffee, meet others, reduce isolation and chat about LGBT+ issues with our dedicated LGBT+ Inclusion Advocates.

Stonehaven Community Education Centre, Bath Street,  
Stonehaven AB39 2DH

**Thursday 1st May, 3pm to 5pm**

- No booking required/drop in.
- [deejay@fourpillarsuk.org](mailto:deejay@fourpillarsuk.org)

### LATNEM LATER

#### - Online Mental Health Peer Support Group.

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Online on Zoom

**Thursday 1st May, 8.30pm to 9.30pm**

- Find out more at <http://latnem.eventbrite.com>
- [hello@latnem.org](mailto:hello@latnem.org)

## Broch Board Game Night

Come along and play games like Catan, Uno, Magic: The Gathering, Splendor, etc in the snug bar.

Cheers Cafe Bar and Tavern, 10 Broad Street, Fraserburgh AB43 9AH

**Thursday 1st May, 5.30pm to 9pm**

- Under 18s need to be accompanied by an adult.
- No booking required/drop in.
- [randsyga@thebroch.info](mailto:randsyga@thebroch.info) or 01346518715.

## Maud Conversation Cafe

Please join us for a cuppa and blether with some stories of Maud loon Jack Webster (Scottish Journalist).

Maud Resource Centre, Deer Road, Maud, Peterhead AB42 4EG

**Thursday 1st May, 10am to 12 noon**

- For adults.
- No booking required/drop in.
- [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)

## Aberdeenshire Bothy Led Rides

Join us for social bicycle rides across Aberdeenshire.

(See our Facebook page for more information, [www.facebook.com/theaberdeenshirebothy](https://www.facebook.com/theaberdeenshirebothy))

Meeting at Victoria Hall, Station Road, Ellon

**Thursday 1st May, 10.30am to 1pm**

- For adults.
- [aberdeenshirebothy@cyclinguk.org](mailto:aberdeenshirebothy@cyclinguk.org)



## Living Mindfully

An introduction to skills and strategies that can be applied to daily life, enabling us to lead a more mindful life, including mindfulness, meditation, 16 Guidelines and EFT (Emotional Freedom Technique)/Tapping.

The Yurt, Logie Newton Farm, Huntly AB54 6BB

**Thursday 1st May, 7pm to 8pm**

- For adults.
- Any questions, email [gillianwattwellbeing@gmail.com](mailto:gillianwattwellbeing@gmail.com)
- Book a place at <https://gillianwattwellbeing.as.me/?appointmentType=73602064>

## Mindful Moments for Minis (Parents/Carers and their 3 or 4 Year Olds)

In this session, we will share and learn wellbeing skills that will last a lifetime, with a mix of mindfulness, mini me yoga, Tapping and other practical activities.

The Yurt, Logie Newton Farm, Huntly AB54 6BB

**Thursday 1st May, 10am to 11am**

- Any questions, email [gillianwattwellbeing@gmail.com](mailto:gillianwattwellbeing@gmail.com)
- Book a place at <https://gillianwattwellbeing.as.me/?appointmentType=73601858>





## Gym Spinathon

Help us keep the bike spinning for 12 hours nonstop to promote our gym health referral program.

Maud Resource Centre, Deer Road, Maud AB42 4EG

Thursday 1st May, 8am to 8pm

- No booking required/drop in.

Being active is great for our physical health, but it's also really good for our mental health and wellbeing. If you are thinking about taking up an activity to boost your mental wellbeing, choose one that you will enjoy, and that you can make part of your life.



**There is lots of evidence to show that being active helps your mental wellbeing in the following ways:**

- It encourages you to set goals and when you achieve them it's good for your mood and self-confidence.
- It helps to raise your self-esteem, whether your activity is solo or in a group
- Physical activity causes chemical changes in your brain, which in turn can have a positive impact on your mood

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## 5 ways to get active today

1. Research activities available in your area
2. Look online for free workouts. there are lots to choose from!
3. Build extra activity into things you do each day
4. Practice stretches & exercise as you watch TV
5. Start walking when you can. Morning, after work, whenever suits you.



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more info



## Specialist GCRA+ Exercise Classes - Fun, Fitness and Friendship

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.



- Booking required.
- [info@gcra.org.uk](mailto:info@gcra.org.uk) or 01888 569160.
- [www.gcra.org.uk](http://www.gcra.org.uk)
- **Mintlaw**  
MACBI Community Hub, Newlands Road, Mintlaw AB42 5GP  
Thursday 1st May, 11am to 12 noon (runs all month)
- **Peterhead**  
Rescue Hall, 25 Prince Street, Peterhead AB42 1QE  
Monday 5th May, 11.15am to 12.15pm (runs all month)
- **Inverurie**  
Hopeville Club, Harlaw Road, Inverurie AB51 4SR  
Tuesday 6th May, 1.30pm to 2.30pm (runs all month)
- **Insch**  
Bennachie Leisure Centre, Largie Road, Insch AB52 6LT  
Monday 5th May, 2.30pm to 3.30pm (runs all month)
- **Banchory**  
Banchory Sports Village, Provost Webster Road,  
Banchory AB31 5BL  
Monday 5th May, 10am to 10.45am (runs all month)  
Monday 5th May, 11am to 12 noon (runs all month)
- **Aboyne**  
Hall on the Green - Masonic Hall, Charlestown Road,  
Aboyne AB34 5EJ  
Tuesday 6th May, 10am to 11am (runs all month)





## Friday 2nd May

### Mindfulness Flow

Join us online to be guided with simple mindfulness practices to help calm the mind, to re-set and relax. The class will be facilitated by a registered and licenced Mindfulness Meditation Teacher who is a trauma informed practitioner.

Online event

**Friday 2nd May, 10am to 10.45am**

- 16 years and over
- For all enquiries and to book a space email [Info@MindfulnessFlow.co.uk](mailto:Info@MindfulnessFlow.co.uk)
- 07721 656412.

### Ballater Health Walk

Join us for a short, safe, friendly, led walk to help improve your health and wellbeing.

Meet at Glenmuick Church Hall, Church Sq, Ballater AB35 5NE

**Friday 2nd May, 10.30am to 12 noon (every Friday)**

- No booking required, but for more information please contact [healthwalks@cairnngorms.co.uk](mailto:healthwalks@cairnngorms.co.uk) or call 07850 644 076.
- All welcome, assistance dogs only please.

### Glen Tanar Health Walk

Join us for a short, safe, friendly, led walk to help improve your health and wellbeing.

Meet in the car park across the river from Glen Tanar Visitors Centre, Aboyne AB34 5EU

**Friday 2nd May, 10am to 11.30am (every Friday)**

- No booking required, but for more information please contact [ranger@glentantartrust.org](mailto:ranger@glentantartrust.org) or call 013398 86072.
- All welcome, assistance dogs only please.

### Stories of Wellbeing: First Friday Fling

Join us for an evening of storytelling for wellbeing and connection. We look forward to seeing you there and sharing in the joy of storytelling.

St Peters Heritage Hall, Peterculter

**Friday 2nd May, 7pm to 9pm**

- No booking required/drop in.
- For further details about the event or any queries, please reach out to us at [gas\\_story@hotmail.com](mailto:gas_story@hotmail.com) or find us on Facebook.

### Living Mindfully

An introduction to skills and strategies that can be applied to daily life, enabling us to lead a more mindful life, including mindfulness, meditation, 16 Guidelines and EFT (Emotional Freedom Technique)/Tapping.

The Yurt, Logie Newton Farm, Huntly AB54 6BB

**Friday 2nd May, 10am to 11am**

- For adults.
- Any questions, email [gillianwattwellbeing@gmail.com](mailto:gillianwattwellbeing@gmail.com)
- Book a place at <https://gillianwattwellbeing.as.me/?appointmentType=73601972>

### Auchenblae Youth Club

Weekly (every Friday) Youth Club for aged 10 to 25 years.

Auchenblae Village Hall, 1 Monboddo Street, Auchenblae, Laurencekirk AB30 1XQ

**Friday 2nd May, 6.45pm to 8.30pm**

- Drop in.
- For more information email [clare.taylor.brown@gmail.com](mailto:clare.taylor.brown@gmail.com)



Runs online throughout May

## Mindfulness

The session is totally seated. It starts with time to get participants minds into the present moment through breathing. This is followed by a chat and the next part of the session is a period of mindfulness.

Online – from the comfort of your own home

**Every Friday throughout May, 10.30am to 11.30am**

- Open to all ages.
- No booking required/drop in.
- Zoom access code 867 002 729.
- Telephone Ian Gourlay on 01224 820453  
or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more information.

## Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is mainly a seated workout with an option for some standing to test the balance of those who are able.

Online – from the comfort of your own home

**Every Monday throughout May, 10.30am to 11.30am**

- Open to all ages.
- No booking required/drop in.
- Zoom access code 8499 8617 350.
- Telephone Ian Gourlay on 01224 820453  
or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more information.

## Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online – from the comfort of your own home

**Every Wednesday throughout May, 11am to 12 noon**

- Open to all ages.
- No booking required/drop in.
- Zoom access code 881 0351 4498.
- Telephone Ian Gourlay on 01224 820453  
or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more information.



## Saturday 3rd May

### Yurt Time for Teens

In these session, teens will learn how to reduce stress, regulate their mood and reduce anxiety, promote a sense of calm and peace, using a variety of tools, including breathwork, mindfulness, meditation, the outdoors and EFT (Tapping), which they will then be able to use in their daily lives, as well as learn some woodland skills, including cooking over the camp fire.

The Yurt, Logie Newton Farm, Huntly AB54 6BB

**Saturday 3rd May, 10am to 1pm**

- 12 to 17 years.
- Any questions, email [gillianwattwellbeing@gmail.com](mailto:gillianwattwellbeing@gmail.com)
- Book a place at <https://gillianwattwellbeing.as.me/?appointmentType=73601655>

### Aquarium Discovery Pop-Up

Come meet hardy sea shore critters and discover how challenging life in the intertidal zone can be.

Deveron Community and Sports Centre, 81 Bellevue Rd, Banff AB45 1BY

**Saturday 3rd May, 12 noon to 1pm**

- Open to all ages.
- No booking required/drop in.
- If more information is required see:  
[www.macduff-aquarium.org.uk/events/2025](http://www.macduff-aquarium.org.uk/events/2025)  
or email [macduff.aquarium@aberdeenshire.gov.uk](mailto:macduff.aquarium@aberdeenshire.gov.uk)



## Sunday 4th May

### Group Cycling

The Deveron Velo (Develo) Cycling Club is offering free to try group cycling events every week for cyclists of all abilities. The cycling events will start and finish at Aberchirder. Routes will encompass several villages and towns within Banffshire with the aim of enabling cyclists from local communities to jump in as and when. Aberchirder

**Sunday 4th, 11th, 18th and 25th May (every Sunday), 9am**

- Find out more on the Deveron Velo cycling club Facebook group.

I offer free sessions to groups, teams, schools and organisations with the aim of providing motivation and inspiration.

- For speaking events, my website, [www.speakingsbc.com](http://www.speakingsbc.com)
- David Jarvis - 07854 222409.



## Monday 5th May

### Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

**Monday 5th May, 6pm to 6.45pm**

- Aged 16 years and above.
- Online link - [www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator](http://www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator)
- [dr.rituawasthi@gmail.com](mailto:dr.rituawasthi@gmail.com)

### Baby and Toddler Stay and Play

All welcome, kids can play, grownups have a cuppa and blether. All children to be accompanied by an adult.

The Medan Centre, 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Monday 5th May, 10am to 12 noon (every Monday)**

- No booking required/drop in.
- For further information visit [www.udnycommunitytrust.org.uk](http://www.udnycommunitytrust.org.uk) or find us on Facebook [www.facebook.com/udnycommunitytrustcompany](https://www.facebook.com/udnycommunitytrustcompany)

### Pedals and Purpose - A Bike Reuse and Repair Day

A fun day to try out the Pump Track: bring your own BMX or borrow a BMX and helmet to have a go, bring your bikes to get fixed by a qualified technician, view BMXs for sale and bring any old/unwanted bikes.

Peterhead Pump Track, Victoria Park, Peterhead

**Monday 5th May, 11am to 3pm**

- No booking required/drop in.
- Any enquiries to Stella's Voice 0300 303 2520 or [operations@stellasvoice.org](mailto:operations@stellasvoice.org)

### Oasis (Renew Wellbeing Cafe)

A weekly cafe/quiet space where it's ok to not be ok, participate in table top games, hobbies, crafts or just be present and enjoy simple free refreshments.

Westhill Community Church, Old Skene Road, Westhill

**Monday 5th May, 1pm to 3pm (every Monday)**

- For adults.
- No booking required/drop in.
- [eileenmorrison@btinternet.com](mailto:eileenmorrison@btinternet.com)



Forming and maintaining good relationships with people around you is very important for your mental wellbeing. Staying in touch with family and friends can help us to feel happier and more secure.

**Evidence shows that connecting with others can help your mental wellbeing in the following ways:**

- Good connections can help you to build a sense of belonging and self-worth
- Keeping in contact gives you an opportunity to share positive experiences.
- Good connections provide emotional support and allow you to support others



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## 5 ways to improve connections

1. Set time to connect with family & friends
2. Listen to others without judgement
3. Ask your neighbours how they are and really listen to their answer
4. Make small talk with the postie, shop assistant, etc
5. Text a friend you haven't seen in a while



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## Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - join from the comfort of your own home

**Monday 5th May, 10.30am to 11.30am**  
(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in.
- Zoom access code 8499 8617 350.
- Phone Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for further information.

## Health Walk and Bit of Banter

Short Health Walk around the gardens or a Monday mile  
Bit of Banter come along for games, company and good fun.

The Vinery, Airlie Gardens, Banff AB45 1AZ

**Monday 5th May,**

**Walk - 10am to 10.30am, Bit of Banter - 10.30am to 12.30pm**

- No booking required/drop in.



### Braemar Health Walk

Join us for a short, safe, friendly, led walk to help improve your health and wellbeing.

Meet at The Mews, Mar Rd, Braemar, Ballater AB35 5YL

**Monday 5th May, 10am to 11.30am (every Monday)**

- All welcome, assistance dogs only please.
- No booking required, but for more information please contact [healthwalks@cairngorms.co.uk](mailto:healthwalks@cairngorms.co.uk) or call 07850 644 076.

### The Catch-Up Community Cafe

Join us every Monday at the Community Cafe for a catch-up.

Auchenblae Village Hall, 1 Monboddie Street, Auchenblae, Laurencekirk AB30 1XQ

**Monday 5th May, 10am to 12pm**

- Everyone welcome.
- No booking required/drop in.
- For more Information email [clare.taylor.brown@gmail.com](mailto:clare.taylor.brown@gmail.com)

## Tuesday 6th May

### Empower Yourself

#### - For Healthy and Joyful Life - Naturally

For the body - how to breathe properly, how to eat properly, and how to exercise. For the mind, how to meditate and relax.

Westhill Library, Westhill AB32 6FY

**Tuesday 6th May, 10.15am to 11.15am (every Tuesday in May)**

- Age 16 and above.
- [pushpvaid@gmail.com](mailto:pushpvaid@gmail.com)

### Yoga with Lesley

An hour of gentle yoga to relax and rejuvenate.

The Vinery, Airlie Gardens, Banff AB45 1AZ

**Tuesday 6th May, 10am until 11am**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Music Memories

Discover how music makes you feel, listen, sing or play, open to all, have a go.

Banff Library, High Street, Banff AB45 1AE

**Tuesday 6th May, 1.30pm to 3.30pm**

- Open to all.
- Please contact - Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org) or 01467 530513/07825 242381.





Runs throughout May

## Health Walks - Paths for All

### What is a health walk?

Short, low-level, social walks led by trained walk leaders. They're a gentle way to stay active, meet new people, and improve both physical and mental wellbeing in a supportive environment.

### How do I join?

Just turn up!

### How much do they cost?

Free to join.

- Health Walks take place across Aberdeenshire every week. To find your local health walk visit:  
[www.pathsforall.org.uk/walking-for-health/health-walks](http://www.pathsforall.org.uk/walking-for-health/health-walks)



### Shiatsu Taster

Complimentary shiatsu discovery session. 30 minutes.

Haven in Stonehaven. Market Square, Stonehaven AB39 2YE

**Tuesday 6th May, 9am to 5pm**

- 1-2-1, single person attendance at a time.
- To book contact [gawellshiatsu@hotmail.com](mailto:gawellshiatsu@hotmail.com) or 07780 591617.

### Quiet Games Afternoon

Fancy playing a game, maybe Rummikub, whist or a card game? Adults-only group.

The Medan Centre (Quarry Room), 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Tuesday 6th May, 1.30pm to 3pm (every Tuesday)**

- For adults.
- No booking required/drop in.
- For further information visit  
[www.udnycommunitytrust.org.uk](http://www.udnycommunitytrust.org.uk) or find us on Facebook  
[www.facebook.com/udnycommunitytrustcompany](https://www.facebook.com/udnycommunitytrustcompany)

### Open Doors

A get-together for all ages. Kettle on, games out, pop in for a cuppa, cake and blether. Children must be accompanied by an adult.

The Medan Centre (Quarry Room), 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Tuesday 6th May, 2.30pm to 4.30pm (every Tuesday)**

- No booking required/drop in.
- For further information visit  
[www.udnycommunitytrust.org.uk](http://www.udnycommunitytrust.org.uk) or find us on Facebook  
[www.facebook.com/udnycommunitytrustcompany](https://www.facebook.com/udnycommunitytrustcompany)



## Mindfulness Flow for Neurodivergence

Join us online to try mindfulness. To be introduced to what mindfulness is, what mindfulness is not and to learn simple ways to practice. The class will be facilitated by a registered and licenced Mindfulness Meditation Teacher who is a trauma informed practitioner with over 25 years experience of working with neurodivergent individuals. Everyone is always welcome.

Online event

**Tuesday 6th May, 7.30pm to 8.30pm**

- For all enquiries and to book a space email [Info@MindfulnessFlow.co.uk](mailto:Info@MindfulnessFlow.co.uk)
- 16 years and over.

## Udny Health Walk

All welcome, gentle guided walk. Optional strength and balance warm up at 9.45am. Don't fancy the walk? Pop in about 10.45am for the cuppa, cake and blether.

The Medan Centre, 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Tuesday 6th May, 10am to 10.45am (every Tuesday)**

- No booking required/drop in.
- If you are joining us for the first time, please arrive 10 minutes before to complete a short registration form.



Runs throughout May

## Seafit

Seafit works within the fishing communities around Aberdeenshire to help support and improve the physical and mental health and wellbeing of active and retired fishermen and their families. Seafit is a joint initiative run by the Fishermen's Mission and Seafarers Hospital Society, delivered in partnership with Live Life Aberdeenshire. We bring services to harbourside to give fishermen easier access to health and wellbeing support to help make positive lifestyle choices and support them in their role at sea. These can include health checks, access to physiotherapy, mental health support, emergency dental referral, healthy eating and nutrition advice and stop smoking advice.

- For further information visit: <https://livelifeaberdeenshire.org.uk/live-life-well/health-and-wellbeing-programmes/seafit-programme/>







## Tuesday Board Game Night

Come along and play classics like Rummikub, Othello, Boggle to modern day classics like Catan and Splendor, we have over 300 to choose from!

R&S Dyga, 51 Broad Street, Fraserburgh AB43 9AE

**Tuesday 6th May, 5pm to 8.30pm**

- No booking required/drop in.
- 01346 518715.

**Taking notice** of the present moment can improve your mental health and help you understand yourself and the world better.



## Cycling for wellbeing, fun and friendship, with a history guide!

Join us for a fun cycle ride on paths and tracks away from the rode. Ride leaders from The Aberdeenshire Bothy and The Bikery will guide you safely and at a steady pace, covering between six and nine miles. We can lend you a push bike or eBike if you don't have your own. Dress for the weather and bring a drink and snacks. This ride will take in historic locations, with a talk by an engaging historian.

Meet at The Linden Centre car park in Huntly AB54 4SH

**Tuesday 6th May, 6pm to 8pm**

- Age 16+
- Facebook.com/BikeryGRA
- hello@thebikery.org.uk or 07572 674501.

## Aquarium Pop Up Discovery Session

Come meet hardy sea shore critters and discover how challenging life in the intertidal zone can be.

Deveron Community and Sports Centre, 81 Bellevue Rd, Banff AB45 1BY

**Tuesday 6th May, 3.30pm to 4.30pm**

- Open to all ages.
- No booking required/drop in.
- If more information is required see:  
www.macduff-aquarium.org.uk/events/2025  
or email macduff.aquarium@aberdeenshire.gov.uk



Runs online throughout May

### **Sexual Health Workshop**

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of Sexual Health for the LGBT+ Community. We will explore the topic of Sexual Health from the perspective of the LGBT+ community, looking at specific needs and cultural differences. Learn about safer sex practices and how to access healthcare. Scenarios will let you explore individual cases and create strategies to improve care.

Online event

**Tuesday 6th May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.

### **An Aging LGBT+ Population Workshop**

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of An Aging LGBT+ Population. We will explore the needs of aging LGBT+ individuals and how to provide appropriate support concerning physical, mental, emotional and sexual health issues.

Online event

**Thursday 8th May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.

### **Online Safety for the LGBT+ Community Workshop**

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of Online Safety for the LGBT+ Community. We will explore the topic of Online Safety from the perspective of the LGBT+ community, looking at their specific needs and cultural differences, while learning techniques to keep yourself safe online.

Online event

**Wednesday 14th May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.



## Understanding Trans-Dementia Workshop

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of Understanding Transgender Dementia. We will identify the potential needs of a Trans Person with a Dementia diagnosis and explore how to support them through this stage of their lives.

Online event

**Thursday 22nd May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.

## LGBT+ and Parenting Workshop

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of LGBT+ and Parenting. We will discuss how being a parent who is also a member of the LGBT+ community brings many challenges. Learn about their needs through different stages of parenthood and explore options for providing support.

Online event

**Tuesday 27th May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.

Runs online throughout May

## Living with HIV in a Care Setting Workshop

The Four Pillars LGBT Outreach Support Team (LOST) is happy to invite all LGBT+ individuals and allies for a workshop on the topic of Living with HIV in a Care Setting. We will learn more about people living with HIV who need additional care, the needs of this population and the challenges they face. Scenarios will let you explore individual cases and create strategies to improve care.

Online event

**Thursday 29th May, 12 noon to 1pm**

- To book a place on our online workshops please visit [www.fourpillarsuk.org/lgbt-workshops/](http://www.fourpillarsuk.org/lgbt-workshops/)
- We will share our knowledge in a safe learning environment and answer your questions where possible.

The acts of giving and showing kindness are good for our mental wellbeing as well as for those who are on the receiving end of our kindness.



### Research suggests that acts of kindness can help improve your mental wellbeing in the following ways:

- Giving to others creates positive feelings and a sense of reward
- Acts of kindness, no matter how small, give you a feeling of purpose and self-worth
- The act of giving helps you connect with other people, which is good for your self-esteem

mind  
yer  
mind

## 5 ways to give & show kindness

1. Say 'thank you' when someone does something for you
2. Spend time with someone who you know would like company
3. Volunteer for a charity
4. Notice how your colleagues are feeling, and have a chat with them.
5. Send a card to someone you haven't seen for a long time



Aberdeenshire  
Community Planning Partnership



Scan for  
more info



## Wednesday 7th May

### Fitness Walk

Coastal walk from Findlater to Cullen (booking required).

Start at The Vinery, Airlie Gardens, Banff AB45 1AZ

**Wednesday 7th May, 10am to 2pm**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Wednesday Wanderers

Come and enjoy a wee wander and good company (no booking required).

Start at The Vinery, Airlie Gardens, Banff AB45 1AZ

**Wednesday 7th May, 1.30pm until 3pm**  
(Runs every Wednesday in May)

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Walk and Talk @ Aden Country Park

Join us for a walk round Aden Country Park, Mintlaw followed by refreshments in the Cafe.

Aden Country Park, Station Road, Mintlaw AB42 5FQ

**Wednesday 7th May, 11am to 12.30pm**

- Open to people with dementia, carers and family members.
- Please contact Kathy Fraser, [kfraser@alzscot.org](mailto:kfraser@alzscot.org) or 07795 391092.





### Walks Program Spring 25

Aboyne Bellwoods. Meet Mintlaw Academy Car Park

**Wednesday 7th May, 9am to 3pm**

- Adults aged over 50.
- No booking required/drop in.
- 01771 623017

### Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online - from the comfort of your own home

**Wednesday 7th May, 11am to 12 noon**  
(runs every Wednesday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 881 0351 4498.
- Contact Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more details.

## Thursday 8th May

### VE Day Reminiscence Vintage Tea Part

Celebration of VE Day and talks about how Port Elphinstone has changed over the years.

1 Pinewood House, Port Elphinstone, Inverurie AB51 3UX

**Thursday 8th May, 1pm to 3pm**

- [portcommunityhouse@gmail.com](mailto:portcommunityhouse@gmail.com)

### Gentle Gym Taster

30-40mins low intensity seated exercises for new clients only.

Gym Studio, Maud Resource Centre, Deer Road, Maud AB42 4EG

**Thursday 8th May, 1pm to 1.45pm**

- [Lewis.Carle@Maudvillagetrust.co.uk](mailto:Lewis.Carle@Maudvillagetrust.co.uk)

### Learn to look after your cycle, to enable you to cycle more!

Bike Owners' Basics, covering how to check your cycle is in working order, how to clean and lubricate it and how to mend a puncture. Session takes place in our dedicated training suite, guided by our friendly and expert trainer.

The Bikery, 49 Gordon Street, Huntly AB54 8EQ

**Thursday 8th May, 2pm to 4.30pm**

- Age16+
- [Facebook.com/BikeryGRA](https://www.facebook.com/BikeryGRA)



### Tie Dye Workshop

Come and learn the craft of tie dye! Bring a white cotton t-shirt or something similar and transform it into a beautiful colourful garment.

The Vinery, Airlie Gardens, Banff

**Thursday 8th May, 10.30am to 12.30pm**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### The Prop of Ythsie Guided Walk

Join the Formartine Ranger on a stroll up to the Prop of Ythsie, near Tarves, as part of Grampian Health and Wellbeing Festival.

Meet at the Prop of Ythsie, near Tarves

**Thursday 8th May, 6.30pm to 8pm**

- Find out more and sign up at [www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msocid=25a154b76cba6fa83bb245326dd96e92](http://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msocid=25a154b76cba6fa83bb245326dd96e92)

## Friday 9th May

### Friday Lunch

Friday Lunch is a free tasty meal and a chance to learn about the rich knowledge and experience within our local communities.

Square Deal, The Square, Huntly AB54 8BR

**Friday 9th May, 1pm to 2pm**

- Everyone welcome.
- No booking required/drop in.

### Bees for Wellbeing

Come and learn about bees and how they help to keep us and the planet healthy.

The Vinery, Airlie Gardens, Banff

**Friday 9th May, 11am to 12 noon**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### LATNEM Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Youth Suite, Get active @ Beacon, Kepplehills Road, Bucksburn AB21 9DG

**Friday 9th May, 11am to 12.15pm**

- Find out more at <http://latnem.eventbrite.com>





## Saturday 10th May

### Introduction to Petanque (French Boule)

You will be given some quick instruction and asked to join in with the Saturday group game.

Macduff Petanque Club, 100 Duff Street, Macduff AB44 1UB

#### **Saturday 10th May, 10am to 12 noon**

- Age 12+
- No booking required/drop in.
- [macduffpetanque@gmail.com](mailto:macduffpetanque@gmail.com)

### Stress to Success

Supporting people to obtain positive workplace wellbeing through empowerment, mindset development, stress management, goal setting and maintaining a healthy work-life balance.

Online event

#### **Saturday 10th May, 10am to 12pm**

- For more information go to <https://happyliueya.myflodesk.com/s2smasterclass>
- [hlbusiness@happyliueyalifecoaching.com](mailto:hlbusiness@happyliueyalifecoaching.com)

### re:treat Therapies Open Morning

Visit re:treat Therapies in Inverurie to learn about their services, meet the therapists, ask questions and experience taster sessions. re:treat offers Complementary Therapies including massage, reflexology, aromatherapy, Reiki, nutritional therapy, counselling and psychotherapy. Open to all, cup of tea and warm welcome included.

re:treat Therapies and Apothecary, 39 High Street, Inverurie AB51 3QA

#### **Saturday 10th May, 10am to 12 noon**

- Open to all.
- No booking required/drop in.
- [www.retreataberdeenshire.com](http://www.retreataberdeenshire.com) for more information.

### Walk Through 10,000 Years Around Monymusk

A short guided gentle walk from Monymusk village to the River Don with a member of the local community archaeology group exploring local history from the Mesolithic onwards, approximate distance 2 miles.

Starting from Monymusk Church, Monymusk AB51 7HJ  
(What 3 Words tractor.procures.jingles)

#### **Saturday 10th May, 10.30am**

- Children to be accompanied by a responsible adult.
- No booking required/drop in.
- [midgrampianmeso@outlook.com](mailto:midgrampianmeso@outlook.com)



## Monday 12th May

### Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is a mainly seated workout with an option for some standing to test the balance of those who are able and lasts for around one hour.

Online - from the comfort of your own home

**Monday 12th May, 10.30am to 11.30am**  
(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Further details from Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org)

### Beginner Ballroom and Latin Dance Taster

Free taster class in ballroom and latin dancing.

Culter Village Hall, 178 North Deeside Road, Culter AB14 0UD

**Monday 12th May, 7.40pm to 8.45pm**

- For adults.
- If you'd like to attend, please email me: [ballroombarney@gmail.com](mailto:ballroombarney@gmail.com)

### Introduction to Qi Gong

Qi Gong is a traditional Chinese practice that encompasses movement, breathing, meditation and relaxation to improve health and wellbeing. All this in the standing position - no lying down and no need for a yoga mat.

Please come to this introductory session that is being led by an experienced Qi Gong teacher, Lorna Forsyth.

Kemnay Village Hall, Aquithie Road, Kemnay

**Monday 12th May, 10.30am to 11.30am**

- Email [Lorna.Forsythsantarosa481@gmail.com](mailto:Lorna.Forsythsantarosa481@gmail.com)

### Udny Conversation Cafe: Stroke Recovery

Shared lived experience and information on support services.

Everyone welcome, pop along for conversation, a cuppa and a fine piece.

The Medan Centre (Quarry Room), 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Monday 12th May, 3pm to 4.30pm**

- No booking required/drop in.
- For further information visit [www.udnycommunitytrust.org.uk](http://www.udnycommunitytrust.org.uk) or find us on Facebook [www.facebook.com/udnycommunitytrustcompany](https://www.facebook.com/udnycommunitytrustcompany)

### Health Walk and Wellbeing Group

A healthy walk around the gardens or a Monday Mile followed by Wellbeing Group - Forest Bathing at Duff House grounds. Bring something to sit or lie on and your own picnic. Subject to change - weather dependant!

Starting at The Vinery, Airlie Gardens, Banff

**Monday 12th May, Health Walk - 10am to 10.30am,**  
**Wellbeing Group - 10.30am to 12.30am**

- Open to all.
- No booking required/drop in.



## Aquarium Discovery Pop Up ASN Session

Come meet hardy sea shore critters and discover how challenging life in the intertidal zone can be.

Deveron Community and Sports Centre, 81 Bellevue Rd,  
Banff AB45 1BY

**Monday 12th May, 12 noon to 1pm**

- Open to all ages.
- No booking required/drop in.
- If more information is required see:  
[www.macduff-aquarium.org.uk/events/2025](http://www.macduff-aquarium.org.uk/events/2025)  
or email [macduff.aquarium@aberdeenshire.gov.uk](mailto:macduff.aquarium@aberdeenshire.gov.uk)

## Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

**Monday 12th May, 6pm to 6.45pm**

- Aged 16 years and above.
- Online link - [www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator](http://www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator)
- [dr.rituawasthi@gmail.com](mailto:dr.rituawasthi@gmail.com)



**Connections** help to build a sense of belonging, allowing you to share experiences, and support each other.



## Qi Gong Taster

Singing discovery class (1hr).

The Haven in Stonehaven, Market square, Stonehaven AB392YE

**Monday 12th May, 9.15am to 10.15am**

- To book contact [gawellshiatsu@hotmail.com](mailto:gawellshiatsu@hotmail.com) or 07780 591617.

## Tuesday 13th May

### Release, Relax and Let Go Restorative Yoga

Join this taster Fitlikeyoga session using props in your own home to support your body and mind to completely unwind at the end of your day.

Online event

**Tuesday 13th May, 6.15pm to 7pm**

- To book use this link <https://bookwhen.com/fitlikeyoga/e/ev-smp0-20250513181500> or contact [fitlikeyoga@gmail.com](mailto:fitlikeyoga@gmail.com)

### Finance Made Easy

Busting jargons and being empowered.

Online event

**Tuesday 13th May, 11am to 11.45am**

Click the link to register - [www.eventbrite.co.uk/e/finance-made-easy-busting-jargons-and-being-empowered-tickets-1316080826179?aff=oddtcreator](http://www.eventbrite.co.uk/e/finance-made-easy-busting-jargons-and-being-empowered-tickets-1316080826179?aff=oddtcreator)

### NHS Grampian Virtual Breastfeeding Group

Come and join our virtual breastfeeding group - meet other people, have a chat and if you have any questions about feeding your baby, ask our trained volunteers.

Online event

**Tuesday 13th May, 11am to 12pm**

- Open to all expectant parents, breastfeeding and/or expressing mothers, parents and their support network.
- No booking required/drop in.
- head to <https://nhsattend.vc/nhsg/infantfeedinggroup>
- [gram.breastfeedingsupport@nhs.scot](mailto:gram.breastfeedingsupport@nhs.scot)

### Dementia Friends Awareness Session

Learn a bit more about dementia and how you can help those in your community by becoming a Dementia Friend.

Old Mart Community Resource Centre, Deer Road, Maud AB42 4EG

**Tuesday 13th May, 12 noon to 1.30pm**

- Open to carers, family and friends.
- Please contact - Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org), 01467 530513/07825 242381.

### Dementia Friends Awareness

Hosted by Alzheimer Scotland attendees will learn how to support people with dementia and receive a certificate of attendance.

Maud Resource Centre, Maud

**Tuesday 13th May, 12 noon to 1.30pm**

- For adults.
- To book email [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)

### Gardening Group

Join us to plant our herb garden followed by refreshments in the Cafe.

Banff Castle, Castle Street, Banff AB45 1DL

**Tuesday 13th May, 11am to 12.30pm**

- Open to people with dementia, carers and family members.
- Please contact - Kathy Fraser, [kfraser@alzscot.org](mailto:kfraser@alzscot.org), 07795 391092.



## The Treasure Trail Outdoor Experience

Explore Kemnay's interesting places on an evening walk led by Rob Mackay, Health Walk leader, and following the clues laid out in the Treasure Trail map (Aberdeenshire Council).

Suitable for families and the clues will appeal to young and old!

Meet at the Place of Origin car park, Fyffe Park car park, Kemnay

**Tuesday 13th May, 7.30pm to 8.30pm**

- No booking required/drop in.
- 07796 718267.

## Women's Wellness Walk (weather permitting)

A drop-in, refreshing and empowering walk designed to promote health, mental well-being and community connection. For women for all levels of fitness to just enjoy some movement, nature and supportive conversations.

Meet at Symposium, Scottish Maritime Academy, Peterhead Lido

**Tuesday 13th May, 7pm to 8pm**

## Vinery Day Trip

A trip to a local beauty spot or historic site - for further details keep an eye on our FB page @Growatthevinery

Starting from The Vinery, Airlie Gardens, Banff

**Tuesday 13th May, 10am to 2pm**

- thevinery@aberdeenfoyer.com

## Wednesday 14th May

### Mindful Creations

Creative Mindful Crafts; The sessions will give you the opportunity to look after yourself via 'Mindfulness' which is often forgotten when looking after your whole wellbeing. Sessions offered monthly.

Maud Resource Centre, Old Mart Community Resource Centre, Deer Road, Maud

**Wednesday 14th May, 7pm to 9pm**

- For over 18s.
- info@wooldalewool.co.uk

### Chair Yoga Session

We will do some gentle movement whilst seated, some breath work and finish with a guided relaxation. My intention is that you leave the session feeling better in body and mind. Everyone welcome.

Kemnay Village Hall, Friendship Room, Kemnay

**Wednesday 14th May, 10.30am to 11.15am**

- No booking required/drop in.
- marjonyoga@gmail.com
- 07788 962434

**Giving** creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.



## Body Boosting Bingo

Come along and join in this fun game aimed at older people's group and designed by age Scotland.

Each bingo number has a specific exercise, either seated or standing. E.g. Number 10 - Let's twist again accompanied by music.

Kemnay Village Hall, Friendship Room, Kemnay

**Wednesday 14th May, 2pm to 3pm**

- For adults.
- No booking required/drop in.
- [info@positivestepskemnay.uk](mailto:info@positivestepskemnay.uk)

## Wednesday Wanderers

Come for a wander, a chat and some company. Suitable for all abilities.

Start at The Vinery, Airlie Gardens, Banff AB45 1AZ

**Wednesday 14th May, 1pm to 2.30pm**  
(Runs every Wednesday in May)

- No booking required/drop in.
- [deborah.conway@aberdeenfoyer.com](mailto:deborah.conway@aberdeenfoyer.com)

## Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online - from the comfort of your own home

**Wednesday 14th May, 11am to 12 noon**  
(runs every Wednesday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 881 0351 4498.
- Contact Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more details.



## LATNEM Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Community Room, Tesco Extra, Harlaw Road, Inverurie AB51 4SR

**Wednesday 14th May, 7pm to 8.15pm**

- Find out more at <http://latnem.eventbrite.com>

## Fitness Walk Followed by Coffee and Cake

A 1 hour longer fitness walk and then come back to the Vinery for a cup of coffee/tea and delicious homebake.

The Vinery, Airlie Gardens, Banff

**Wednesday 14th May,**  
**Fitness Walk - 10am to 11am, Coffee and Cake - 11am to 12 noon**

- Open to all.
- No booking required/drop in.

## Cycling for Wellbeing, Friendship and Fun, With a History Talk Too!

Join us for a fun cycle ride on paths and tracks away from the road. Ride leaders from The Aberdeenshire Bothy and The Bikery will guide you safely and at a steady pace, covering between six and nine miles. We can lend you a push bike or eBike if you don't have your own. Dress for the weather and bring a drink and snacks. This ride will take in historic locations, with a talk by an engaging historian.

Meet at The Linden Centre car park in Huntly AB54 4SH

**Wednesday 14th May, 6pm to 8pm**

- Age16+
- facebook.com/BikeryGRA
- hello@thebikery.org.uk or 07572 674501

## Body Boosting Bingo

Come along and join in this fun game aimed at older people's group and designed by age Scotland. Each bingo number has a specific exercise, either seated or standing. E.g. Number 10 - Let's twist again accompanied by music.

Kemnay Village Hall, Friendship Room, Kemnay

**Wednesday 14th May, 2pm to 3pm**

- For adults.
- No booking required/drop in.
- info@positivestepskemnay.uk

Paying more attention to the present moment, also known as “mindfulness” can improve your mental wellbeing, help you to enjoy life more and understand yourself better.



**Evidence shows that pausing to take notice helps your mental wellbeing in the following ways:**

- Taking notice can strengthen and broaden your awareness
- Appreciating the moment can help to reaffirm your priorities
- Heightened awareness helps you to understand your feelings better, allowing you to make positive choices based on what is important to you

mind  
yer  
mind

## 5 ways to be more mindful

1. Notice everyday things. The taste of food, feeling the wind on your face...
2. Spend time in nature, be aware of colours, sounds, textures and reflections
3. Sit somewhere different at work or take a different route on a walk
4. Be aware of your breathing
5. Take notice of your feelings & let them come and go



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more info



Aberdeenshire  
Community Planning Partnership



## Wellbeing Drama

An up-lifting drama session focussing on wellbeing.

Fraserburgh Day Opportunities, Robertson Road,  
Fraserburgh AB43 9BF

**Wednesday 14th May, 3pm to 4pm**

- For adults.
- Please call to book a place - 01346 515292.

## Spin and Floor Exercise Taster for New Clients

1 Hour class split into 30 minutes Spinning and 30 minutes Floor Exercise.

Old Mart Gym Studio, Maud Resource Centre, Deer Road,  
Maud AB42 4EG

**Wednesday 14th May, 6pm to 7pm**

- [Lewis.Carle@Maudvillagetrust.co.uk](mailto:Lewis.Carle@Maudvillagetrust.co.uk)

## Wellbeing Drama

An up-lifting drama session focussing on wellbeing.

Fraserburgh Day Opportunities, Robertson Road,  
Fraserburgh AB43 9BF

**Wednesday 14th May, 3pm to 4pm**

- To book a place please call 01346 515292.



## Dementia Cafe and Advice Point

Join us for a taster session of floor curling followed by refreshments/chat to your local Dementia advisor for support, guidance and signposting.

Peterhead Leisure and Community Centre, Queen Street,  
Peterhead AB42 1EP

**Wednesday 14th May, 10am to 12.30pm**

- Open to people with dementia, carers, family and friends.
- Please contact Kathy Fraser - [kfraser@alzscot.org](mailto:kfraser@alzscot.org), 07795 391092 or Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org), 07825 242381.

## Thursday 15th May

### Buddhist Meditation

This is a mix ability group open to everyone, it consists of a 20 minute sit, a walking meditation and then another 15 minute sit with tea and chat with the "sangha" afterwards.

The Haven in Stonehaven, 3 Market Square Buildings,  
Stonehaven AB39 2BY

**Thursday 15th May, 7.30pm to 9pm**

- Open to all ages.
- No booking required/drop in.
- [hello@thehaven.co.uk](mailto:hello@thehaven.co.uk)

### Childsmile interactive oral health sessions

Hands on interactive oral health session for children, including songs, stories, activities and information.

Fraserburgh Library, King Edward Street, Fraserburgh AB43 9PN

**Thursday 15th May, 10am to 3pm**

- Children aged 0 to 10.

### Friendship Keyring Workshop

Learn to make a beautiful colourful friendship keyring to take home.

The Vinery, Airlie Gardens, Banff

**Thursday 15th May, 10am to 1pm**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Buggy Walk Group Open Session

'A wee walk and a big chat' is our motto. This is a free weekly event that encourages friendship between little ones and their mums, dads, carers/grandparents. We start outside the Village Hall, it is led by volunteer Walk Leaders (trained) and we finish at Loaves and Fishes cafe. We have the use of a side room with toys for the children.

Meet at the front of the Kemnay Village Hall

**Thursday 15th May, 10am to 11.30am**  
(will be running weekly throughout May and beyond)

- Adults and children up to 3 years old.
- No booking required/drop in.

### Fraserburgh Pop-Up Conversation Cafe

Come along and enjoy a pop-up conversation cafe with refreshments and a guest speaker.

Fraserburgh Day Opportunities, Robertson Road,  
Fraserburgh AB43 9BF

**Thursday 15th May, 10am to 11.30am**

- This is open to adults.
- No booking required/drop in.

### Liver Health Awareness

An online introduction to liver health and liver disease. Causes, risks, and prevention. Details of local support if you have a diagnosis or care for someone with liver disease and/or liver cancer.

Online event

**Thursday 15th May, 10am to 11am**

- For more information and the online link please email [lesley.simpson@britishlivertrust.org.uk](mailto:lesley.simpson@britishlivertrust.org.uk)

## GroupFest

Come along and meet some of the local community groups and organisations making a difference in our town.

Inverurie Town Hall, Market Place, Inverurie AB51 3SN

**Thursday 15th May, 10am to 2pm**

- No booking required/drop in.
- [Inverurie.secretary@outlook.com](mailto:Inverurie.secretary@outlook.com)

## Friday 16th May

### Film Night

The film being shown is Silent Men.

This takes us on a journey through male mental health, stigma and taboo in the UK.

It is hoped there will be a Q and A session at the end.

Small donations (£10), ice-cream, wine, soft drinks.

Kemnay Village Hall, Aquithie Road, Kemnay

**Friday 16th May, 7pm to 9pm**

- No booking required/drop in.
- Any questions email [scuba\\_cooper@yahoo.co.uk](mailto:scuba_cooper@yahoo.co.uk)

### Drypoint Printmaking

The project will involve painting onto a flat surface and pressing down paper onto the painting to make a print. All equipment, water soluble ink and advice will be provided free.

Gowanbank, 7 Victoria Terrace, Kemnay

**Friday 16th May, 2pm to 4pm**

- Under 16s should be accompanied by an adult.
- Book in advance by emailing [roderick.scottart@gmail.com](mailto:roderick.scottart@gmail.com)



## Saturday 17th May

### Fyvie Castle Wellbeing Day

Spend an afternoon connecting to nature at Fyvie Castle and Estate. Follow a wildlife trail around the loch and take part in a willow weaving workshop.

Fyvie Castle and Estate

**Saturday 17th May, 2pm to 4pm**

- To book visit [www.eventbrite.co.uk/o/fyvie-castle-garden-and-estate-33795434577](http://www.eventbrite.co.uk/o/fyvie-castle-garden-and-estate-33795434577)

### Hands On Conservation Day

An opportunity to 'put something back': practical conservation work - treeplanting, path repairs etc.

Meet at Glen Tanar Visitor Centre

**Saturday 17th May, 10am to 4pm**

- All ages, but under 16s accompanied by responsible adult.
- [ranger@glentanartrust.org](mailto:ranger@glentanartrust.org)



## Drypoint Printmaking

The project will involve painting onto a flat surface and pressing down paper onto the painting to make a print. All equipment, water soluble ink and advice will be provided free.

Gowanbank, 7 Victoria Terrace, Kemnay

**Saturday 17th May, 2pm to 4pm**

- Under 16s should be accompanied by an adult.
- Book in advance by emailing [roderick.scottart@gmail.com](mailto:roderick.scottart@gmail.com)

## The Eurovision Classic Songs

Do you enjoy singing and dancing along to the classic Eurovision songs - Making Your mind Up, Boom Bang-A-Bang, Love Shine A Light - then please come and enjoy this fabulous concert. Please dress up in the best tradition of the Eurovision finals night, there will be a prize for the best outfit!

Music will be provided by Kemnay's own brilliant ukulele players supplemented by our wonderful singers.

Kemnay Church Centre, Fellowship Hall, Church Lane,  
Kemnay AB51 5QP

**Saturday 17th May, 3pm to 4pm**

- No booking required/drop in.
- For further information please email [robmackay26@gmail.com](mailto:robmackay26@gmail.com)

## LGBT+ Picnic

Join us at Westburn Park this International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) for an afternoon of friendly conversation and treats (bring your own).

Behind Clan, Westburn Park, Westburn Rd, Aberdeen AB25 2DF

**Saturday 17th May, 12 noon to 2pm**

- For adults.
- No booking required/drop in.

Why not think about something that you are interested in, so that learning is enjoyable and you are more likely to continue. Even if you feel like you do not have enough time, there are lots of different ways to bring learning into your life.



**Learning something new activates the release of the 'feel-good' chemical dopamine in the brain and helps to promote positive mental wellbeing in the following ways:**

- Learning new skills can boost your self-confidence and raise your self-esteem
- Learning can help you to build a sense of purpose
- Learning can help you to meet new people and form new connections

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mind

## 5 ways to learn something new

1. Take up a new hobby - drawing, chess, learning a new language
2. Take up DIY - learn to fix things in your home
3. Learn to cook some new meals
4. Ask for extra responsibility at work
5. Sign up for an online course or one at a local college



Aberdeenshire  
Community Planning Partnership

Scan for  
more info



# Monday 19th May

## LATNEM Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

St. Marys Episcopal Church Hall, Saint Mary's Place,  
Inverurie AB51 3NW

**Monday 19th May, 12.30pm to 1.45pm**

- Find out more at <http://latnem.eventbrite.com>
- [hello@latnem.org](mailto:hello@latnem.org)

## Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong.

The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - from the comfort of your own home

**Monday 19th May, 10.30am to 11.30am**

**(runs every Monday throughout May)**

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Contact Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more details.



## Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

**Monday 19th May, 6pm to 6.45pm**

- Aged 16 years and above.
- For more information visit <https://www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator>

## Mixed Body Weight Taster

1 hour class of mixed bodyweight and weighted exercises for new clients only.

Old Mart Gym Studio, Maud Resource Centre, Deer Road,  
Maud AB42 4EG

**Monday 19th May, 9.30am to 10.30am**

- [Lewis.Carle@Maudvillagetrust.co.uk](mailto:Lewis.Carle@Maudvillagetrust.co.uk)



### Health Walk and Bit of Banter

Come for a gentle health walk around the gardens or a Monday Mile. Followed by a Bit of Banter - games, company and friendship.

The Vinery, Airlie Gardens, Banff

**Monday 19th May, Health Walk - 10am to 10.30am,**

**Bit of Banter - 10.30am to 12.30pm**

- Open to all.
- No booking required/drop in.

### Beginners Pilates Taster Session

Floor based Pilates (low impact exercise) for beginners and mats will be provided.

Maud Resource Centre, Deer Road, Maud AB42 4EG

**Monday 19th May, 12.15pm to 1.15pm**

- To book email [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)

## Tuesday 20th May

### Millstone Hill Circular Walk

Come along on a circular walk on Millstone Hill, there are wonderful views up the Don valley and the Bennachie Range.

Donview Car Park, Lords Throat, Monymusk AB51 7JE

**Tuesday 20th May, 6.30pm to 9.30pm**

- Age 10+
- Please book on our Eventbrite page  
[www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msckid=25a154b76cba6fa83bb245326dd96e92](https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msckid=25a154b76cba6fa83bb245326dd96e92)

### Invent Your Future. It Starts with a Self-talk Taster Session

Free Taster Workshop, This engaging taster workshop explores how our habits, attitudes, beliefs, and decisions shape our daily lives. This session provides an introduction to our full 6-session course, designed to help with:

- Take control and make positive changes.
- Improve your wellbeing.
- Build healthier habits and a stronger mindset.

Turriff Gateway Community Centre, 1 Victoria Terrace, Turriff AB53 4EE

**Tuesday 20th May, 10am to 11am**

- [zuzana.jatelova@aberdeenshire.gov.uk](mailto:zuzana.jatelova@aberdeenshire.gov.uk)



### New Pitsligo Conversation Cafe

Join us for an afternoon of step-by-step painting over a cuppa and chat.

Forbes Court, Low Street, New Pitsligo, Fraserburgh AB43 6NW

**Tuesday 20th May, 1pm to 3pm**

- To book email [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)

### Yoga with Lesley

Gentle yoga for relaxation and rejuvenation on the lawn if the weather is nice!

The Vinery, Airlie Gardens, Banff

**Tuesday 20th May, 10am to 11am**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Getting Ready to Live With Your Teenager Taster Session

This taster session is designed to support families with children transitioning into their teenage years, focusing on building positive relationships with pre-teens and teenagers. It serves as an introduction to our programme, which covers key topics.

Turriff Gateway Community Centre, 1 Victoria Terrace,  
Turriff AB53 4EE

**Tuesday 20th May, 11.15am to 12.15pm**

- For adults.
- Sign up by email - [zuzana.jatelova@aberdeenshire.gov.uk](mailto:zuzana.jatelova@aberdeenshire.gov.uk) or [d.mackay@aberdeenshire.gov.uk](mailto:d.mackay@aberdeenshire.gov.uk)



### Learn to Care For Your Cycle, to Enable You to Cycle More!

2.5 hour session of Bike Owners' Basics, covering how to check your cycle is in working order, how to clean and lubricate it and how to mend a puncture. Session takes place in our dedicated training suite, guided by our friendly and expert trainer.

The Bikery, 49 Gordon Street, Huntly AB54 8EQ

**Tuesday 20th May, 2pm to 4.30pm**

- Ages 16+
- [Facebook.com/BikeryGRA](https://www.facebook.com/BikeryGRA)
- To book contact [hello@thebikery.org.uk](mailto:hello@thebikery.org.uk) or 07572 674501.

### Dementia Cafe with Taster Sessions of Floor Curling and Indian Head Massage

Join us for a chat, cuppie, taster session of floor curling and taster session of Indian Head Massage with Therapist Laura, booking required.

Turriff Library, Grange Villa, The Square, Turriff AB53 4AE

**Tuesday 20th May, 11am to 1pm**

- Open to people with dementia, carers, family and friends.
- Please contact Kathy Fraser, [kfraser@alzscot.org](mailto:kfraser@alzscot.org) 07795391092 or Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org) 07825242381

## Wednesday 21st May

### Nae Bother: Job Interview Confidence Workshop

Feelin' a bit feart about job interviews? Nae bother! Dinna fash yersel! Sign up to our confidence building workshop for job interviews with the option to do a mock interview. Hosted by Enable Works.

Tesco Extra Community Room (upstairs next to the cafe),  
Harlaw Road, Inverurie AB51 4SR

**Wednesday 21st May, 10am to 1pm**

- Open to parents living in Aberdeenshire.
- To book a place visit [www.eventbrite.co.uk/e/job-interview-confidence-workshop-tickets-1291422081209?aff=oddttdtcreator](http://www.eventbrite.co.uk/e/job-interview-confidence-workshop-tickets-1291422081209?aff=oddttdtcreator)
- 07484513877 or [parentconnect@enable.org.uk](mailto:parentconnect@enable.org.uk)

### Come Along to our Social Sing-A-Long

Singing is great for your mental wellbeing and help combat social isolation so join us in an afternoon of fun and song!

No.3 High Street, Inverurie AB51 3QA

**Wednesday 21st May, 1pm to 3.30pm**

- [inveruriecommunitypartnership@gmail.com](mailto:inveruriecommunitypartnership@gmail.com)

### Fitness Walk Trip to Bin Hill Cullen

Enjoy a more strenuous walk up Bin Hill and take in the lovely views, Bring your lunch and a drink.

Starting at the Vinery, Airlie Gardens, Banff

**Wednesday 21st May, 10am to 2pm**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Aquarium Discovery Pop-Up

Come meet hardy sea shore critters and discover how challenging life in the intertidal zone can be.

Deveron Community and Sports Centre, 81 Bellevue Rd,  
Banff AB45 1BY

**Wednesday 21st May, 3.30pm to 4.30pm**

- Open to all ages.
- No booking required/drop in.
- If more information is required see:  
[www.macduff-aquarium.org.uk/events/2025](http://www.macduff-aquarium.org.uk/events/2025)  
or email [macduff.aquarium@aberdeenshire.gov.uk](mailto:macduff.aquarium@aberdeenshire.gov.uk)

### Wednesday Wanderers

Come for a walk, chat and good company. Suitable for all ages and abilities.

Start at The Vinery, Airlie Gardens, Banff AB45 1AZ

**Wednesday 21st May, 1pm to 2.30pm**

**(Runs every Wednesday in May)**

- No booking required/drop in.
- [deborah.conway@aberdeenfoyer.com](mailto:deborah.conway@aberdeenfoyer.com)

### Fireside Chat with the Grampian Association of Storytellers

Stories are the heart of communication, our way to connect to each other and our emotions, this hour long discussion will consider the healing power of storytelling.

Online event

**Wednesday 21st May, 7pm to 8pm**

- All welcome.
- Please contact us at [gas\\_story@hotmail.com](mailto:gas_story@hotmail.com) or find us on Facebook for the zoom link.

## Thursday 22nd May

### Doodle for your Wellbeing

Take part in art and find out about the 5 ways to wellbeing.

Inverurie Community Campus, Inverurie

**Thursday 22nd May, 6.45pm to 8.45pm**

- Young people age 11 to 18.
- Jenna.robson@aberdeenshire.gov.uk

### Vintage Tea Party PECH

Vintage style tea/cream cakes event for adults, hosted by guest speaker Emma Brew from GO Therapeutics.

Port Elphinstone community house, Port Elphinstone, Inverurie

**Thursday 22nd May, 2pm to 4pm**

- For adults.
- No booking required/drop in.
- shirley.buchan@nhs.scot

### Shift-Worker Health and Wellbeing

Deliver a seminar to promote educational material supporting shift-workers health and wellbeing.

The Rowett Institute, Ashgrove Rd W, Aberdeen AB25 2ZD

**Thursday 22nd May, 2pm to 3pm**

- [www.eventbrite.co.uk/e/shift-worker-health-wellbeing-tickets-1249429520329?aff=oddtcreator](https://www.eventbrite.co.uk/e/shift-worker-health-wellbeing-tickets-1249429520329?aff=oddtcreator)



### Tie Dye Workshop

Come and learn the craft of tie dye! Bring a white cotton t-shirt or something similar and transform it into a beautiful colourful garment.

The Vinery, Airlie Gardens, Banff AB45 1AZ

**Thursday 22nd May, 10.30am to 12.30pm**

- thevinery@aberdeenfoyer.com

### Friendship Keyring Workshop

Learn to make a colourful friendship keyring to take home with you.

The Vinery, Airlie Gardens, Banff

**Thursday 22nd May, 10am to 1pm**

- thevinery@aberdeenfoyer.com

### Crochet and Games

Come and try your hand at crochet, pool, table tennis and board games for a fun filled afternoon.

Maud Pleasure Park Football Pavilion, Deer Road, Maud AB42 4NP

**Thursday 22nd May, 1am to 3pm**

- To book email [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)



## Do you know there are simple things you can do to look after your mental wellbeing?

Research shows that there are **5 steps** you can take to improve your mental health and wellbeing. These are; *Connections, Learning, Taking Notice, Giving and Being Active.*

### Why these 5 steps are an important:

- 1. Connections** – help to build a sense of belonging, allowing you to share experiences, and support each other.
- 2. Learning** – new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.
- 3. Taking notice** – of the present moment can improve your mental health & help you understand yourself and the world better.
- 4. Giving** – creates positive feelings, giving you a feeling of purpose & self-worth, & helps you connect with others.
- 5. Being Active** – can help to raise your self-esteem by setting & achieving goals, & by causing chemical changes in your brain that have a positive impact on mood.



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## Friday 23rd May

### Introduction the Sound Healing and Tuning Forks

Find out about the healing power of sound and how tuning forks can be used to help balance the body's energy.

The Vinery, Airlie Gardens, Banff

**Friday 23rd May, 11am to 12 noon**

- [thevinery@aberdeenfoyer.com](mailto:thevinery@aberdeenfoyer.com)

### Friday Lunch

Friday Lunch is a free tasty meal and a chance to learn about the rich knowledge and experience within our local communities.

Square Deal, The Square, Huntly AB54 8BR

**Friday 23rd May, 1pm to 2pm**

- Everyone welcome.
- No booking required/drop in.



### Jewels of the Air – Butterflies and Moths Walk

A leisurely guided walk to spot some beautiful butterflies and moths of Deeside, an important area for many species.

Meet at the Cambus O'May (Suspension bridge car park)

**Friday 23rd May, 10.30am to 1.30pm**

- For adults.
- Please book on our Eventbrite page  
[www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msockid=25a154b76cba6fa83bb245326dd96e92](https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msockid=25a154b76cba6fa83bb245326dd96e92)

## Saturday 24th May

### Buggy Walk and Cuppa Afterwards

Join us for a buggy walk, a social chat and to meet other families.

Units 1-2 Markethill Industrial Estate, Turriff AB53 4QY

**Saturday 24th May, 10am to 11am**

- [bookings@flowerpotschildcare.com](mailto:bookings@flowerpotschildcare.com)

### Trout Fishing Come and Try Day

Come along to our Association pond just outside Newmarcher and give fishing for rainbow trout a go with the support of experienced anglers from the Aberdeen and District Angling Association.

Millpond, Newmachar

(What3Words: words.drama.sometimes)

**Saturday 24th May, 11am to 1pm**

- Adults and children over 12.
- Please email to book a place - [secretary@adaasales.co.uk](mailto:secretary@adaasales.co.uk)

### Grampian Wellbeing Festival Celebration in the Garden

A fantastic roundup of wellbeing month showcasing wonderful wellbeing activities available in the local area!

The Vinery, Airlie Gardens, Banff

**Saturday 24th May, 11am to 3.30pm**

- No booking required/drop in.





## Spring Woodland Wildlife Wander

A gentle walk to connect with nature in Aboyne Castle Woods in all their wonderful spring glory!

Meet at Aboyne Castle Woods (Victory Hall car park)

**Saturday 24th May, 10.30am to 12 noon**

- Please book on our Eventbrite page  
[www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msockid=25a154b76cba6fa83bb245326dd96e92](https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msockid=25a154b76cba6fa83bb245326dd96e92)



**Learning** new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.

## Monday 26th May

### Sound Therapy Relaxation

This sound therapy session will include sharing therapeutic sounds to help lull you into a relaxed state. This can be done either lying down or sitting in a chair.

New Pavilion, Park Lane, Oldmeldrum

**Monday 26th May, 7pm to 7.45pm**

- <https://bookwhen.com/fitlikeyoga/e/ev-s63n-20250526180000>

### Health Walk Followed by Wellbeing Group

Health Walk - come for a gentle walk around the gardens or a faster Monday Mile.

Wellbeing Group - see our Facebook page for further details nearer the time! @growatthevinery

The Vinery, Airlie Gardens, Banff

**Monday 26th May, Health Walk - 10am to 10.30am,**

**Wellbeing Group - 10.30am to 12.30pm**

- No booking required/drop in.

### Auchenblae Community Gala - Community Lunch

Gala Lunch held by the Community Cafe.

Auchenblae Village Hall, 1 Monboddie Street, Auchenblae, Laurencekirk AB30 1XQ

**Monday 26th May, 11am to 1pm**

- Everyone welcome.
- No Booking Required/drop in.
- For more Information email [clare.taylor.brown@gmail.com](mailto:clare.taylor.brown@gmail.com)



## Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - from the comfort of your own home

**Monday 26th May, 10.30am to 11.30am**  
(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Contact Ian Gourlay on 01224 820453 or email [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more details.

## Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

**Monday 26th May, 6pm to 6.45pm**

- Aged 16 years and above.
- [www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator](https://www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator)



## ReActive8 Bettridge Belters

Join our friendly singing group for a free trial session  
- no experience required!

Bettridge Centre, Greystone Place, Newtonhill AB39 3UL

**Monday 26th May, 11am to 1pm**

- No booking required/drop in.
- To find out more, call 01569 731320 or visit [www.bettridgecentre.org.uk](http://www.bettridgecentre.org.uk)

## Tuesday 27th May

### Dementia Cafe

Join us for a chat, cuppie, music from Jane and a taster session of Indian Head Massage with Therapist Laura.

Fraserburgh Library, King Edward Street, Fraserburgh AB43 9PN

**Tuesday 27th May, 11am to 1pm**

- Open to people with dementia, carers, family and friends.
- Booking required.
- Please contact - Kathy Fraser, [kfraser@alzscot.org](mailto:kfraser@alzscot.org), 07795391092 or Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org), 07825242381

### Introduction to Creative Writing Workshop

Step-by-Step tuition on how to turn an idea into a short story.

Forbes Court Sheltered Housing, Low Street, New Pitsligo, Fraserburgh AB43 6NW

**Tuesday 27th May, 10am to 12 noon**

- To book email [jacqui.gray@maudvillagetrust.co.uk](mailto:jacqui.gray@maudvillagetrust.co.uk)

### Cycling for Wellbeing, Fun and Friendship

Join us for a fun cycle ride on paths and tracks away from the rode. Ride leaders from The Aberdeenshire Bothy and The Bikery will guide you safely and at a steady pace, covering between six and nine miles. We can lend you a push bike or eBike if you don't have your own. Dress for the weather and bring a drink and snacks.

Meet at The Linden Centre Car Park in Huntly AB54 4SH

**Tuesday 27th May, 10.30am to 12 noon**

- All ages but reasonable standard of cycling required.
- [facebook.com/BikeryGRA](https://facebook.com/BikeryGRA)
- [hello@thebikery.org.uk](mailto:hello@thebikery.org.uk) or 07572 674501.

## Wednesday 28th May

### Fitness Walk Followed by Coffee and Cake

Come for a longer more strenuous walk to keep you fit and healthy and then enjoy a coffee, company and a healthy bake.

The Vinery, Airlie Gardens, Banff

**Wednesday 28th May, Fitness Walk - 10am to 11am, Coffee and Cake - 11am to 12 noon**

- Open to all.
- No booking required/drop in.

### Wednesday Wanderers

A gentle walk around the local area, good company and a chat.

Starting from The Vinery, Airlie Gardens, Banff AB45 1AZ

**Wednesday 28th May, 1pm to 2.30pm**  
(Runs every Wednesday in May)

- Open to all.
- No booking required/drop in.

### ReActive8 Coffee Morning

Coffee morning plus pickleball come and try session.

Bettridge Centre, Greystone Place, Newtonhill AB39 3UL

**Wednesday 28th May, 10am to 12 noon**

- All ages welcome.
- No booking required/drop in.
- To find out more, call 01569 731320 or visit [www.bettridgecentre.org.uk](http://www.bettridgecentre.org.uk)

## Walks Program Spring 25

Banchory to Crathes

Meet at Mintlaw Academy car park, where a bus will take you to Banchory

**Wednesday 28th May, 9am to 3pm**

- For adults.
- No booking.
- 01771 623017.

## A Pause and a Piece

A free, drop-in session for anyone who is, or thinks they are, experiencing perimenopause, menopause or post-menopause. Come along for a blether over a cuppa and a piece (or just to listen), in a supportive and confidential space.

Balmoor Stadium, Peterhead AB42 1EQ (Peterhead Football Club)

**Wednesday 28th May, 7pm to 8.30pm**

- No booking required/drop in.

**Being Active** can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.



## Thursday 29th May

### The Gathering

Join us for a day filled with activities, refreshments and fun. Get ready to connect, learn and take notice. This annual gathering brings cafes from across Aberdeenshire together to celebrate together.

The Barn Barra Castle, Inverurie AB51 0BB

**Thursday 29th May, 9.30am to 2.30pm**

- [www.eventbrite.co.uk/e/the-gatherin-tickets-1247080103159](http://www.eventbrite.co.uk/e/the-gatherin-tickets-1247080103159)
- [carolyn.lamb@nhs.scot](mailto:carolyn.lamb@nhs.scot)

### Guided Long Walk

A guided walk of 1.5 - 2 hours duration in the Udney area.

The Medan Centre, 14 Oldmeldrum Road, Pitmedden AB41 7AG

**Thursday 29th May, 10.30am to 12.30pm**

- No booking required/drop in.
- If you are joining us for the first time, please arrive 10 minutes before to complete a short registration form.





### Tie Dye Workshop

Come and learn the craft of tie dye! Bring a white cotton t-shirt or something similar and transform it into a beautiful colourful garment.

The Vinery, Airlie Gardens, Banff

**Thursday 29th May, 10.30am to 12.30pm**

- [thevinery@aberdeensfoyer.com](mailto:thevinery@aberdeensfoyer.com)

## Friday 30th May

### Mindfulness

The session is totally seated. It starts with time to get participants minds into the present moment through breathing. This is followed by a chat and the next part of the session is a period of mindfulness.

Online - from the comfort of your own home

**Friday 30th May, 10.30am to 11.30am**

**(runs every Friday throughout May)**

- No booking required/drop in.
- Zoom access code 867 002 729.
- Contact Ian Gourlay on 01224 820453 or [ian.gourlay@youraims.org](mailto:ian.gourlay@youraims.org) for more information.

### Grampian Meaningful Engagement Network (GMEN) Event

Grampian Meaningful Engagement Network (GMEN) 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.

Stalls stands and opportunity to network and share ideas.

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

**Friday 30th May, 10am to 2pm**

- Facebook Group - [/www.facebook.com/groups/GrampianMAN](https://www.facebook.com/groups/GrampianMAN)

## Walks Program Spring 25

Circular walk around Inverurie.

Meet at Mintlaw Academy car park, where a bus will take you to Inverurie

**Friday 30th May, 9am to 3pm**

- Adults aged over 50.
- No booking required/drop in.
- 01771 623017

## Dementia Cafe with Taster Sessions of Floor Curling and Indian Head Massage

Join us for a chat, cuppie, taster session of floor curling and taster session of Indian Head Massage with Therapist Laura, booking required.

Turriff Library, Grange Villa, The Square, Turriff AB53 4AE

**Friday 30th May, 11am to 1pm**

- Open to people with dementia, carers, family and friends.
- Please contact Kathy Fraser, [kfraser@alzscot.org](mailto:kfraser@alzscot.org), 07795 391092 or Laura Crockatt, [lcrockatt@alzscot.org](mailto:lcrockatt@alzscot.org), 07825 242381.

## RFeActive8 Crafts and Coffee

Bring along your craft for a sociable session with other like-minded people.

Bettridge Centre, Greystone Place, Newtonhill AB39 3UL

**Friday 30th May, 1.15pm to 3.15pm**

- For adults.
- No booking required/drop in.
- To find out more, call 01569 731320 or visit [www.bettridgecentre.org.uk](http://www.bettridgecentre.org.uk)



## Saturday 31st May

### Crovie - Troup Head Walk

A pleasant walk, following part of the Five Farms route to RSPB Troup Head, featuring Scotland's only mainland gannet colony.

Meet at Crovie car park

**Saturday 31st May, 11am to 3pm**

- For adults.
- Please book on our Eventbrite page [www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msocid=25a154b76cba6fa83bb245326dd96e92](https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547?msocid=25a154b76cba6fa83bb245326dd96e92)



**Here are links to information on  
how to support your mental wellbeing:**

[www.mindyermind.com](http://www.mindyermind.com)

[Wellbeing-Guide-MHUK\\_DIGI.pdf](#)

[www.mentalhealth.org.uk/our-work/prevention](http://www.mentalhealth.org.uk/our-work/prevention)

[www.livelifeberdeenshire.org.uk/live-life-well/supporting-change/  
mental-health/](http://www.livelifeberdeenshire.org.uk/live-life-well/supporting-change/mental-health/)

[www.nhsinform.scot/illnesses-and-conditions/mental-health](http://www.nhsinform.scot/illnesses-and-conditions/mental-health)

[www.aberdeenshire.gov.uk/social-care-and-health/living-independently/  
mental-health-wellbeing/mental-health-support-services/](http://www.aberdeenshire.gov.uk/social-care-and-health/living-independently/mental-health-wellbeing/mental-health-support-services/)

<https://wellbeinghub.scot/about-us/>

**Disability Access – most venues have disability access,  
consult activity contact if you are in doubt.**

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