



May
2026

GRAMPIAN

Wellbeing

festival

Find out what's
happening this May!



Visit www.nhsgrampian.org/your-health/wellbeing-festival/
or scan the QR code to find out what is happening this May.

This publication is available in other languages and formats on request. Please call Health Information Resources Service on 01224 558504 or email: gram.resources@nhs.scot

Ask for publication MVC 250325



Promoting Positive Mental Wellbeing in Grampian

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

Each year, the festival offers a wide range of free face-to-face and online activities for people of all ages. Some of the larger events have been highlighted, as they bring

together lots of organisations to share information, ideas, and opportunities to support wellbeing.

Please take some time to explore the programme and enjoy the wide range of activities available. There are plenty of opportunities this year for individuals and families to get involved and support their mental wellbeing in simple, enjoyable ways.

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

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



Be Active

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.



Keep Learning

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



Take Notice


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



Give

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





Find out what is happening at the Aberdeen Vaccination and Wellbeing Hub

Find out what is happening at the Aberdeen Vaccination and Wellbeing Hub

Bon Accord Centre, Aberdeen AB25 1HZ

Grampian Wellbeing Festival Aberdeen City Launch Event

An opportunity for public to drop in and find out about the Wellbeing activities that are happening across the city during May. Plus the opportunity to get booked onto something new to help with your wellbeing.

Friday 1st May, 10am to 3pm

- Open to all ages.
- Drop in.
- GrampianWellbeingFestival@aberdeencity.gov.uk

Community Food Outlet Fresh Fruit, Veg and Eggs Sale

Every Tuesday, 10am to 3pm

Cruse Scotland

Supporting bereaved adults, children and young people, providing counselling, listening services, information, advice and training.

Tuesday 5th May, 1pm to 4pm

- Open to bereaved adults, children and young people.
- Drop in.

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks.

10.30am: Know your numbers workshop.

11am: BP check/cholesterol check.

2pm: Habit changing workshop.

2.30pm: Followed by wellbeing and lifestyle advice.

Every Tuesday and Thursday, 10.30am to 3.30pm

Age 18+

Drop in.

Forget Me Not Club

Offering dementia support across Aberdeen City and Shire. Carefully planned and deliver a structured, but flexible, person centred timetable of activity sessions for people living with dementia.

Wednesday 6th May, 2pm to 4pm

- For people living with or supporting someone with dementia.
- Drop in.

Scottish Fire and Rescue Service

Committed to ensuring the safety and wellbeing of the people of Scotland.

Wednesday 6th May, 9.30am to 12.30pm

Tuesday 12th May, 1pm to 4pm

Tuesday 19th May, 1pm to 4pm

Tuesday 26th May, 9.30am to 12.30pm

- Drop in.

Find out what is happening at the Aberdeen Vaccination and Wellbeing Hub

Bon Accord Centre, Aberdeen AB25 1HZ



Silver City Surfers

Providing free tutoring and support on all forms of modern technology, through mentoring and one-to-one support sessions provided by experienced volunteers.

Every Wednesday, 2pm to 4pm

- Drop in.

Spice – Social Prescribing for Improving Communities Eating Practices.

Share information about social prescribing and disseminate practical healthy eating resources, including our Brief Healthy Eating Intervention co-developed with Link Practitioners (designed to be flexible for use by health, social care and community professions) and our Cook Health, Eat Well (CHEW) toolkit.

Wednesday 6th May, 1pm to 4pm

- Drop in.

Stand Up To Falls

Falls prevention awareness - Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.

Every Thursday, 9.30am to 12pm

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

Asthma and Allergy Foundation Advice and Support

Advice and support to people with asthma to support people to live healthy, active and full lives.

Every Thursday, 10am to 12.30pm

- For people living with asthma.
- Drop in.

Bon Accord Care - Telecare

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare and digital support.

Every Thursday, 2pm to 4pm

- Drop in.

Pathways Employment Keyworker

Pathways offers one-to-one support to help people find the job they want including job search, building your confidence, giving you the skills you need to get the job you want.

Every Thursday, 10am to 11.30pm

- For people looking for a job.
- Drop in.

Pain Champion Support

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard.
- Access trusted chronic pain videos and trusted information.
- Learn gentle coping strategies.
- Be signposted to local support.
- Take away helpful resources.

We have a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

Every Thursday, 10am to 4pm

- For people living with chronic pain.
- Drop in.

Aberdeen Quarriers Carers Drop-In

Group is aimed to bring unpaid carers together for company and a chat. Peer Support.

Every Friday, 11am to 12pm

- For unpaid carers.
- Drop in.

Home Energy Scotland

Advice on home energy savings and grants available to support with the cost of living.

Monday 18th May, 1pm to 4pm

- Age 18+
- Drop in.

Knit and Natter

A social session where you can bring your crafts and have a bleather.

Every Monday, 2pm to 4pm

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

Scarf

Advice on home energy savings and grants available to support with the cost of living.

Monday 11th May, 10am to 12pm

Monday 25th May, 10am to 12pm

- Age 18+
- Drop in.

Podiatry Team

Aberdeen City Podiatry services will be attending to promote advice and guidance around self-management of foot health.

Wednesday 13th May, 10am to 3.30pm

- Age 18+
- Drop in.

Stroke Association

Providing lifelong support for all stroke survivors and their families. Support includes one-to-one and group support, vital scientific research into stroke prevention, acute treatment and recovery and campaigning to secure the best care for all those affected by stroke.

Tuesday 12th May, 9.30am to 12pm

- For stroke survivors and their families.
- Drop in.

Specsavers Home Visits

Come and find out more about Specsavers mobile team who provide essential care, from routine eye or hearing tests to updating glasses prescriptions, for those who are unable to visit a store unaccompanied, in the comfort of their own homes. We make sure that your home visit is tailored to your specific needs, and conducted with the same care and attention that you would expect in one of our stores.

Tuesday 19th May, 9.30am to 12.30pm

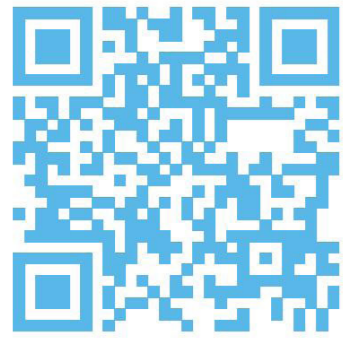
- Drop in.

Facial Palsy Support Group

Peer support group specifically for people living with facial nerve palsy (including Bell's palsy, Ramsay Hunt syndrome, post-surgical facial nerve damage, etc.) The group offers a safe, informal space to share experiences, talk about recovery and learn about therapies and management strategies.

Saturday 23rd May, 10am to 12pm

- Drop in.



Scan the QR code to download your free Aberdeen walking guide for this area and start exploring today! Prefer to browse online? Visit www.aberdeencity.gov.uk/trails

FREE

ABERDEEN

36 Walking Trails

Available to download



Tune in to **shmuFM** for regular updates about the Grampian Wellbeing Festival

Listen on 99.8FM, DAB, online at www.shmu.org.uk or ask your smart speaker to play 'Station House Media Unit.'

Runs throughout May

Bike Month - Make Every Active Trip Count!

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



Friday 1st May

Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

**Friday 1st May,
9am to 9.50am and 10am to 10.50am
(Every Friday throughout May)**

- 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Les Mills Dance

A lively, engaging dance class that combines movement, rhythm, and fitness for all levels.

Sports Hall - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Friday 1st May, 10am to 10.50am
(Every Friday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Four Pillars - Arts and Crafts Session

Family orientated arts and crafts session. Being creative allows our minds to open up and explore new possibilities.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Friday 1st May, 12pm to 5pm

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

Musical Memories

A friendly singing group for people with dementia, their partners, families and friends.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

**Friday 1st May, 1.30pm to 3pm
(Every 2nd Friday throughout May)**

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

Boogie in the Bar

Boogie in the Bar Daytime disco.
Sunnybank FC, Heathryfold Park, Heathryfold Circle, Aberdeen AB16 7DS

Friday 1st May, 12pm to 2pm

- Open to 18+
- No booking required/drop in.

Wellbeing First Friday Fling - Connect: Creating a Collaborative Story

Join us for a relaxed, screen-free evening of creativity, connection, and shared storytelling.

Lower Hall, Mission Church, St Machar Drive, Aberdeen AB24 3RX

Friday 1st May, 7pm to 9pm

- For adults.
- No booking required/drop in.
- gas_story@hotmail.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Friday 1st May, 9.30am to 10.30am
(Every Friday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906682318
- <https://aberdeennorthdancefitness.punchpass.com>



Strawberry Fayre: Supporting Post-Menopausal Health

Sign up for this free event to enjoy a strawberry tea and visit our research facilities, speakers and information, with a focus on menopause.

The Rowett Institute, University of Aberdeen, Ashgrove Road West, Aberdeen, AB25 2ZD

Friday 1st May, 10am to 12pm

- Open to all ages.
- gendage@abdn.ac.uk

FND Info and Friday Dance! (Learn and Be Active!)

We'll Share what FND is and how to join the local support group, and then do a quick boogie for the weekly Friday Dance I do on FB Live!

Online event

Friday 1st May, 2pm to 2.15pm

- For adults with FND or parents of children with FND.
- <https://www.facebook.com/deidre.christensonmain>
- Follow Deidre Christenson-Main on Facebook and then click to join the Live Facebook Friday Dance.

Parkinsons Circuit Based Exercise Class

Parkinsons circuit based exercise class.

Studio 1, RGU Sport, Garthdee Road, Aberdeen AB10 7GE

Friday 1st May, 11am to 12pm

- All ages.
- ExerciseClassSH@rgu.ac.uk

Pulmonary Rehab Classes

Pulmonary rehab classes.

RGU Ishbel Gordon Building, Garthdee Road, Aberdeen AB10 7QE

Friday 1st May, 10.15am to 11.15am

- All ages.
- ExerciseClassSH@rgu.ac.uk

Grampian Wellbeing Festival Aberdeen City Launch Event

An opportunity for public to drop in and find out about the Wellbeing activities that are happening across the city during May. Plus the opportunity to get booked onto something new to help with your wellbeing.

Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Friday 1st May, 10am to 3pm

- Open to all ages.
- Drop in.
- GrampianWellbeingFestival@aberdeencity.gov.uk

Saturday 2nd May

Artroom with Grampian Hospitals Art Trust

Explore art in a relaxed setting supported by professional artists.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 2nd May, 10.30am to 12.30pm
(Every Saturday throughout May)

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

Natural Healing Aberdeen

Discover what EFT can do for you and your family's overall health and wellbeing. Learn how to use it to help reduce stress instantly, promote general relaxation and encourage positive mental health. You will have immediate access to this quick, easy, gentle and very effective self-help regulating tool at the end of your own fingertips that can be positively life changing.

Natural Healing Aberdeen, 26 Northfield Place, Rosemount, Aberdeen AB25 1SD

Saturday 2nd May, 10am to 12pm
(Every Saturday throughout May)

- All ages welcome (under 16 must be accompanied by an adult).
- Book a place at <https://www.eventbrite.co.uk/e/an-introduction-to-eft-what-it-can-do-for-you-your-family-tickets-1983721236619?aff=oddtcreator>

Monthly Family Friendly Event and Volunteering Day

Discover our project creating a hub for healthy, sustainable living. Try new indoor and outdoor activities to improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Saturday 2nd May, 10am to 4pm
(First Saturday of the month)

- Open to all ages (Minors must be accompanied).
- Free activities sessions for all abilities, indoors and outdoors.
- No booking required/drop in.
- compassaberdeen.org.uk/
- www.facebook.com/CWTCompass/
- www.instagram.com/cwt_compass_project/

The I within Session 1

Finding calm and relaxing to find my inner compass to experience inner mastery.

Garden Room, Fountainhall Church, Albyn Place, Aberdeen AB10 1YN

Saturday 2nd May, 2pm to 3.30pm

- Age16+
- email-aberdeen@uk.brahmakumaris.org

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Saturday 2nd May, 9.30am to 10.30am
(Every Saturday throughout May)

- Age16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Dance4health Event

Afrobeat spiced with zumba.

Unit 2A, first floor, Altec Centre, Minto Drive, Aberdeen AB12 3LW

Saturday 2nd May, 11.15am to 12.15pm
(Every Saturday throughout May)

- Age 18+
- afristyledanceclub@gmail.com



Monday 4th May

Football Memories

Join us for some reminiscing about past football games and players.

Sir Alex Ferguson Lounge, Main Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen AB24 5QH

Monday 4th May, 2pm to 3.30pm

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

You Don't Need Loads of Money to Start Saving

Learn simple, practical ways to take control of your finances in this free online session. Discover how to start saving, understand everyday.

- Join us for Finance Made Easy: A free online session delivered by Grampian Credit Union as part of the Grampian Wellbeing Festival, focusing on financial wellbeing.
- Finance Made Easy: Practical Everyday Savings – a free online session with Grampian Credit Union as part of the Grampian Wellbeing Festival.

Open to adults over 16 across Aberdeen, Aberdeenshire, and Moray, this session teaches practical, everyday ways to save money, manage spending, and build better saving habits. Supportive and easy to follow, it equips attendees with simple tools and strategies to take control of their finances and grow their savings.

Online event

Monday 4th May, 11.30am to 12.30pm

- Age 16+
- To book visit <https://www.eventbrite.co.uk/e/you-dont-need-loads-of-money-to-start-saving-tickets-1983869528163?aff=oddtcreator>

Scottish Country Dancing for Beginners

Scottish Country Dancing Getting started. Fountainhall at the Stocket, Harcourt Road, Aberdeen AB15 5NZ

Monday 4th May, 8pm to 9.45pm (Every Monday throughout May)

- Age 16+
- aberdeenrscds@hotmail.co.uk

Alcohol and Anxiety

Why you feel alcohol helps you relax - but you wake up more anxious.

Online event

Monday 4th May, 6pm to 6.45pm

- For adults.
- To book contact gillian@findingyoucoaching.co.uk or 07790 9406256

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

Monday 4th May, 9.30 to 10.30am (Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>



Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, 539A Holburn Street, Aberdeen AB10 7LH

Monday 4th May, 6.30pm to 7.30pm (Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Additional Support Needs Table Tennis Social Sessions

Table Tennis sessions targeted to reduce barriers for ASN participants with any disabilities of all ages. Sessions are free to attend, equipment provided and no need to register. There will be coaching tips offered and opportunity for competitive progression, courtesy of ADTTA.

Get Active@ Westburn, Westburn Park, Westburn Road, Aberdeen AB25 3DE

Monday 4th May, 6pm to 7.30pm (Every Monday throughout May)

- ASN participants of all ages and all disabilities.
- No booking required/drop in.
- briana.robertson@btinternet.com

Tuesday 5th May

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Tuesday 5th May, 5pm to 5.45pm
(Every Tuesday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Teen Weightlifting

A safe, guided strength-training session designed to build confidence, fitness, and healthy habits for teens.

Performance Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Tuesday 5th May, 4.15pm to 5pm
(Every Tuesday throughout May)

- For 12 - 15yr olds.
- lisa.vass@aberdeensportsvillage.com

Four Pillars LGBT+ Drop-In Sessions

Chat, connect and share.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 5th May to Saturday 9th May, 12pm to 6pm

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

Four Pillars LGBT+ Family Day

Join our LGBT+ Family Day, meet other LGBT+ parents, children, cousins and siblings.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 5th May, 12pm to 6pm

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

Living Well Café

Reminiscing, cuppa and chat with entertainment from Don Carney.

Brimmond Church, Bucksburn, Aberdeen AB21 9SS

Tuesday 5th May, 1pm to 3pm
(Alternate Tuesdays)

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Cafe@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Health Walk

Join the Aberdeen Football Club Community Trust (AFCCT) for a social health walk where we walk for an hour and then have a cuppa.

Sir Alex Ferguson Statue, Richard Donald Stand, Pittodrie Stadium, Golf Road, Aberdeen AB24 5QH

Tuesday 5th May, 10am to 12pm

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

Come and Try Table Tennis

Whether you are 8 or 88, table tennis is a sport for all, combining exercise, competition and social interaction - come and give it a try!

First floor (no lift access) ADTTA Training Facility, Balgownie Pavilion, Home Farm Road, Bridge of Don, Aberdeen AB22 8LX

Tuesday 5th May, 2.30pm to 4.30pm
(Every Tuesday throughout May)

- Open to all ages.
- briana.robertson@btinternet.com to find out more information and confirm your attendance at any of the 4 weekly sessions.

Boogie in the Bar

Boogie in the Bar daytime disco.

The Greentrees, 183 Victoria Street, Dyce, Aberdeen AB21 7AA

Tuesday 5th May, 12pm to 2pm

- Open to 18+
- No booking required/drop in.

Drop in Session with the Asthma and Allergy Foundation (World Asthma Day)

Opportunities to discuss asthma and allergies, a chance to share stories, learn how to potentially save a life of someone suffering with both conditions.

Sports Village, Linksfield Road, Aberdeen AB24 5RU

Tuesday 5th May, 9.30am to 12pm

- Keep an eye on website <https://asthmaandallergy.org.uk/> for further events during May 2026.
- Open to all.
- No booking required/drop in.
- pam.cumming@asthmaandallergy.org.uk

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

Central Library Committee Room, Central Library, Rosemount Viaduct, Aberdeen AB25 1GW

Tuesday 5th May, 2.30pm to 4pm

- For adults/older adults.
- healthinfo@aberdeencity.gov.uk

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Tuesday 5th May, 6.30pm to 7.30pm
(Every Tuesday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Trishaw Rides

Cycling Without Age Scotland (CWAS) offer piloted rides for older adults and people with mobility issues to enjoy the outdoors for 'miles of smiles'.

Opp. Innoflate, Beach Esplanade, Aberdeen AB24 5NS

Tuesday 5th May, 10.40pm to 2.40pm

- Open to all ages.
- To book, visit <https://www.eventbrite.co.uk/e/grampian-wellbeing-festival-aberdeen-beach-tickets-1985428050746?aff=oddtcreator>

Community Food Outlet Fresh Fruit, Veg and Eggs Sale

Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 5th May, 10am to 3pm
(Every Tuesday throughout May)

- Open to all ages.
- Drop in.



Cruse Scotland - Bereaved Support

Supporting bereaved adults, children and young people, providing counselling, listening services, information, advice and training.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 5th May, 1pm to 4pm

- Open to bereaved adults, children and young people.
- Drop in.

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesdays and Thursdays.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 5th May, 10.30am to 3.30pm
(Every Tuesday throughout May)

10.30am: Know your numbers workshop
11am: BP check/cholesterol check
2pm: Habit changing workshop
2.30pm: Followed by wellbeing and lifestyle advice

- Age 18+
- Drop in.

Wednesday 6th May

MCR Young Carers Drop In Session

Drop in online to meet our young carers team and discuss our monthly young carers groups and 1:1 support available in Aberdeen.

Online event

Wednesday 6th May, 5pm to 6pm

- For 12 to 20 years old who identify as an unpaid young carer (or think they may be a young carer).
- To book email rebecca.finnie@mcrpathways.org

Four Pillars Mental Health Chat

Come along to Four Pillars and listen, chat, share and support others in our community.

Four Pillars, 33 Regent Quay, Aberdeen
AB11 5BE

Wednesday 6th May, 12pm to 6pm

- For 18+
- No booking required/drop in.

Sporting Memories

Join us for some reminiscing about past sporting events and athletes.

Aberdeenshire Cricket Club, Morningside Road, Aberdeen AB10 7FB

Wednesday 6th May, 2pm to 3.30pm

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

Seaton Lunch Club

Lunch club with ACHSCP Wellbeing Team.

Seaton Community Centre, Seaton Place East, Aberdeen, AB24 1XE

Wednesday 6th May, 12pm to 2pm

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

Women's Health Walk

Walking group with ACHSCP Wellbeing Team.

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

Wednesday 6th May, 6pm to 7pm

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

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Wednesday 6th May, 1.30pm to 4pm
(Every Wednesday throughout May)

- For adults and accompanied minors, no experience required.
- compass@cwts.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Confidence to Cook (C2C) Taster Sessions

Friendly taster cookery sessions for small groups run by our trained Food Champions, for those wishing to gain practical skills and improve their health through better nutrition.

The Confidence 2 Cook (C2C) programme aims to promote healthy eating and improve cooking skills through practical sessions.

Compass, North Point Multipurpose Building, Craigton Road, Cults AB159QD

Wednesday 6th May, 10am to 12pm
(Every Wednesday throughout May)

- Age 16+
- To book email or telephone booking@cwts.scot or 01224 678830

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

Culter Library, 189 North Deeside Road, Peterculter, Aberdeen AB14 0UJ

Wednesday 6th May, 2.30pm to 4pm

- For adults/older adults.
- healthinfo@aberdeencity.gov.uk

Befriend a Child Open Doors Day

Join us for a friendly, relaxed drop-in with the Befriend a Child team to chat about referring a child, volunteering or fundraising and find out how you can help make a real difference for local children.

9 Bon Accord Square, Aberdeen AB11 6DJ

Wednesday 6th May, 11am to 2pm

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

Chair Based Yoga

A session where you will practise movement, breathing exercises and relaxation, suitable for all abilities.

Dementia Resource Centre (Alzheimer Scotland), 13-19 King Street, Aberdeen AB24 5AA

Wednesday 6th May, 10.30am to 12pm (Refreshments first)

- For adults.
- To book email or telephone aberdeencityservices@alzscot.org 01224 644077.

Silver City Surfers

Providing free tutoring and support on all forms of modern technology, through mentoring and one-to-one support sessions provided by experienced volunteers.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 6th May, 2pm to 4pm (Every Wednesday throughout May)

- Drop in.

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

Wednesday 6th May, 9.30 to 10.30am (Every Wednesday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Penumbra's Workshop on Wellbeing

A wellbeing workshop that provides practical tools and strategies to help individuals improve their mental, emotional, and physical wellbeing in a supportive group setting.

The McKenzie Building, 168 Skene Street, Aberdeen AB10 1PE

Wednesday 6th May, 1pm to 3pm (Every Wednesday throughout May)

- 18 years and over.
- penumbra365@penumbra.org.uk
- 01224 074550

Soaring Seniors

Completely free, we welcome seniors along for some fun activities and the opportunity to make new friends - be uplifted as we sing, dance and laugh together!

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

Wednesday 6th May, 11am to 1pm (Every Wednesday throughout May)

- For seniors.
- victoria.bruce@kingschurchaberdeen.com

The Coffee Bar in Torry

Swing by for some homemade food in a vibrant and friendly space where you will be warmly welcomed by our lovely team.

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

Wednesday 6th May to Friday 8th May 10am to 2pm (Every Wednesday to Friday)

- All ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

The 5 Ways to Wellbeing - Creative Zine and Collage Session

Explore the 5 Ways to Wellbeing through relaxed, creative collage and zine-making in a supportive space.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 6th May, 2pm to 4pm

- Age 18+
- No booking required/drop in.

Reiki Infused Gong Sound Bath

Benefits may include but not limited to: A better quality of sleep, reduction in levels of stress, depression, and anxiety, lowered blood pressure, reduction in physical aches and pains, Increase in intuition and clarity.

Rosemount Centre for Complementary Therapies, 1c Mount Street, Aberdeen AB25 2RA

Wednesday 6th May, 7pm to 8pm (Every Wednesday throughout May)

- For adults 18+
- Not suitable if you are: under the influence of alcohol or recreational drugs, have metal implants for less than a year, in first three months of pregnancy, suffer from psychosis or schizophrenia, have severe osteoporosis, or Meniere's disease.
- Caution is advised if you are: pregnant, epileptic, have tinnitus, or a pacemaker.
- To book call Morag - 07719 802221.

Forget Me Not Club

Offering dementia support across Aberdeen City and Shire. Carefully planned and deliver a structured, but flexible, person centred timetable of activity sessions for people living with dementia.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 6th May, 2pm to 4pm

- For people living with or supporting someone with dementia.
- Drop in.

Scottish Fire and Rescue Service

Committed to ensuring the safety and wellbeing of the people of Scotland.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 6th May, 9.30am to 12.30pm

- Drop in.

Spice – Social Prescribing for Improving Communities Eating Practices

Share information about social prescribing and disseminate practical healthy eating resources, including our Brief Healthy Eating Intervention co-developed with Link Practitioners (designed to be flexible for use by health, social care and community professions) and our Cook Health, Eat Well (CHEW) toolkit.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 6th May, 1pm to 4pm

- Drop in.



Find out what is happening at the Rosemount Learning Centre



Find out what is happening at the Rosemount Learning Centre

Belgrave Terrace, Aberdeen AB25 2NS

HipHopacise

Dance yourself fit no matter what your age.

Sunday 10th May, 2pm to 2.30pm

- Over 30s.
- Drop in.
- thainfo@aol.com

Chair Yoga

Come and have a good stretch and workout while seated.

Monday 11th May, 2pm to 3pm

- All ages, but particularly suitable for those with balance or mobility issues.
- rosemountcca@gmail.com

Introduction to Tai Chi

Tai chi is a gentle Chinese martial art suitable for all ages. The practice develops awareness, coordination and flexibility. It relaxes and strengthens the body and calms the mind.

Monday 11th May, 6.30pm to 7.30pm

- rosemountcca@gmail.com

Mental Health Networking Breakfast

Network with other professionals working with adults with poor mental health. Tea/coffee/croissants provided.

Tuesday 12th May, 8.30am to 9.30am

- Mental Health Professionals in the Statutory and Voluntary Sector.
- Drop in.
- healthyminds@aberdeencity.gov.uk

Art Group

Come and try out our Tuesday art class to unleash your creativity. Enjoy a free session and sign up for the rest of the block.

Tuesday 12th May, 10am to 1pm

- Adults of all ages.
- rosemountcca@gmail.com

Stroll for the Mind

One hour easy walk with tea or coffee before.

Wednesday 13th May, 12.30pm to 2pm

- Anyone is welcome.
- Drop in.
- Trevor.wilkinson5@gmail.com

Plant and Grow

Come and get your hands dirty with us and go home with a plant to care for.

Wednesday 13th May, 2pm to 4pm

Sunday 17th May, 2pm to 4pm

- All ages.
- Drop in.
- rosemountcca@gmail.com

Knit and Natter

Bring your own project and have a knit and a cuppa, beginners also welcome no need to bring anything we can get you started.

Wednesday 13th May, 10am to 12pm

- For adults.
- rosemountcca@gmail.com

Find out what is happening at the Rosemount Learning Centre

Belgrave Terrace, Aberdeen AB25 2NS

Open Evening and Social Event

Social evening to learn about Men's Shed and meet members.

Wednesday 13th May, 6.30pm to 8.30pm

- For adult men.
- No booking required/drop in.
- chair@ramms.org.uk

Adult Learning Taster Sessions

Literacy taster session.

Thursday 14th May, 10am to 10.45am

- For adults.
- To book please email adultlearning@aberdeencity.gov.uk
- Drop ins can be catered for only if there is space in the room.

Adult Learning Taster Sessions

Numeracy Escape Room Breakout.

Thursday 14th May, 11am to 11.45am

- For adults.
- To book please email adultlearning@aberdeencity.gov.uk
- Drop ins can be catered for only if there is space in the room.

Adult Learning Taster Sessions

ICT - Learn how to use your devices - people should come with their phone or tablet.

Thursday 14th May, 12pm to 1pm

- For adults.
- To book please email adultlearning@aberdeencity.gov.uk
- Drop ins can be catered for only if there is space in the room.

Adult Learning Taster Sessions

English for Speakers of Other Languages (ESOL) Taster.

Thursday 14th May, 1.30pm to 2.15pm

- For adults.
- To book please email adultlearning@aberdeencity.gov.uk
- Drop ins can be catered for only if there is space in the room.

Adult Learning Taster Sessions

English for Speakers of Other Languages (ESOL) Family Session

Thursday 14th May, 2.30pm to 3.15pm

- For adults and children.
- To book please email adultlearning@aberdeencity.gov.uk
- Drop ins can be catered for only if there is space in the room.

Introduction to using a sewing machine

Quick sewing project using a sewing machine.

Thursday 14th May, 2pm to 4pm

- Adults of all ages.
- rosemountcca@gmail.com

Hand Stitching for Calm

Come and find some calm and chat start a slow stitch hand sewing project to take home with you to finish off.

Thursday 14th May, 6pm to 8pm

- Adults of all ages.
- rosemountcca@gmail.com

Karate Class

Karate taster session.

Saturday 16th May, 10.30am to 12pm

- For 6 years and above (no upper age limit, we have students at 60years old).
- To book, contact 07703,161969.

Contemporary Dance

Let your body flow with the music - introduction to Contemporary Dance. Come for Contemporary and stay for the other classes.

Sunday 17th May, 2pm to 2.20pm

- For adults.
- Drop in.
- rosemountcca@gmail.com

Introduction to Power Fit Exercise Class

Using your body in fun ways to build power, strength, and flexibility. Come for power fit and stay for stretch it out.

Sunday 17th May, 2.20pm to 2.40pm

- For adults of all ages.
- Drop in.
- rosemountcca@gmail.com

Stretch and Release

Come for an introduction to Stretching out for fitness and health.

Sunday 17th May, 2.40pm to 3pm

- For adults of all ages.
- Drop in.
- rosemountcca@gmail.com





Thursday 7th May

Chair Based Exercise

A gentle, low-impact workout using a chair to improve strength, mobility, and balance.

Sky Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Thursday 7th May, 9am to 9.50am
(Every Thursday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Retro Fun Aerobics

A fun, high-energy workout inspired by classic aerobics to boost fitness and lift your mood.

Indoor Track - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Thursday 7th May, 11am to 11.50am
(Every Thursday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Thursday 7th May, 5pm to 5.45pm

- 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Peer Support Meeting

Peer support for bereaved family members.
CLAN House, 120 Westburn Road, Aberdeen
Clan House, AB25 2QA

Thursday 7th May, 8pm to 10pm

- Age 16+
- Bereaved family members.
- No booking required/drop in.
- fiona.donald@sandsvolunteer.org.uk

Four Pillars - 4 Inclusion

LGBT+ Games evening, open to all abilities.

Four Pillars, 33 Regent Quay, Aberdeen
AB11 5BE

Thursday 7th May, 6pm to 8pm

- Over 18s.
- No booking required/drop in.

Lunchbreak Concert: Andrew Neill

Baritone Andrew Neill presents a journey through love, longing, and adventure.

Aberdeen Art Gallery, Schoolhill, Aberdeen
AB10 1FQ

Thursday 7th May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- info@aagm.co.uk

Pittodrie Community Hub

The community hub offers a warm space, with access to local organisations, hot food and other refreshments.

Richard Donald Stand, Pittodrie Stadium,
Golf Road, Aberdeen AB24 5QH

**Thursday 7th May, 12.30pm to 3.30pm
(Every Thursday throughout May)**

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

Soup and Sandwich Club

Lunch club with ACHSCP Wellbeing Team.
Cornhill Community Centre, Beechwood
Road, Aberdeen AB16 5BL

Thursday 7th May, 11am to 1pm

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

Boogie in the Bar

Boogie in the Bar daytime disco.

Nigg Bay Golf Club, St Fitticks Road, Torry,
Aberdeen AB11 9QT

Thursday 7th May, 11.30am to 1.30pm

- Open to 18+
- No booking required/drop in.

Stand Up To Falls

Falls prevention awareness - Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 7th May, 9.30am to 12pm

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

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

**Thursday 7th May, 9.30am to 12pm
(Every Thursday throughout May)**

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

SAMH Introduction to Suicide Prevention

Session for anyone looking to stay informed about how to keep people safe.

Online event

Thursday 7th May, 10am to 11.30am

- Open to all 16+
- Book at <https://www.eventbrite.co.uk/e/1983783820810>
- northeast-suicideprevention@samh.org.uk

Healthy Bread Making

Make fresh homemade bread.

Aberdeen Foyer, Marywell Street, Aberdeen
AB11 6JF

**Thursday 7th May, 10am to 2.30pm
(Every Thursday throughout May)**

- Age 16 - 67.
- To book email emma.reid@aberdeenfoyer.com

Women's Led Ride

Free led ride along the beach - we can provide bikes, helmets, and teas, coffees and cakes!

Aberdeen Cycle Hub @ Seaton, School Road, Aberdeen AB24 1XL

Thursday 7th May, 10am to 11:30am
(Every Thursday, will also continue outwith May)

- Focus on getting women on bikes, open to all, no experience needed.
- To book visit <https://www.eventbrite.co.uk/e/womens-wellbeing-cycle-tickets-1981742833161?aff=oddtcreator>

You Can't Pour From an Empty Cup

Caring for someone you love can take everything out of you. Your own wellbeing is not a luxury. It's the foundation that allows you to keep caring with strength, compassion and stability.

This session will show you practical ways to take care of your own emotional health and wellbeing.

Online event

Thursday 7th May, 11am to 12pm

- Open to all adult carers.
- To book email elainemottram@btinternet.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, Fonthill Road, Aberdeen AB11 6UD

Thursday 7th May, 6.15pm to 7.15pm
(Every Thursday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Friends of ANCHOR Patient Choir

Join our patient choir to find your voice, have fun and boost your confidence.

Get Active @Westburn Park, Westburn Road, Aberdeen AB25 3DE

Thursday 7th May, 6pm to 7.15pm

- Runs in 10 week blocks throughout the year.
- Open to all ages - Oncology and Haematology patients.
- To book please email wellbeing@friendsofanchor.org

King's Way Centre Drop In

Those in need of some company are welcomed into our space for some complimentary tea and toast and a chat with our caring team.

King's Way Centre, King's Way, Bridge of Don, Aberdeen AB23 8BL

Thursday 7th May, 12pm to 2pm
(Every Thursday throughout May)

- All ages.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Health MOT

Prioritise your health and wellbeing - 60 minutes is all it takes! Find out if there are any changes you can make to reduce your health risks and get advice on how you can improve your overall wellbeing.

Greyhope Community Campus

Thursday 7th May, 11am to 2.30pm

- Open to adults aged 50+
- Book online via: www.sportaberdeen.co.uk/mot
- Or contact: 01225 507701 or activelifestyles@sportaberdeen.co.uk

Asthma and Allergy Foundation Advice and Support

Advice and support to people with asthma to support people to live healthy, active and full lives.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 7th May, 10am to 12.30pm
(Every Thursday throughout May)

- For people living with asthma.
- Drop in.

Bon Accord Care - Telecare

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare and digital support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 7th May, 2pm to 4pm
(Every Thursday throughout May)

- Age 18+
- Drop in.

Pathways Employment Keyworker

Pathways offers one-to-one support to help people find the job they want including job search, building your confidence, giving you the skills you need to get the job you want.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 7th May, 10am to 11.30pm
(Every Thursday throughout May)

- For people looking for a job.
- Drop in.

Pain Champion Support

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
Access trusted chronic pain videos and trusted information.
- Learn gentle coping strategies.
- Be signposted to local support.
- Take away helpful resources

We have a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 7th May, 10am to 4pm
(Every Thursday throughout May)

- For people living with chronic pain.
- Drop in.

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





Friday 8th May

Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

**Friday 8th May,
9am to 9.50am and 10am to 10.50am
(Every Friday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Les Mills Dance

A lively, engaging dance class that combines movement, rhythm, and fitness for all levels.

Sports Hall - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Friday 8th May, 10am to 10.50am
(Every Friday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Garden Maintenance

General tidy up of the memorial garden.

Forget Me Not Garden, Aberdeen Crematorium, Skene Road Aberdeen AB15 8PT

Friday 8th May, 10.30am to 12.30pm

- No booking required/drop in.
- fiona.donald@sandsvolunteer.org.uk

Four Pillars - Give and Take (Food)

Bring unwanted food items, such as cans, fruit and veg, and take what you need "swap" completely FREE.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Friday 8th May, 11am to 4pm

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

Looking After your Wellbeing

Focusing on self care.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Friday 8th May, 10am to 12pm

- Age 16 to 67.
- emma.reid@aberdeenfoyer.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Friday 8th May, 9.30 to 10.30am
(Every Friday throughout May)**

- Age 16 +
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Parkinsons Circuit Based Exercise Class

Parkinsons circuit based exercise class.

Studio 1, RGU Sport, Garthdee Road, Aberdeen AB10 7GE

Friday 8th May, 11am to 12pm

- All ages.
- ExerciseClassSH@rgu.ac.uk

Pulmonary Rehab Classes

Pulmonary rehab classes.

RGU Ishbel Gordon Building, Garthdee Road, Aberdeen AB10 7QE

Friday 8th May, 10.15am to 11.15am

- All ages.
- ExerciseClassSH@rgu.ac.uk

Aberdeen Quarriers Carers Drop-In

Group is aimed to bring unpaid carers together for company and a chat. Peer Support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Friday 8th May, 11am to 12pm
(Every Friday throughout May)**

- For unpaid Carers.
- Drop in.

Saturday 9th May

Artroom with Grampian Hospitals Art Trust

Explore art in a relaxed setting supported by professional artists.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

**Saturday 9th May, 10.30am to 12.30pm
(Every Saturday throughout May)**

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

Natural Healing Aberdeen

Discover what EFT can do for you and your family's overall health and wellbeing. Learn how to use it to help reduce stress instantly, promote general relaxation and encourage positive mental health. You will have immediate access to this quick, easy, gentle and very effective self-help regulating tool at the end of your own fingertips that can be positively life changing.

Natural Healing Aberdeen, 26 Northfield Place, Rosemount, Aberdeen AB25 1SD

**Saturday 9th May, 10am to 12pm
(Every Saturday throughout May)**

- All ages welcome (under 16 must be accompanied by an adult).
- Book a place at <https://www.eventbrite.co.uk/e/an-introduction-to-eft-what-it-can-do-for-you-your-family-tickets-1983721236619?aff=oddtcreator>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

**Saturday 9th May, 9.30am to 10.30am
(Every Saturday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Dance4health Event

Afrobeat spiced with zumba.

Unit 2A, first floor, Altec Centre, Minto Drive, Aberdeen AB12 3LW

**Saturday 9th May, 11.15am to 12.15pm
(Every Saturday throughout May)**

- Age 18+
- afristyledanceclub@gmail.com

Interfaith Mindfulness Day: Action for a better world

Mindful walk, Traditional food, Sharing, Reflection and activities.

Varapunya Meditation Centre, Easter Mains Cottage, Aberdeen AB15 8RB

Saturday 9th May, 10am to 3pm

- Open to all ages.
- No booking required/drop in.
- www.aberdeeninterfaithgroup.co.uk

Sunday 10th May

HipHopacise

Dance yourself fit no matter what your age.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Sunday 10th May, 2pm to 2.30pm

- Over 30s.
- Drop in.
- thainfo@aol.com

Monday 11th May

Knit and Natter

A social session where you can bring your crafts and have a bleather.

Aberdeen City Vaccination Centre and Wellbeing hub, Bon Accord Centre

**Monday 11th May, 2pm to 4pm
(Every Monday throughout May)**

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

Stay Well Stay Connected Radio Show

Radio Show

Monday 11th May, 1pm to 2pm

Online event - SHMU Radio

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

Scottish Country Dancing for Beginners

Scottish Country Dancing Getting started. Fountainhall at the Stocket, Harcourt Road, Aberdeen AB15 5NZ

**Monday 11th May, 8pm to 9.45pm
(Every Monday throughout May)**

- Age 16+
- aberdeenscds@hotmail.co.uk

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Monday 11th May, 9.30 to 10.30am
(Every Monday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>



Tune in to **shmuFM**
for regular updates
about the Grampian
Wellbeing Festival



(99.8FM)



Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, 539A Holburn Street, Aberdeen AB10 7LH

**Monday 11th May, 6.30pm to 7.30pm
(Every Monday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Additional Support Needs Table Tennis Social Sessions

Table Tennis sessions targeted to reduce barriers for ASN participants with any disabilities of all ages. Sessions are free to attend, equipment provided and no need to register. There will be coaching tips offered and opportunity for competitive progression, courtesy of ADTTA.

Get Active@ Westburn, Westburn Park, Westburn Road, Aberdeen AB25 3DE

**Monday 11th May, 6pm to 7.30pm
(Every Monday throughout May)**

- ASN participants of all ages and all disabilities.
- No booking required/drop in.
- briana.robertson@btinternet.com

Chair Yoga

Come and have a good stretch and workout while seated.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Monday 11th May, 2pm to 3pm

- All ages but particularly suitable for those with balance or mobility issues.
- Email to book rosemountcca@gmail.com

Introduction to Tai Chi

Tai chi is a gentle Chinese martial art suitable for all ages. The practice develops awareness, coordination and flexibility. It relaxes and strengthens the body and calms the mind.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2N

Monday 11th May, 6.30pm to 7.30pm

- For all ages.
- rosemountcca@gmail.com

Scarf

Advice on home energy savings and grants available to support with the cost of living.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Monday 11th May, 10am to 12pm

- Age 18+
- Drop in.

Tuesday 12th May

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

**Tuesday 12th May, 5pm to 5.45pm
(Every Tuesday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Teen Weightlifting

A safe, guided strength-training session designed to build confidence, fitness, and healthy habits for teens.

Performance Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Tuesday 12th May, 4.15pm to 5pm
(Every Tuesday throughout May)**

- For 12 - 15yr olds.
- lisa.vass@aberdeensportsvillage.com

Stress to Success

A transformational workshop designed to empower you to shift your mindset, create a worklife balance that truly works for you, master powerful stress management strategies, and set achievable goals that move you confidently toward a successful life.

Online event

Tuesday 12th May, 7.30pm to 9pm

- Age 16+
- To book visit <https://happyliueya.myflodesk.com/s2smasterclass>

Four Pillars - LGBT+ Drop-In Sessions

Chat, connect and share.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 12th May to Saturday 16th May, 12pm to 6pm

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

Four Pillars - Family Support

Support for parents of LGBT+ children. Get advice, information and support whilst connecting with other parents.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 12th May, 5pm to 8pm

- Age 18+
- No booking required/drop in.

Living Well Café

Reminiscing, cuppa and chat with entertainment from Raymond Mack.

Oldmachar Church, Ashwood Park, Aberdeen AB22 8PR

**Tuesday 12th May, 1pm to 3pm
(Alternate Tuesdays)**

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Cafe@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Come and Try Table Tennis

Whether you are 8 or 88, table tennis is a sport for all, combining exercise, competition and social interaction - come and give it a try!

First floor (no lift access) ADTTA Training Facility, Balgownie Pavilion, Home Farm Road, Bridge of Don, Aberdeen AB22 8LX

**Tuesday 12th May, 2.30pm to 4.30pm
(Every Tuesday throughout May)**

- Open to all ages.
- briana.robertson@btinternet.com to find out more information and confirm your attendance at any of the 4 weekly sessions.

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

Mastrick Library, Greenfern Road, Aberdeen AB16 6TR

Tuesday 12th May, 2.30pm to 4pm

- For adults/older adults.
- healthinfo@aberdeencity.gov.uk

Street Art Walk

Discovering Aberdeen Street Art.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Tuesday 12th May, 1pm to 3pm

- Age 16 - 67.
- emma.reid@aberdeenfoyer.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

**Tuesday 12th May, 6.30pm to 7.30pm
(Every Tuesday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Outdoor Seated Exercise

This fun and sociable session will offer low impact exercises based on and around park benches. Designed to improve strength, balance and agility this is ideal for anyone seeking a gentle workout whilst enjoying the perks of being in the park.

Seaton Park, Don Street, Aberdeen AB24 1XS

Meeting point: The flower bed area on Cathedral Walk.

Tuesday 12th May, 10am to 12pm

- Adults of all ages.
- No booking required/drop in.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Mental Health Networking Breakfast

Network with other professionals working with adults with poor mental health. Tea/Coffee/Croissants provided.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Tuesday 12th May, 8.30am to 9.30am

- For Mental Health Professionals in the Statutory and Voluntary Sector.
- Drop in.
- healthyminds@aberdeencity.gov.uk

Art Group

Come and try out our Tuesday art class to unleash your creativity. Enjoy a free session and sign up for the rest of the block.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Tuesday 12th May, 10am to 1pm

- For adults of all ages.
- rosemountcca@gmail.com

Rosemount and Midstocket Men's Shed Open Session

Drop in and Learn about the Men's Shed.

Bonnymuir Green Community Trust, The Old Bowling Green, Off Bonnymuir Place, Aberdeen AB15 5NQ

Tuesday 12th May, 1.30pm to 4pm

- For adult Men.
- No booking required/drop in.
- chair@ramms.org.uk

Community Food Outlet Fresh Fruit, Veg and Eggs Sale

Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Tuesday 12th May, 10am to 3pm
(Every Tuesday throughout May)**

- Open to all ages.
- Drop in.

Scottish Fire and Rescue Service

Committed to ensuring the safety and wellbeing of the people of Scotland.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 12th May, 1pm to 4pm

- Drop in.

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesdays and Thursdays.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Tuesday 12th May, 10.30am to 3.30pm
(Every Tuesday throughout May)**

10.30am: Know your numbers workshop
11am: BP check/cholesterol check
2pm: Habit changing workshop
2.30pm: Followed by wellbeing and lifestyle advice

- Age 18+

Stroke Support

Providing lifelong support for all stroke survivors and their families. Support includes one-to-one and group support, vital scientific research into stroke prevention, acute treatment and recovery and campaigning to secure the best care for all those affected by stroke.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 12th May, 9.30am to 12pm

- For stroke survivors and their families
- Drop in.

Wednesday 13th May

Boogie in the Bar

Boogie in the Bar daytime disco.
Dee Swimming Club, 50 Gerrard Street,
Aberdeen AB25 1HA

Wednesday 13th May, 11.30am to 1.30pm

- Open to 18+
- No booking required/drop in.

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

**Wednesday 13th May, 1.30pm to 4pm
(Every Wednesday throughout May)**

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Confidence to Cook (C2C) Taster Sessions

Friendly taster cookery sessions for small groups run by our trained Food Champions, for those wishing to gain practical skills and improve their health through better nutrition.

The Confidence 2 Cook (C2C) programme aims to promote healthy eating and improve cooking skills through practical sessions.

Compass, North Point Multipurpose Building, Craigton Road, Cults AB159QD

**Wednesday 13th May, 10am to 12pm
(Every Wednesday throughout May)**

- Age 16+
- To book email or telephone
booking@cwt.scot or 01224 678830

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Wednesday 13th May, 9.30 to 10.30am
(Every Wednesday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Penumbra's Workshop on Wellbeing

A wellbeing workshop that provides practical tools and strategies to help individuals improve their mental, emotional, and physical wellbeing in a supportive group setting.

The McKenzie Building, 168 Skene Street, Aberdeen AB10 1PE

**Wednesday 13th May, 1pm to 3pm
(Every Wednesday throughout May)**

- 18 years and over.
- penumbra365@penumbra.org.uk
- 01224 074550

Soaring Seniors

Completely free, we welcome seniors along for some fun activities and the opportunity to make new friends - be uplifted as we sing, dance and laugh together!

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

**Wednesday 13th May, 11am to 1pm
(Every Wednesday throughout May)**

- For seniors.
- victoria.bruce@kingschurchaberdeen.com

The Coffee Bar in Torry

Swing by for some homemade food in a vibrant and friendly space where you will be warmly welcomed by our lovely team.

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

**Wednesday 13th May to Friday 15th May
10am to 2pm (Every Wednesday to Friday)**

- For all ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Wellbeing Through Podcasting Workshop

Discover how storytelling and podcasting can be powerful tools for connection, expression and mental wellbeing.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 13th May, 2pm to 4pm

- Age18+
- No booking required/drop in.

Social Walk

A social walk around the River Don to the Diamond Bridge and back. The walk will be at a pace to ensure no one is left behind.

Seaton Park Car Park, entry via Don Street, Aberdeen AB24 1XS

Wednesday 13th May, 10.30am to 12pm

- For adults of all ages.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Reiki Infused Gong Sound Bath

Benefits may include but not limited to: A better quality of sleep, reduction in levels of stress, depression, and anxiety, lowered blood pressure, reduction in physical aches and pains, Increase in intuition and clarity.

Rosemount Centre for Complementary Therapies, 1c Mount Street, Aberdeen AB25 2RA

**Wednesday 13th May, 7pm to 8pm
(Every Wednesday throughout May)**

- For adults 18+
- Not suitable if you are: under the influence of alcohol or recreational drugs, have metal implants for less than a year, in first three months of pregnancy, suffer from psychosis or schizophrenia, have severe osteoporosis, or Meniere's disease.
- Caution is advised if you are: pregnant, epileptic, have tinnitus, or a pacemaker.
- To book call Morag - 07719 802221.

Stroll for the Mind

One hour easy walk with tea or coffee before.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Wednesday 13th May, 12.30pm to 2pm

- Anyone is welcome.
- Drop in.
- Trevor.wilkinson5@gmail.com



Plant and Grow

Come and get your hands dirty with us and go home with a plant to care for.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Wednesday 13th May, 2pm to 4pm

- For all ages.
- Drop in.
- rosemountcca@gmail.com

Knit and Natter

Bring your own project and have a knit and a cuppa, beginners also welcome no need to bring anything we can get you started.

M3 Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Wednesday 13th May, 10am to 12pm

- For adults.
- rosemountcca@gmail.com

Rosemount and Midsocket Men's Shed Open evening and Social event

Social evening to learn about Men's Shed and meet members.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Wednesday 13th May, 6.30pm to 8.30pm

- For adult men.
- No booking required/drop in.
- chair@ramms.org.uk

Foot Health

Aberdeen City Podiatry services will be attending to promote advice and guidance around self-management of foot health.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 13th May, 10am to 3.30pm

- Age 18+
- Drop in.

Silver City Surfers

Providing free tutoring and support on all forms of modern technology, through mentoring and one-to-one support sessions provided by experienced volunteers.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 13th May, 2pm to 4pm (Every Wednesday throughout May)

- Drop in.

Thursday 14th May

Chair Based Exercise

A gentle, low-impact workout using a chair to improve strength, mobility, and balance.

Sky Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 14th May, 9am to 9.50am (Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Retro Fun Aerobics

A fun, high-energy workout inspired by classic aerobics to boost fitness and lift your mood.

Indoor Track - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 14th May, 11am to 11.50am (Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Thursday 14th May, 5pm to 5.45pm

- 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Lunchbreak Concert: North East of Scotland Music School

A programme of music celebrating 50 years of NESMS.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 14th May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- info@aagm.co.uk

Living Well Café

Reminiscing, cuppa and chat with entertainment from Boogie Bingo.

Aberdeen Hillside Church, Hilton Drive, Aberdeen AB24 4NQ

Thursday 14th May, 1pm to 3pm (Alternate Thursdays)

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Café@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Football Memories

Join us for some reminiscing about past football games and players.

Sir Alex Ferguson Lounge, Main Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen AB24 5QH

Thursday 14th May, 2pm to 3.30pm

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

Pittodrie Community Hub

The community hub offers a warm space, with access to local organisations, hot food and other refreshments.

Richard Donald Stand, Pittodrie Stadium, Golf Road, Aberdeen AB24 5QH

Thursday 14th May, 12.30pm to 3.30pm
(Every Thursday throughout May)

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

Stand Up To Falls

Falls prevention awareness - Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 14th May, 9.30am to 12pm

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

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Thursday 14th May, 9.30am to 12pm
(Every Thursday throughout May)

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Healthy Bread Making

Make fresh homemade bread.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Thursday 14th May, 10am to 2.30pm
(Every Thursday throughout May)

- Age 16 - 67.
- To book email emma.reid@aberdeenfoyer.com

Women's Led Ride

Free led ride along the beach - we can provide bikes, helmets, and teas, coffees and cakes!

Aberdeen Cycle Hub @ Seaton, School Road, Aberdeen AB24 1XL

Thursday 14th May, 10am to 11:30am
(Every Thursday, will also continue outwith May)

- Focus on getting women on bikes, open to all, no experience needed.
- To book visit <https://www.eventbrite.co.uk/e/womens-wellbeing-cycle-tickets-1981742833161?aff=oddtcreator>

Befriend a Child Open Doors Day

Join us for a friendly, relaxed drop-in with the Befriend a Child team to chat about referring a child, volunteering or fundraising and find out how you can help make a real difference for local children.

9 Bon Accord Square, Aberdeen AB11 6DJ

Thursday 14th May, 11am to 2pm

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

Welcome to the Centre

You will be warmly welcomed by our team and have the opportunity to find out about the information, support and services provided by Alzheimer Scotland.

Dementia Resource Centre (Alzheimer Scotland), 13-19 King Street, Aberdeen AB24 5AA

Thursday 14th May, 10am to 3pm

- For all ages.
- No booking required/drop in.

Rosemount and Midsocket Men's Shed Open Session

Drop in and Learn about the Men's Shed. Bonnymuir Green Community Trust, The Old Bowling Green, Off Bonnymuir Place, Aberdeen AB15 5NQ

Thursday 14th May, 10am to 12.30pm

- For adult men.
- No booking required/drop in.
- chair@ramms.org.uk

Guided Relaxation Meditation

35 minutes of stress relieving guided meditation by Wellness, Health and Life Coach Deidre.

Online event

Thursday 14th May, 1pm to 1.35pm

- Open to all ages.
- Deidre Christenson-Main is inviting you to a scheduled Zoom meeting.
- Join Zoom Meeting
- <https://us05web.zoom.us/j/87315520576?pwd=egYngYpdW0lxTfdZv4t6KVSD6yd7T0.1>
- Meeting ID: 873 1552 057

You Can't Pour From an Empty Cup

Caring for someone you love can take everything out of you. Your own wellbeing is not a luxury. It's the foundation that allows you to keep caring with strength, compassion and stability.

This session will show you practical ways to take care of your own emotional health and wellbeing.

Online event

Thursday 14th May, 11am to 12pm

- Open to all adult carers.
- To book email elainemottram@btinternet.com

Mental Health in the Community - Find the Right Support for You!

An informal, drop-in event with stalls from local Mental Health and Wellbeing services available in the City; find out what support is accessible and suitable for you. Stovies will be provided by Foodies.

Tillydrone Community Campus, 52 Hayton Road, Aberdeen AB24 2UY

Thursday 14th May, 5pm to 7pm

- Age 16+
- No booking required/drop in.
- SuThomson@aberdeencity.gov.uk
- GrDonald@aberdeencity.gov.uk

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, Fonthill Road, Aberdeen AB11 6UD

Thursday 14th May, 6.15pm to 7.15pm
(Every Thursday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

King's Way Centre Drop In

Those in need of some company are welcomed into our space for some complimentary tea and toast and a chat with our caring team.

King's Way Centre, King's Way, Bridge of Don, Aberdeen AB23 8BL

Thursday 14th May, 12pm to 2pm
(Every Thursday throughout May)

- All ages.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Mindfulness for Beginners

Learn simple techniques to weave mindfulness into your everyday life, to de-stress, unwind and relax. If you are curious about mindfulness and would like to give it a go, this session is for you. Lisa Sturgess, MEd, teaches the Mindfulness Now Programme as a Mindfulness Meditation Teacher. Lisa is an Advanced Inquiry Skills and Trauma Informed Practitioner with a passion for enhancing wellbeing.

Online event

Thursday 14th May, 7.30pm to 8.30pm

- For adults.
- To book contact Info@MindfulnessFlow.co.uk or 07721 656412.

Full Body Walking, an Introduction

An introduction to walking with poles which offers a workout for the whole body whilst enjoying the outdoors.

Get Active@ Westburn. Westburn Park, Westburn Road, Aberdeen AB25 3DE

Thursday 14th May, 11am to 12pm

- For adults of all ages.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Adult Learning Taster Sessions

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Thursday 14th May

Literacy Taster Session

- 10am to 10.45am

Numeracy Escape Room Breakout

- 11am to 11.45am

ICT - Learn how to use your devices (people should come with their phone or tablet)

- 12pm to 1pm

English for Speakers of Other Languages (ESOL) Taster

- 1.30pm to 2.15pm

English for Speakers of Other Languages (ESOL) Family Session

- 2.30pm to 3.15pm

- For adults.
- Please email adultlearning@aberdeencity.gov.uk
Drop ins can be catered for only if there is space in the room.

Introduction to using a sewing machine

Quick sewing project using a sewing machine.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Thursday 14th May, 2pm to 4pm

- For adults of all ages.
- rosemountcca@gmail.com

Hand Stitching for Calm

Come and find some calm and chat start a slow stitch hand sewing project to take home with you to finish off.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Thursday 14th May, 6pm to 8pm

- For adults of all ages.
- rosemountcca@gmail.com

Asthma and Allergy Foundation Advice and Support

Advice and support to people with asthma to support people to live healthy, active and full lives.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 14th May, 10am to 12.30pm (Every Thursday throughout May)

- For people living with asthma.
- Drop in.

Bon Accord Care - Telecare

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare and digital support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 14th May, 2pm to 4pm (Every Thursday throughout May)

- Age 18+
- Drop in.

Pathways Employment Keyworker

Pathways offers one-to-one support to help people find the job they want including job search, building your confidence, giving you the skills you need to get the job you want.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 14th May, 10am to 11.30pm (Every Thursday throughout May)

- For people looking for a job.
- Drop in.

Health Defence Team

The health defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesday and Thursdays.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

- 10.30am: Habit changing workshop.
- 11am: Followed by wellbeing and lifestyle advice.
- 2pm: Know your numbers workshop.
- 2.30pm: Followed by BP check/ cholesterol check.

Thursday 14th May, 10.30am to 3.30pm (Every Thursday throughout May)

- Age 18+
- Drop in.

Pain Champion Support

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
Access trusted chronic pain videos and trusted information.
- Learn gentle coping strategies.
- Be signposted to local support.
- Take away helpful resources

We have a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 14th May, 10am to 4pm (Every Thursday throughout May)

- For people living with chronic pain.
- Drop in.





Friday 15th May

Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

**Friday 15th May,
9am to 9.50am and 10am to 10.50am
(Every Friday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Les Mills Dance

A lively, engaging dance class that combines movement, rhythm, and fitness for all levels.

Sports Hall - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Friday 15th May, 10am to 10.50am
(Every Friday throughout May)**

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Four Pillars - Swap Shop

Bring unwanted items, such as clothes, brick-a-brac and crafts, and take what you need "swap" completely FREE.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Friday 15th May, 12pm to 6pm

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

Musical Memories

A friendly singing group for people with dementia, their partners, families and friends.

Aberdeen Art Gallery, Schoolhill, Aberdeen, AB10 1FQ

**Friday 15th May, 1.30pm to 3pm
(Every 2nd Friday)**

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

Meet and Make: Paper Flowers

Celebrate creativity and colour by crafting beautiful blooms from paper.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Friday 15th May, 11am to 12.30pm

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

Viking Hiking

One hour of walking with poles which includes warm up/down exercises.

Registration 9.45am.

Meet at Bruce/History Cairns, Hazlehead Park, Hazlehead Ave, Aberdeen AB15 8BE

Friday 15th May, 9.45am to 11am

- For adults.
- No booking required/drop in.
- For info about Friskis Aberdeen: <https://www.friskis.com/en/aberdeen>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Friday 15th May, 9.30 to 10.30am
(Every Friday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Aberdeen Quarriers Carers Drop-In

Group is aimed to bring unpaid carers together for company and a chat. Peer Support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Friday 15th May, 11am to 12pm
(Every Friday throughout May)**

- For unpaid Carers.
- Drop in.

Looking After Your Wellbeing

Focusing on self care.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Friday 15th May, 10am to 12pm

- Age 16 - 67.
- emma.reid@aberdeenfoyer.com

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



Saturday 16th May

Artroom with Grampian Hospitals Art Trust

Explore art in a relaxed setting supported by professional artists.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 16th May, 10.30am to 12.30pm
(Every Saturday throughout May)

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

Viking Hiking

One hour of walking with poles which includes warm up/down exercises.
Registration 9.45am.

Meet at Bruce/History Cairns, Hazlehead Park, Hazlehead Ave, Aberdeen AB15 8BE

Saturday 16th May, 9.45am to 11am

- For adults.
- No booking required/drop in.
- For info about Friskis Aberdeen: <https://www.friskis.com/en/aberdeen>

Alcohol and Anxiety

Why you feel alcohol helps you relax - but you wake up more anxious.

Online event

Saturday 16th May, 10am to 10.45am

- For adults.
- To book contact: gillian@findingyoucoaching.co.uk
07790 9406256.

Natural Healing Aberdeen

Discover what EFT can do for you and your family's overall health and wellbeing. Learn how to use it to help reduce stress instantly, promote general relaxation and encourage positive mental health. You will have immediate access to this quick, easy, gentle and very effective self-help regulating tool at the end of your own fingertips that can be positively life changing.

Natural Healing Aberdeen, 26 Northfield Place, Rosemount, Aberdeen AB25 1SD

Saturday 16th May, 10am to 12pm
(Every Saturday throughout May)

- All ages welcome (under 16 must be accompanied by an adult).
- Book a place at <https://www.eventbrite.co.uk/e/an-introduction-to-eft-what-it-can-do-for-you-your-family-tickets-1983721236619?aff=oddtcreator>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Saturday 16th May, 9.30am to 10.30am
(Every Saturday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Karate Class

Karate Taster Session.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Saturday 16th May, 10.30 am to 12pm

- For 6 years and above (no upper age limit, we have students at 60 years old).
- To book contact 07703 161969.



Trishaw Rides

CWAS offer piloted rides for older adults and people with mobility issues to enjoy the outdoors for 'miles of smiles'.

Outside the Winter Gardens/Café area, Duthie Park, Polmuir Road, Aberdeen, AB11 7TH

Saturday 16th May, 10.40pm to 2.40pm

- Open to all ages.
- To book visit <https://www.eventbrite.co.uk/e/grampian-wellbeing-festival-duthie-park-tickets-1985428268397?aff=oddtcreator>

Dance4health Event

Afrobeat spiced with zumba.

Unit 2A, first floor, Altec Centre, Minto Drive, Aberdeen AB12 3LW

Saturday 16th May, 11.15am to 12.15pm
(Every Saturday throughout May)

- Age 18+
- afristyledanceclub@gmail.com

Sunday 17th May

Plant and Grow

Come and get your hands dirty and go home with a plant to grow.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Sunday 17th May, 2pm to 4pm

- For all ages.
- Drop in.
- rosemountcca@gmail.com

Contemporary Dance

Let your body flow with the music - introduction to Contemporary Dance. Come for Contemporary and stay for the other classes.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Sunday 17th May, 2pm to 2.20pm

- For adults.
- Drop in.
- rosemountcca@gmail.com

Introduction to Power Fit Exercise Class

Using your body in fun ways to build power, strength, and flexibility. Come for power fit and stay for stretch it out.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Sunday 17th May, 2.20pm to 2.40pm

- For adults of all ages.
- Drop in.
- rosemountcca@gmail.com

Stretch and Release

Come for an introduction to Stretching out for fitness and health.

Rosemount Learning Centre, Belgrave Terrace, Aberdeen AB25 2NS

Sunday 17th May, 2.40pm to 3pm

- For adults of all ages.
- Drop in.
- rosemountcca@gmail.com

Celebrating The Lost Words

Celebrating The Lost Words work in nature at the Cruikshank Botanical Gardens, along with celebrating Juliet Robertson who was a local nature practitioner respected across the UK, who passed away in December.

Throughout the day, you'll be free to explore a series of creative stations woven through the gardens – from poetry and nature-based writing, to visual art, plant connection, and simple shared song.

Cruikshank Botanical Garden, St Machar Drive, Aberdeen AB24 3UU

Sunday 17th May, 11am to 4pm

- Open to all ages (minors to be accompanied by an adult).
- To book contact - alec@acevoices.org or 07422 575711.



Tune in to **shmuFM** for regular updates about the Grampian Wellbeing Festival



(99.8FM)

Monday 18th May

Knit and Natter

A social session where you can bring your crafts and have a bleather.

Aberdeen City Vaccination Centre and Wellbeing Hub, Bon Accord Centre

Monday 18th May, 2pm to 4pm
(Every Monday throughout May)

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

Football Memories

Join us for some reminiscing about past football games and players.

Sir Alex Ferguson Lounge, Main Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen AB24 5QH

Monday 18th May, 2pm to 3.30pm

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

Scottish Country Dancing for Beginners

Scottish Country Dancing Getting started. Fountainhall at the Stocket, Harcourt Road, Aberdeen AB15 5NZ

Monday 18th May, 8pm to 9.45pm
(Every Monday throughout May)

- Age 16+
- aberdeenrscds@hotmail.co.uk

The Evening Wine Habit

Is that couple glasses of wine in the evening a reward or a red flag?

Online event

Monday 18th May, 6pm to 6.45pm

- For adults.
- To book contact gillian@findingyoucoaching.co.uk 07790 9406256

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

Monday 18th May, 9.30 to 10.30am
(Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, 539A Holburn Street, Aberdeen AB10 7LH

Monday 18th May, 6.30pm to 7.30pm
(Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

The Wellbeing Radio Show

Join Sarah as she chats with Michael and Jason from The Better Together Ball.

Online event

Monday 18th May, 1pm to 2pm

- Listen at http://stream.shmu.org.uk:8000/shmufm_high.mp3 99.8FM



Additional Support Needs Table Tennis Social Sessions

Table Tennis sessions targeted to reduce barriers for ASN participants with any disabilities of all ages. Sessions are free to attend, equipment provided and no need to register. There will be coaching tips offered and opportunity for competitive progression, courtesy of ADTTA.

Get Active@ Westburn, Westburn Park,
Westburn Road, Aberdeen AB25 3DE

Monday 18th May, 6pm to 7.30pm (Every Monday throughout May)

- ASN participants of all ages and all disabilities.
- No booking required/drop in.
- briana.robertson@btinternet.com

Health MOT

Prioritise your health and wellbeing - 60 minutes is all it takes! Find out if there are any changes you can make to reduce your health risks and get advice on how you can improve your overall wellbeing.

Middlefield Hub, Manor Avenue, Aberdeen
AB16 7UR

Monday 18th May, 10am to 1pm

- Open to adults aged 50+
- Book online via:
www.sportaberdeen.co.uk/mot
- Or Contact: 01225 507701 or
activelifestyles@sportaberdeen.co.uk

Home Energy Scotland

Advice on home energy savings and grants available to support with the cost of living.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Monday 18th May, 1pm to 4pm

- Age 18+
- Drop in.

Tuesday 19th May

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village,
Regent Walk, Aberdeen AB24 1SX

Tuesday 19th May, 5pm to 5.45pm (Every Tuesday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Teen Weightlifting

A safe, guided strength-training session designed to build confidence, fitness, and healthy habits for teens.

Performance Studio - Aberdeen Sports
Village, Linksfield Road, Aberdeen AB24 5RU

Tuesday 19th May, 4.15pm to 5pm (Every Tuesday throughout May)

- For 12 - 15yr olds.
- lisa.vass@aberdeensportsvillage.com

Four Pillars - LGBT+ Drop-in sessions

Chat, connect and share.

Four Pillars, 33 Regent Quay, Aberdeen
AB11 5BE

Tuesday 19th May to Saturday 23rd May, 12pm to 6pm

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

Four Pillars - Trans Awareness/Support

Want to understand more about our trans community? Come along to a safe and welcoming place and ask questions that are on your mind.

Four Pillars, 34 Regent Quay, Aberdeen
AB11 5BE

Tuesday 19th May, 12pm to 2pm

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

Living Well Café

Reminiscing, cuppa and chat with entertainment from Roy Rhodes.

Brimmond Church, Bucksburn, Aberdeen
AB21 9SS

Tuesday 19th May, 1pm to 3pm

For those living with dementia or memory loss issues and their carers.

- No booking required/drop in.
- Café@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Come and Try Table Tennis

Whether you are 8 or 88, table tennis is a sport for all, combining exercise, competition and social interaction - come and give it a try!

First floor (no lift access) ADTTA Training Facility, Balgownie Pavilion, Home Farm Road, Bridge of Don, Aberdeen AB22 8LX

Tuesday 19th May, 2.30pm to 4.30pm (Every Tuesday throughout May)

- Open to all ages.
- briana.robertson@btinternet.com to find out more information and confirm your attendance at any of the 4 weekly sessions.

Busy Life Reset

A practical 60 minute reset to help you calm your mind, sleep better and feel energised again.

Online event

Tuesday 19th May, 6.30pm to 7.30pm

- Age 18+
- To book visit <https://www.eventbrite.co.uk/e/busy-life-reset-tickets-1984125401487?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdss-hcopyurl>



Spotlight on Thrombosis

Introduction to Thrombosis UK - risks, signs and symptoms of clots.

Online event

Tuesday 19th May, 2pm to 3pm

- Age 16+
- Register using this link - <https://us02web.zoom.us/join/register/AJMKNXAbQ92s1uwOIL511A>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Tuesday 19th May, 6.30pm to 7.30pm
(Every Tuesday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Community Food Outlet Fresh Fruit, Veg and Eggs Sale

Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 19th May, 10am to 3pm
(Every Tuesday throughout May)

- Open to all ages.
- Drop in.

Understanding Autistic Wellbeing

Join Marion McLaughlin from Aurora Autistic Consulting to explore practical steps to support Autistic wellbeing.

Online event

Tuesday 19th May, 9.30am to 11.30am

- Aimed at Autistic people, parents, and professionals.
- To book visit <https://www.auroraconsulting.scot/events>
-

Outdoor Seated Exercise

This fun and sociable session will offer low impact exercises based on and around park benches. Designed to improve strength, balance and agility this is ideal for anyone seeking a gentle workout whilst enjoying the perks of being in the park.

Duthie Park, Riverside Drive, Aberdeen AB11 7WH

Meeting point: The fountain above the boating pond.

Tuesday 19th May, 10am to 12pm

- Adults of all ages.
- No booking required/drop in.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesdays and Thursdays.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 19th May, 10.30am to 3.30pm
(Every Tuesday throughout May)

- 10.30am: Know your numbers workshop
- 11am: BP check/cholesterol check
- 2pm: Habit changing workshop
- 2.30pm: Followed by wellbeing and lifestyle advice

- Age 18+
- Drop in.

Scottish Fire and Rescue Service

Committed to ensuring the safety and wellbeing of the people of Scotland.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 19th May, 1pm to 4pm

- Drop in.

Aila's Moving Living Room

Aila's Moving Living Room is an in-person space for women impacted by their own, or someone else's, gambling.

Love Rara, 1a Beach Esplanade, Aberdeen AB24 5NS

Tuesday 19th May, 11am to 12.30pm

- Women aged 18+
- To book visit https://docs.google.com/forms/d/e/1FAIpQLScM_L90eFoxO0SV2chFVJMufsrNnvr7LKc-xwXDSjll96dHKA/viewform

Safety Session: Minimising Risk When Gambling

Most people gamble expecting a win, but the most important win is protecting your wellbeing. This session will equip you with the knowledge to ensure you, and those around you, aren't being harmed by gambling.

Love Rara, 1a Beach Esplanade, Aberdeen AB24 5NS

Tuesday 19th May, 1pm to 2pm

- Open to all.
- Drop in or to book visit https://www.eventbrite.com/o/109234166901?contact_organizer=true

Specsavers Home Visits

Come and find out more about Specsavers mobile team who provide essential care, from routine eye or hearing tests to updating glasses prescriptions, for those who are unable to visit a store unaccompanied, in the comfort of their own homes. We make sure that your home visit is tailored to your specific needs, and conducted with the same care and attention that you would expect in one of our stores.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 19th May, 9.30am to 12.30pm

- Drop in.

Tartan Tea Party at Tor Na Dee

Tartan Tea Party at Tor Na Dee in aid of Chest, Heart & Stroke Scotland - with guest representative Anne Magarin.

Tor Na Dee Care Centre, North Deeside Road, Milltimber AB13 0HR

Tuesday 19th May, 2pm to 4pm

- Open to all ages
- Book online via our website <https://www.careuk.com/care-homes/tor-na-dee-aberdeen> alternatively, email helen.stone@careuk.com

Wednesday 20th May

Next Pregnancy Meeting

Peer support for next pregnancy after a loss.
CLAN House, 120 Westburn Road, Aberdeen
Clan House, AB25 2QA

Wednesday 20th May, 8pm to 10pm

- For over 16s, bereaved family members.
- No booking required/drop in.
- fiona.donald@sandsvolunteer.org.uk

Four Pillars - BEACON

Online LGBT+ drop-in sessions.

Online event

Wednesday 20th May, 12pm to 1pm

- Over 18s.
- No booking required/drop in.
- Link to teams on our website
fourpillarsuk.org/calendar

Women's Health Walk

Walking group with ACHSCP Wellbeing Team.

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

Wednesday 20th May, 6pm to 7pm

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

Boogie in the Bar

British Legion, 23 Balgownie Road,
Bridge of Don, Aberdeen AB23 8JN

Boogie in the bar daytime disco.

Wednesday 20th May, 12pm to 2pm

- Open to 18+
- No booking required/drop in.

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Wednesday 20th May, 1.30pm to 4pm (Every Wednesday throughout May)

- For adults and accompanied minors, no experience required.
- compass@cwts.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Confidence to Cook (C2C)

Taster Sessions

Friendly taster cookery sessions for small groups run by our trained Food Champions, for those wishing to gain practical skills and improve their health through better nutrition.

The Confidence 2 Cook (C2C) programme aims to promote healthy eating and improve cooking skills through practical sessions.

Compass, North Point Multipurpose Building,
Craigton Road, Cults AB159QD

Wednesday 20th May, 10am to 12pm (Every Wednesday throughout May)

- Age 16+
- To book email or telephone
booking@cwts.scot or 01224 678830.

Silver City Surfers

Providing free tutoring and support on all forms of modern technology, through mentoring and one-to-one support sessions provided by experienced volunteers.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 20th May, 2pm to 4pm (Every Wednesday throughout May)

- Drop in.

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road,
Aberdeen AB15 8AA

Wednesday 20th May, 9.30 to 10.30am (Every Wednesday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Penumbra's Workshop on Wellbeing

A wellbeing workshop that provides practical tools and strategies to help individuals improve their mental, emotional, and physical wellbeing in a supportive group setting.

The McKenzie Building, 168 Skene Street,
Aberdeen AB10 1PE

Wednesday 20th May, 1pm to 3pm (Every Wednesday throughout May)

- 18 years and over.
- penumbra365@penumbra.org.uk
- 01224 074550

Soaring Seniors

Completely free, we welcome seniors along for some fun activities and the opportunity to make new friends - be uplifted as we sing, dance and laugh together!

The Bridge Centre, 258 N Balnagask Road,
Torry AB11 8RX

Wednesday 20th May, 11am to 1pm (Every Wednesday throughout May)

- For seniors.
- victoria.bruce@kingschurchaberdeen.com

The Coffee Bar in Torry

Swing by for some homemade food in a vibrant and friendly space where you will be warmly welcomed by our lovely team.

The Bridge Centre, 258 N Balnagask Road,
Torry AB11 8RX

Wednesday 20th May to Friday 22nd May 10am to 2pm (Every Wednesday to Friday)

- For all ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Connecting Through Volunteering with Mike Melvin from ACVO

Learn how volunteering can build confidence, connection and purpose within your community.

Station House Media Unit, Woodside,
Aberdeen AB24 2WB

Wednesday 20th May, 2pm to 4pm

- Age 18+
- No booking required/drop in.

Reiki Infused Gong Sound Bath

Benefits may include but not limited to: A better quality of sleep, reduction in levels of stress, depression, and anxiety, lowered blood pressure, reduction in physical aches and pains, Increase in intuition and clarity.

Rosemount Centre for Complementary Therapies, 1c Mount Street, Aberdeen
AB25 2RA

Wednesday 20th May, 7pm to 8pm (Every Wednesday throughout May)

- For adults 18+
- Not suitable if you are: under the influence of alcohol or recreational drugs, have metal implants for less than a year, in first three months of pregnancy, suffer from psychosis or schizophrenia, have severe osteoporosis, or Meniere's disease.
- Caution is advised if you are: pregnant, epileptic, have tinnitus, or a pacemaker.
- To book call Morag - 07719 802221.



Thursday 21st May

Chair Based Exercise

A gentle, low-impact workout using a chair to improve strength, mobility, and balance.

Sky Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 21st May, 9am to 9.50am
(Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Retro Fun Aerobics

A fun, high-energy workout inspired by classic aerobics to boost fitness and lift your mood.

Indoor Track - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 21st May, 11am to 11.50am
(Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Thursday 21st May, 5pm to 5.45pm

- 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Four Pillars - 4 Inclusion LGBT+ Games Evening

LGBT+ Games evening, open to all abilities.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 21st May, 6pm to 8pm

- For 18+
- No booking required/drop in.

Lunchbreak Concert: Meldrum Academy

Senior musicians perform a varied programme of classical and contemporary music.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 21st May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- info@aagm.co.uk

Living Well Café

Reminiscing, cuppa and chat with entertainment from Jim and Marisha.

Devana Church, Fonthill Road, Aberdeen AB11 6UD

Thursday 21st May, 1pm to 3pm

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Café@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Pittodrie Community Hub

The community hub offers a warm space, with access to local organisations, hot food and other refreshments.

Richard Donald Stand, Pittodrie Stadium, Golf Road, Aberdeen AB24 5QH

Thursday 21st May, 12.30pm to 3.30pm
(Every Thursday throughout May)

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

Soup and Sandwich Club

Lunch club with ACHSCP Wellbeing Team. Cornhill Community Centre, Beechwood Road, Aberdeen AB16 5BL

Thursday 21st May, 11am to 1pm

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

Stand Up To Falls

Falls prevention awareness - Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 21st May, 9.30am to 12pm

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

Recovery Walk and Talk

Our Recovery Walk and Talk at Regent Quay will take us on a relaxed walk from the service down to the beach - creating space to connect, chat, share experiences, and enjoy fresh air together.

14 Regent Quay, Aberdeen AB11 5AH

Thursday 21st May, 2pm to 4pm

- Age 18+
- regent.quay@phoenixfutures.org.uk

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Thursday 21st May, 9.30am to 12pm
(Every Thursday throughout May)

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

SAMH Creating a Safety Plan

This session is for anyone who wants to learn more about completing a safety plan to help stop someone from acting on thoughts of suicide, or when in crisis or overwhelmed.

Online event

Thursday 21st May, 2pm to 3.30pm

- Open to all 16+
- To book visit <https://www.eventbrite.co.uk/e/1983786985275>
- northeastsuicideprevention@samh.org.uk

Women's Led Ride

Free led ride along the beach - we can provide bikes, helmets, and teas, coffees and cakes!

Aberdeen Cycle Hub @ Seaton, School Road, Aberdeen AB24 1XL

Thursday 21st May, 10am to 11:30am (Every Thursday, will also continue outwith May)

- Focus on getting women on bikes, open to all, no experience needed.
- To book visit <https://www.eventbrite.co.uk/e/womens-wellbeing-cycle-tickets-1981742833161?aff=oddtcreator>

Aila's Online Living Room

Aila's Online Living Room is an online space for women impacted by their own, or someone else's, gambling.

Online event

Thursday 21st May, 6pm to 7pm

- Age 16+ women.
- To book visit https://docs.google.com/forms/d/e/1FAIpQLScM_L90eFoxO0SV2chFVJMufsrNnvr7LKc-xwXDSjII96dHKA/viewform

Young Person Walk and Talk

Walk and talk about well being.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Thursday 21st May, 1pm to 3pm

- Age 16 - 21
- emma.reid@aberdeenfoyer.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, Fonthill Road, Aberdeen AB11 6UD

Thursday 21st May, 6.15pm to 7.15pm (Every Thursday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

King's Way Centre Drop In

Those in need of some company are welcomed into our space for some complimentary tea and toast and a chat with our caring team.

King's Way Centre, King's Way, Bridge of Don, Aberdeen AB23 8BL

Thursday 21st May, 12pm to 2pm (Every Thursday throughout May)

- All ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

Kincorth Library, Provost Watt Drive, Aberdeen AB12 5NA

Thursday 21st May, 2.30pm to 4pm

- For adults/older adults.
- healthinfo@aberdeencity.gov.uk

Mindfulness for Beginners

Learn simple techniques to weave mindfulness into your everyday life, to de-stress, unwind and relax. If you are curious about mindfulness and would like to give it a go, this session is for you. Lisa Sturgess, MEd, teaches the Mindfulness Now Programme as a Mindfulness Meditation Teacher. Lisa is a trauma informed practitioner with a passion for positive psychology to enhance wellbeing.

Online event

Thursday 21st May, 7.30 to 8.30pm

- For adults.
- To book contact Info@MindfulnessFlow.co.uk or 07721 656412

Full Body Walking, an Introduction

An introduction to walking with poles which offers a workout for the whole body whilst enjoying the outdoors.

Get Active@ Westburn. Westburn Park, Westburn Road, Aberdeen AB25 3DE

Thursday 21st May, 11am to 12pm

- For adults of all ages.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

World Orienteering Week Come and Try It

Go on an adventure and learn a new skill, with routes suitable for all ages and abilities and advice to help get you started.

Hazlehead Park, meet in front of the café, Hazlehead Avenue, Aberdeen AB15 8BE

Thursday 21st May, 7pm

- Open to all ages and abilities - children welcome to attend with a parent.
- louise@scottish-orienteing.org

Asthma and Allergy Foundation Advice and Support

Advice and support to people with asthma to support people to live healthy, active and full lives.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 21st May, 10am to 12.30pm (Every Thursday throughout May)

- For people living with asthma.
- Drop in.

Bon Accord Care - Telecare

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare and digital support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 21st May, 2pm to 4pm (Every Thursday throughout May)

- Age 18+
- Drop in.

Pathways Employment Keyworker

Pathways offers one-to-one support to help people find the job they want including job search, building your confidence, giving you the skills you need to get the job you want.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 21st May, 10am to 11.30pm (Every Thursday throughout May)

- For people looking for a job.
- Drop in.

Healthy Bread Making

Make fresh homemade bread.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Thursday 21st May, 10am to 2.30pm (Every Thursday throughout May)

- Age 16 - 67.
- To book email emma.reid@aberdeenfoyer.com

Health Defence Team

The health defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesday and Thursday's.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

- 10.30am: Habit changing workshop.
- 11am: Followed by wellbeing and lifestyle advice.
- 2pm: Know your numbers workshop.
- 2.30pm: Followed by BP check/ cholesterol check.

Thursday 21st May, 10.30am to 3.30pm (Every Thursday throughout May)

- Age 18+
- Drop in.

Pain Champion Support

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
Access trusted chronic pain videos and trusted information.
- Learn gentle coping strategies.
- Be signposted to local support.
- Take away helpful resources

We have a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 21st May, 10am to 4pm (Every Thursday throughout May)

- For people living with chronic pain.
- Drop in.

Friends of ANCHOR Music and Movement

Suitable for patients of all physical and fitness abilities, enjoy the science-backed benefits of this gentle movement class.

Cairncry Community Centre, Cornhill
Shopping Arcade, Foresterhill Road,
Aberdeen AB16 5HL

Thursday 21st May, 1.30pm to 3pm

- Runs in 6 week blocks throughout the year.
- Open to all ages - Oncology and Haematology patients.
- To book please email wellbeing@friendsofanchor.org

Friday 22nd May

Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village,
Regent Walk, Aberdeen AB24 1SX

Friday 22nd May, 9am to 9.50am and 10am to 10.50am (Every Friday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Les Mills Dance

A lively, engaging dance class that combines movement, rhythm, and fitness for all levels.

Sports Hall - Aberdeen Sports Village,
Linkfield Road, Aberdeen AB24 5RU

Friday 22nd May, 10am to 10.50am (Every Friday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Four Pillars - Police Scotland LGBT+ Visit

Chat with Police Scotland at Four Pillars. Ask advice on inclusion issues and hate crime reporting.

Four Pillars, 33 Regent Quay, Aberdeen
AB11 5BE

Friday 22nd May, 12pm to 1pm

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

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road,
Aberdeen AB15 8AA

Friday 22nd May, 9.30 to 10.30am (Every Friday throughout May)

- Age 16 +
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Aberdeen Quarriers Carers Drop-In

Group is aimed to bring unpaid carers together for company and a chat. Peer Support.

Aberdeen Vaccination & Wellbeing Hub,
Bon Accord Centre, Aberdeen AB25 1HZ

Friday 22nd May, 11am to 12pm (Every Friday throughout May)

- For unpaid Carers.
- 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.



Saturday 23rd May

Artroom with Grampian Hospitals Art Trust

Explore art in a relaxed setting supported by professional artists.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 23rd May, 10.30am to 12.30pm
(Every Saturday throughout May)

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

Garden Maintenance

General tidy up Memorial Garden.

Forget Me Not Garden, Aberdeen Crematorium, Skene Road, Aberdeen AB15 8PT

Saturday 23rd May, 1.30pm to 3pm

- No booking required/drop in.
- fiona.donald@sandsvolunteer.org.uk

Walk to Give Her a Voice

A 4km community walk at Aberdeen Beach to raise awareness and support for menstrual health issues.

Aberdeen Beach Ballroom

Saturday 23rd May, 10.30am to 12pm

- Open to all ages.
- jodi.a@theperiodplace.co.uk

Natural Healing Aberdeen

Discover what EFT can do for you and your family's overall health and wellbeing. Learn how to use it to help reduce stress instantly, promote general relaxation and encourage positive mental health. You will have immediate access to this quick, easy, gentle and very effective self-help regulating tool at the end of your own fingertips that can be positively life changing.

Natural Healing Aberdeen, 26 Northfield Place, Rosemount, Aberdeen, AB25 1SD

Saturday 23rd May, 10am to 12pm
(Every Saturday throughout May)

- All ages welcome (under 16 must be accompanied by an adult).
- Book a place at <https://www.eventbrite.co.uk/e/an-introduction-to-eft-what-it-can-do-for-you-your-family-tickets-1983721236619?aff=oddtcreator>

Storytelling Workshop for Adults

Come along to play, imagine and learn how to tell stories in a supportive and creative space.

1a Beach Esplanade, Aberdeen AB24 5NS

Saturday 23rd May, 1pm to 3pm

- For adults.
- gas_story@hotmail.com

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Saturday 23rd May, 9.30am to 10.30am
(Every Saturday throughout May)

- Age16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Dance4health Event

Afrobeat spiced with zumba.

Unit 2A, first floor, Altec Centre, Minto Drive, Aberdeen AB12 3LW

Saturday 23rd May, 11.15am to 12.15pm
(Every Saturday throughout May)

- Age 18+
- afristyledanceclub@gmail.com

Facial Palsy Support Group

Peer support group specifically for people living with facial nerve palsy (including Bell's palsy, Ramsay Hunt syndrome, post-surgical facial nerve damage, etc.) The group offers a safe, informal space to share experiences, talk about recovery and learn about therapies and management strategies.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Saturday 23rd May, 10am to 12pm

- Drop in.



Monday 25th May

Jympa Class

A fun, effective workout to music, combining simple cardio, strength and flexibility exercises with options for all fitness levels.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Monday 25th May, 6pm to 7pm

- Bring a mat and some water.
- For adults
- No booking required/drop in.
- For info about Friskis Aberdeen: <https://www.friskis.com/en/aberdeen>

Knit and Natter

A social session where you can bring your crafts and have a bleather.

Aberdeen City Vaccination Centre and Wellbeing Hub, Bon Accord Centre

Monday 25th May, 2pm to 4pm
(Every Monday throughout May)

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

Scottish Country Dancing for Beginners

Scottish Country Dancing Getting started. Fountainhall at the Stocket, Harcourt Road, Aberdeen AB15 5NZ

Monday 25th May, 8pm to 9.45pm
(Every Monday throughout May)

- Age 16+
- aberdeenrscds@hotmail.co.uk

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

Monday 25th May, 9.30 to 10.30am
(Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, 539A Holburn Street, Aberdeen AB10 7LH

Monday 25th May, 6.30pm to 7.30pm
(Every Monday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>



Additional Support Needs Table Tennis Social Sessions

Table Tennis sessions targeted to reduce barriers for ASN participants with any disabilities of all ages. Sessions are free to attend, equipment provided and no need to register. There will be coaching tips offered and opportunity for competitive progression, courtesy of ADTTA.

Get Active@ Westburn, Westburn Park, Westburn Road, Aberdeen AB25 3DE

Monday 25th May, 6pm to 7.30pm
(Every Monday throughout May)

- ASN participants of all ages and all disabilities.
- No booking required/drop in.
- briana.robertson@btinternet.com

Scarf

Advice on home energy savings and grants available to support with the cost of living.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Monday 25th May, 10am to 12pm

- Age 18+
- Drop in.

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



Tuesday 26th May

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Tuesday 26th May, 5pm to 5.45pm
(Every Tuesday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Teen Weightlifting

A safe, guided strength-training session designed to build confidence, fitness, and healthy habits for teens.

Performance Studio - Aberdeen Sports Village, Linkfield Road, Aberdeen AB24 5RU

Tuesday 26th May, 4.15pm to 5pm
(Every Tuesday throughout May)

- For 12 - 15yr olds.
- lisa.vass@aberdeensportsvillage.com

Four Pillars - LGBT+ Drop-in Sessions

Chat, connect and share.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 26th May to Saturday 30th May, 12pm to 6pm

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

Four Pillars - Sexual Health Awareness/Support

General sexual health information, and discover the link between mental health and sexual health. Free BBV tests, contraceptives and sanitary products available.

Four Pillars, 34 Regent Quay, Aberdeen AB11 5BE

Tuesday 26th May, 12pm to 2pm

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

Jympa Class

A fun, effective workout to music, combining simple cardio, strength and flexibility exercises with options for all fitness levels.

Cairncry Community Centre, Cornhill Shopping Arcade, Foresterhill Road, Aberdeen AB16 5HL

Tuesday 26th May, 6.15pm to 7.15pm

- Bring a mat and some water.
- For adults.
- No booking required/drop in.
- For info about Friskis Aberdeen: <https://www.friskis.com/en/aberdeen>

Living Well Café

Reminiscing, cuppa and chat with entertainment from Cate MacPherson.

Oldmachar Church, Ashwood Park, Aberdeen AB22 8PR

Tuesday 26th May, 1pm to 3pm
(Alternate Tuesdays)

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Cafe@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Come and Try Table Tennis

Whether you are 8 or 88, table tennis is a sport for all, combining exercise, competition and social interaction - come and give it a try!

First floor (no lift access) ADTTA Training Facility, Balgownie Pavilion, Home Farm Road, Bridge of Don, Aberdeen AB22 8LX

Tuesday 26th May, 2.30pm to 4.30pm
(Every Tuesday throughout May)

- Open to all ages.
- briana.robertson@btinternet.com to find out more information and confirm your attendance at any of the 4 weekly sessions.

Women's Health Menopause Supper Club

Supper club with ACHSCP Wellbeing team. Bridge Centre, 258 N Balnagask Road, Torry, Aberdeen AB11 8LQ

Tuesday 26th May, 6pm to 7.30pm

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

SAMH Hear for You - Resilience Workshop

This session will look at ways of building resilience against stress and looking after ourselves during stressful times (focussing on 5 ways to wellbeing).

Aberdeen Health Village, 50 Frederick Street, Aberdeen AB24 5HY

Tuesday 26th May, 10am to 11.30am

- Open to all.
- To book visit <https://www.eventbrite.co.uk/e/1983780634279>
- northeast-suicideprevention@samh.org.uk

SAMH Introduction to Suicide Prevention

Session for anyone looking to stay informed about how to keep people safe.

Aberdeen Health Village, 50 Frederick Street, Aberdeen AB24 5HY

Tuesday 26th May, 12.45pm to 2pm

- Open to all 16+
- To book visit <https://www.eventbrite.co.uk/e/1983782243091>
- northeast-suicideprevention@samh.org.uk

Creating a Safety Plan

This session is for anyone who wants to learn more about completing a safety plan to help stop someone from acting on thoughts of suicide, or when in crisis or overwhelmed.

Aberdeen Health Village, 50 Frederick Street, Aberdeen AB24 5HY

Tuesday 26th May, 2.45pm to 4pm

- Open to all 16+
- To book visit <https://www.eventbrite.co.uk/e/1983783091629>

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

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

Tuesday 26th May, 2.30pm to 4pm

- For adults/older adults.
- healthinfo@aberdeency.gov.uk

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

**Tuesday 26th May, 6.30pm to 7.30pm
(Every Tuesday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Outdoor Seated Exercise

This fun and sociable session will offer low impact exercises based on and around park benches. Designed to improve strength, balance and agility this is ideal for anyone seeking a gentle workout whilst enjoying the perks of being in the park.

Meeting at the Rose Garden, Hazlehead Park, Hazlehead Avenue, Aberdeen AB15 8BE

Tuesday 26th May, 10am to 12pm

- Adults of all ages.
- No booking required/drop in.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Community Food Outlet Fresh Fruit, Veg and Eggs Sale

Aberdeen Vaccination and Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Tuesday 26th May, 10am to 3pm
(Every Tuesday throughout May)**

- Open to all ages.
- Drop in.

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesdays and Thursdays.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

**Tuesday 26th May, 10.30am to 3.30pm
(Every Tuesday throughout May)**

10.30am: Know your numbers workshop.
11am: BP check/cholesterol check.
2pm: Habit changing workshop.
2.30pm: Followed by wellbeing and lifestyle advice.

- Age 18+

Scottish Fire and Rescue Service

Committed to ensuring the safety and wellbeing of the people of Scotland.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Tuesday 26th May, 9.30am to 12.30pm

- Drop in.

Wednesday 27th May

Jympa Class

A fun, effective workout to music, combining simple cardio, strength and flexibility exercises with options for all fitness levels.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Wednesday 27th May, 6pm to 7pm

- Bring a mat and some water.
- For adults
- No booking required/drop in.
- For info about Friskis Aberdeen: <https://www.friskis.com/en/aberdeen>

Music Memories

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

shmu, Station House Media Unit Station House, Station Rd, Woodside, Aberdeen AB24 2WB

Wednesday 27th May, 2pm to 3.30pm

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

The Friendship Hub

Support café for those living with dementia and their carers.

Woodlands Care Home, Hazledene Road, Aberdeen AB15 8FY

Wednesday 27th May, 1.30pm to 2.30pm

- Open to all ages.
- swsc@aberdeencity.gov.uk
- deputy2@woodlandsaberdeencare.co.uk

Memories Scotland

A fun and interactive reminiscence session looking at the social history of Aberdeen and Scotland.

Dyce Library, Gordon Terrace, Dyce, Aberdeen AB21 7BD

Wednesday 27th May, 11am to 12.30pm

- For adults/older adults.
- healthinfo@aberdeencity.gov.uk

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

**Wednesday 27th May, 1.30pm to 4pm
(Every Wednesday throughout May)**

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Confidence to Cook (C2C)

Taster Sessions

Friendly taster cookery sessions for small groups run by our trained Food Champions, for those wishing to gain practical skills and improve their health through better nutrition.

The Confidence 2 Cook (C2C) programme aims to promote healthy eating and improve cooking skills through practical sessions.

Compass, North Point Multipurpose Building, Craigton Road, Cults AB159QD

**Wednesday 27th May, 10am to 12pm
(Every Wednesday throughout May)**

- Age 16+
- To book email or telephone booking@cwt.scot or 01224 678830.

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

**Wednesday 27th May, 9.30 to 10.30am
(Every Wednesday throughout May)**

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Penumbra's Workshop on Wellbeing

A wellbeing workshop that provides practical tools and strategies to help individuals improve their mental, emotional, and physical wellbeing in a supportive group setting.

The McKenzie Building, 168 Skene Street, Aberdeen AB10 1PE

Wednesday 27th May, 1pm to 3pm
(Every Wednesday throughout May)

- 18 years and over
- penumbra365@penumbra.org.uk
- 01224 074550

Soaring Seniors

Completely free, we welcome seniors along for some fun activities and the opportunity to make new friends - be uplifted as we sing, dance and laugh together!

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

Wednesday 27th May, 11am to 1pm
(Every Wednesday throughout May)

- For seniors.
- victoria.bruce@kingschurchaberdeen.com

Wellbeing Walk

Join us for a relaxed group walk to connect, get active and enjoy the benefits of fresh air and conversation.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 27th May, 1pm to 2pm

- Age 18+
- No booking required/drop in.

Mindfulness for Everyday Wellbeing With Mindful Creativity

Slow down and take notice through gentle mindfulness practices and creative reflection.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 27th May, 2pm to 4pm

- Age 18+
- No booking required/drop in.

Silver City Surfers

Providing free tutoring and support on all forms of modern technology, through mentoring and one-to-one support sessions provided by experienced volunteers.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Wednesday 27th May, 2pm to 4pm
(Every Wednesday throughout May)

- Drop in.

The Coffee Bar in Torry

Swing by for some homemade food in a vibrant and friendly space where you will be warmly welcomed by our lovely team.

The Bridge Centre, 258 N Balnagask Road, Torry AB11 8RX

Wednesday 27th May to Friday 29th May
10am to 2pm (Every Wednesday to Friday)

- For all ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Reiki Infused Gong Sound Bath

Benefits may include but not limited to: A better quality of sleep, reduction in levels of stress, depression, and anxiety, lowered blood pressure, reduction in physical aches and pains, Increase in intuition and clarity.

Rosemount Centre for Complementary Therapies, 1c Mount Street, Aberdeen AB25 2RA

Wednesday 27th May, 7pm to 8pm
(Every Wednesday throughout May)

- For adults 18+
- Not suitable if you are: under the influence of alcohol or recreational drugs, have metal implants for less than a year, in first three months of pregnancy, suffer from psychosis or schizophrenia, have severe osteoporosis, or Meniere's disease.
- Caution is advised if you are: pregnant, epileptic, have tinnitus, or a pacemaker.
- To book call Morag - 07719 802221.



Thursday 28th May

Chair Based Exercise

A gentle, low-impact workout using a chair to improve strength, mobility, and balance.

Sky Studio - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 28th May, 9am to 9.50am
(Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Retro Fun Aerobics

A fun, high-energy workout inspired by classic aerobics to boost fitness and lift your mood.

Indoor Track - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 28th May, 11am to 11.50am
(Every Thursday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Beginner's Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Thursday 28th May, 5pm to 5.45pm

- 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Lunchbreak Concert: Aberdeen Folk Orchestra

A varied programme of folk music from all around the world, both old and new.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 28th May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- info@aagm.co.uk

Living Well Café

Reminiscing, cuppa and chat with entertainment from Roy Rhodes.

Aberdeen Hillside Church, Hilton Drive, Aberdeen AB24 4NQ

Thursday 28th May, 1pm to 3pm

- For those living with dementia or memory loss issues and their carers.
- No booking required/drop in.
- Café@thelivingwellproject.org.uk
- www.thelivingwellproject.org.uk/our-cafes
- 07512 141818
- www.facebook.com/livingwellcafe

Pittodrie Community Hub

The community hub offers a warm space, with access to local organisations, hot food and other refreshments.

Richard Donald Stand, Pittodrie Stadium, Golf Road, Aberdeen AB24 5QH

Thursday 28th May, 12.30pm to 3.30pm (Every Thursday throughout May)

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

Football Memories

Join us for some reminiscing about past football games and players.

Sir Alex Ferguson Lounge, Main Stand, Pittodrie Stadium, Pittodrie Street, Aberdeen AB24 5QH

Thursday 28th May, 2pm to 3.30pm

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

Boogie in the Bar

Boogie in the Bar daytime disco.

The Abbot Lounge, Provost Watt Drive, Kincorth, Aberdeen AB12 5BT

Thursday 28th May, 12pm to 2pm

- Open to 18+
- No booking required/drop in.

Stand Up To Falls

Falls prevention awareness - Top tips to help you continue living the life you enjoy, whilst reducing your chances of having a fall.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 28th May, 9.30am to 12pm

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

Weekly Outdoor Volunteering Session

Friendly outdoor sessions for all ages and abilities in our organic, no-dig garden: learn new skills, meet people, improve your physical and mental wellbeing.

Compass, Craigton Road, Cults AB15 9QD

Thursday 28th May, 9.30am to 12pm (Every Thursday throughout May)

- For adults and accompanied minors, no experience required.
- compass@cwt.scot
- 01224 678830
- compassaberdeen.org.uk/volunteer-with-us/

Women's Led Ride

Free led ride along the beach - we can provide bikes, helmets, and teas, coffees and cakes!

Aberdeen Cycle Hub @ Seaton, School Road, Aberdeen AB24 1XL

Thursday 28th May, 10am to 11:30am (Every Thursday, will also continue outwith May)

- Focus on getting women on bikes, open to all, no experience needed.
- To book visit <https://www.eventbrite.co.uk/e/womens-wellbeing-cycle-tickets-1981742833161?aff=oddtcreator>

Cake, Curl and Chat

Join us for a fun game of curling suitable for all abilities, with cake and chat on the side!

Dementia Resource Centre (Alzheimer Scotland) 13-19 King Street, Aberdeen AB24 5AA

Thursday 28th May, 1.30pm to 3pm

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

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Devana Church, Fonthill Road, Aberdeen AB11 6UD

Thursday 28th May, 6.15pm to 7.15pm (Every Thursday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

King's Way Centre Drop In

Those in need of some company are welcomed into our space for some complimentary tea and toast and a chat with our caring team.

King's Way Centre, King's Way, Bridge of Don, AB23 8BL

Thursday 28th May, 12pm to 2pm (Every Thursday throughout May)

- All ages, for the community.
- No booking required/drop in.
- victoria.bruce@kingschurchaberdeen.com

Full Body Walking, an Introduction

An introduction to walking with poles which offers a workout for the whole body whilst enjoying the outdoors.

Get Active@ Westburn. Westburn Park, Westburn Road, Aberdeen AB25 3DE

Thursday 28th May, 11am to 12pm

- For adults of all ages.
- Activelifestyles@sportaberdeen.co.uk
- 01224 507701

Asthma and Allergy Foundation Advice and Support

Advice and support to people with asthma to support people to live healthy, active and full lives.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 28th May, 10am to 12.30pm (Every Thursday throughout May)

- For people living with asthma.
- Drop in.

Bon Accord Care - Telecare

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing through telecare and digital support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 28th May, 2pm to 4pm (Every Thursday throughout May)

- Age 18+
- Drop in.

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





Pathways Employment Keyworker

Pathways offers one-to-one support to help people find the job they want including job search, building your confidence, giving you the skills you need to get the job you want.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 28th May, 10am to 11.30pm
(Every Thursday throughout May)

- For people looking for a job.
- Drop in.

Health Defence Team

The Health Defence Team are here to help and ensure no life is half lived. Offering free health and wellbeing appointments at the hub. Free blood pressure and cholesterol checks. During the May Festival the Health Defence Team will also hold workshops on Tuesday and Thursday's.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

- 10.30am: Habit changing workshop.
- 11am: Followed by wellbeing and lifestyle advice.
- 2pm: Know your numbers workshop.
- 2.30pm: Followed by BP check/cholesterol check.

Thursday 28th May, 10.30am to 3.30pm
(Every Thursday throughout May)

- Age 18+
- Drop in.

Pain Champion Support

Living with chronic pain can feel isolating, exhausting and overwhelming at times. The Pain Pod has been created as a calm, supportive space where people across Grampian can:

- Talk and be heard
Access trusted chronic pain videos and trusted information.
- Learn gentle coping strategies.
- Be signposted to local support.
- Take away helpful resources

We have a dedicated Pain Champion available on Thursdays who can help signpost you to appropriate services and support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Thursday 28th May, 10am to 4pm
(Every Thursday throughout May)

- For people living with chronic pain.
- Drop in.

Healthy Bread Making

Make fresh homemade bread.

Aberdeen Foyer, Marywell Street, Aberdeen AB11 6JF

Thursday 28th May, 10am to 2.30pm
(Every Thursday throughout May)

- Age 16 - 67.
- To book email
emma.reid@aberdeenfoyer.com

Friday 29th May

Yoga

A calming, full-body practice that builds strength, improves flexibility, and helps you relax and reset.

Aquatics Centre - Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX

Friday 29th May,
9am to 9.50am and 10am to 10.50am
(Every Friday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Les Mills Dance

A lively, engaging dance class that combines movement, rhythm, and fitness for all levels.

Sports Hall - Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Friday 29th May, 10am to 10.50am
(Every Friday throughout May)

- Age 16+ (all levels of fitness).
- lisa.vass@aberdeensportsvillage.com

Musical Memories

A friendly singing group for people with dementia, their partners, families and friends.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Friday 29th May, 1.30pm to 3pm
(Every 2nd Friday)

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

Four Pillars Wellbeing Day

Join us for an afternoon of feel good activities, from knitting and reading to arts and crafts.

Four Pillars, 35 Regent Quay, Aberdeen AB11 5BE

Friday 29th May, 12pm to 6pm

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

Social History Memories

Reminiscing about the 'old days'

Middlefield Community Project, Manor Ave, Aberdeen AB16 7UR

Friday 29th May, 11am to 12.30pm

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

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

Springfield Church, 185 Springfield Road, Aberdeen AB15 8AA

Friday 29th May, 9.30 to 10.30am
(Every Friday throughout May)

- Age 16 +
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>



Social Walk

A social walk from Cove to Torry along the coastal path. The walk will be at a pace to ensure no one is left behind.

Meeting Point: Langdkyes Road/Coast Road Cove Bay.

Details of meeting point and end point of this walk will be provided on booking to allow walkers to arrange transport.

Friday 29th May, 10am to 12pm

- Adults of all ages.
- To book visit Activelifestyles@sportaberdeen.co.uk or 01224 507701.

Grampian Meaningful Engagement Network (GMEN) Event

Grampian Meaningful Engagement Network (GMEN) are hosting an event for care home and supported living activity coordinators, physiotherapists and anyone supporting people in the community to engage in meaningful activity. This years theme is Connect.

Stalls, Speaker's and an opportunity to network and share ideas.

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

Friday 29th May, 10am to 3pm

- For Activity Coordinators.
- GrampianWellbeingFestival@aberdeencity.gov.uk
- Facebook - <https://www.facebook.com/groups/GrampianMAN/>

Aberdeen Quarriers Carers Drop-In

Group is aimed to bring unpaid carers together for company and a chat. Peer Support.

Aberdeen Vaccination & Wellbeing Hub, Bon Accord Centre, Aberdeen AB25 1HZ

Friday 29th May, 11am to 12pm (Every Friday throughout May)

- For unpaid carers.
- Drop in.

Saturday 30th May

Wellbeing in the Garden

Relax, reconnect and recharge in the great outdoors! The workshop will be led by One Seed Forward.

Springhill Community Garden, behind Sheddocksley Sports Centre, Aberdeen AB16 6QJ

Saturday 30th May, 1pm to 4pm

- Open to all ages.
- springhillcommunity@gardener.com

Natural Healing Aberdeen

An Introduction to EFT (Emotional Freedom Techniques) with Wendy's Wellness Workshops.

Discover what EFT can do for you and your family's overall health and wellbeing. Learn how to use it to help reduce stress instantly, promote general relaxation and encourage positive mental health. You will have immediate access to this quick, easy, gentle and very effective self-help regulating tool at the end of your own fingertips that can be positively life changing.

Natural Healing Aberdeen, 26 Northfield Place, Rosemount, Aberdeen, AB25 1SD

Saturday 30th May, 10am to 12pm (Every Saturday throughout May)

- All ages welcome (under 16 must be accompanied by an adult).
- Book a place at <https://www.eventbrite.co.uk/e/an-introduction-to-eft-what-it-can-do-for-you-your-family-tickets-1983721236619?aff=oddtcreator>

Brahma Kumaris Meditation - The I within Session 2

Experiencing my inner sanctuary and gaining insights for true self respect.

Garden Room, Fountainhall Church, Albyn Place, Aberdeen AB10 1YN

Saturday 30th May, 3pm to 3.30pm

- Age 16+
- To book email aberdeen@uk.brahmakumaris.org

The Evening Wine Habit

Is that couple glasses of wine in the evening a reward or a red flag?

Online event

Saturday 30th May, 10am to 10.45am

- To book contact gillian@findingyoucoaching.co.uk or 07790 9406256.

Jazzercise

The original high-energy dance workout, set to top-chart music, blending cardio, strength and pilates with an inclusive and welcoming vibe.

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

Saturday 30th May, 09.30 to 10.30am (Every Saturday throughout May)

- Age 16+
- elisa.galbraith@hotmail.co.uk
- 07906 682318
- <https://aberdeennorthdancefitness.punchpass.com>

Dance4health Event

Afrobeat spiced with zumba.

Unit 2A, first floor, Altec Centre, Minto Drive, Aberdeen AB12 3LW

Saturday 30th May, 11.15am to 12.15pm (Every Saturday throughout May)

- Age 18+
- afristyledanceclub@gmail.com

Artroom with Grampian Hospitals Art Trust

Explore art in a relaxed setting supported by professional artists.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 30th May, 10.30am to 12.30pm

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

Sunday 31st May

Menopause: Madness or Manageable?

35 minute talk about what to expect during Menopause and how to master it in all areas of life. Hosted by Deidre at Freedom Coaching

Online event

Sunday 31st May, 3pm to 3.35pm

- Open to men and women.
- Join Zoom Meeting
<https://us05web.zoom.us/j/87057381431?pwd=VKh3Lypx9KAYxw64GdfciKTLm0pnak.1>
Meeting ID: 870 5738 1431
Passcode: 5tA70T



Thank you

With sincere thanks to all of our hosts, volunteers, partners and community organisations who have shared their time, energy and support throughout this year's Wellbeing Festival. By helping people connect, be active, keep learning, take notice and give, you have created meaningful opportunities for wellbeing across Grampian. Thank you also to everyone who took part – by showing up, trying something new and making time for your wellbeing, you are at the heart of what makes this festival special.

We hope you continue to focus on your wellbeing for the rest of the year.

The Grampian Wellbeing Festival Team