



May
2025

GRAMPIAN

Wellbeing

festival

Find out what's happening
in Aberdeen



Aberdeen City
Health & Social Care
Partnership
A caring partnership



Runs throughout May



Take Five to Age Well Challenge

Take Five to Age Well aims to empower everyone to make small daily changes for better ageing throughout May and beyond.

Register online to receive tips and inspiration to help you keep your personal healthy ageing pledge.

- To register visit <https://nquire.org.uk/mission/take-five-to-age-well-25-make-your-pledge/contribute>
- You can order your Take Five To Age Well pack directly from Age Scotland Take Five to Age Well <https://www.agescotland.org.uk/how-we-help/health-wellbeing/take-five-to-age-well-challenge>

You could...

Sign up for a group pack to give staff in our care home.

Pass information on to my befriending volunteers so they can use it to steer activities they do with their clients.

Order a pack and encourage people to take up hobbies.

Bring positivity to my role and help residents to have a purpose by organising more social events in our care home.



Promoting positive mental wellbeing in Grampian

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

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

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



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

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

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

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

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

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

Find more information on our webpage:

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

Email: swsc@aberdeencity.gov.uk



Connect



Be Active



Keep Learning



Take Notice



Give





Runs throughout May

Bike Month

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

Runs throughout May

- Sign up at www.lovetoride.net/abz
- shona@lovetoride.net



Thursday 1st May

Lunchbreak Concert: Irene Watt

Irene explores traditional Scottish tunes, new arrangements and classical compositions in this Lunchbreak Concert.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 1st May, 12.45pm to 1.30pm

- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/lunchbreak-concert-irene-watt

Our Aberdeen

At Your Service - Explore objects from our collection that tell the story of Aberdeen's services including Police, Fire, Royal Mail, trams and buses.

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

Thursday 1st May, 2pm to 3.30pm

- For adults.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/our-aberdeen-8

Wellbeing Walk

Aberdeen Foyer's Wellbeing 5K Walk - connecting community, boosting wellbeing, and promoting an active lifestyle.

Aberdeen Foyer, Marywell Centre, Marywell Street, Aberdeen AB11 6JF

Thursday 1st May, 1pm to 3pm

- Open to all ages.
- You can email ashley.mccorquodale@aberdeenfoyer.com or www.eventbrite.co.uk/e/aberdeen-foyer-wellbeing-walk-tickets-1232763592089

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

Unit 19, Lower Mall, Bon Accord Centre, George Street, Aberdeen AB25 1HZ



Aberdeen Vaccination and Wellbeing Hub – Community Space

Drop in for a free cuppa and conversation within our Community Café. Have a chat with a volunteer or member of staff, browse our range of health and wellbeing leaflets. Pick up free sanitary products and or condoms. Just drop in – no appointment necessary to use the café.

- Open daily between 9.30am to 4pm

Aberdeen Football Club Community Trust (AFCCT) Knit and Natter

Knitting, cuppa and conversation to support your health and wellbeing. (Bring along your own knitting/crochet – free refreshments provided).

- Every Monday throughout May, 2pm to 4pm

Aberdeen in Recovery

Lived experience peer support for recovery from drugs and alcohol and Naloxone training.

- Every Wednesday throughout May, 10.30am to 12.30pm

Alcohol and Drugs Action (ADA)

Providing alcohol and drug support services for individuals, family members and friends.

- Tuesday 13th May, 2pm to 4pm
- Tuesday 27th May, 2pm to 4pm

Asthma and Allergy Foundation

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

- Every Thursday throughout May, 10am to 12.30pm

Bon Accord Care

Providing a range of services aimed at prevention and maximising independence and enhancing wellbeing.

- Every Thursday throughout May, 2pm to 4pm

CFINE

Community food outlet fresh fruit, veg and eggs sale.

- Every Tuesday throughout May, 10am to 3pm



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

Unit 19, Lower Mall, Bon Accord Centre, George Street, Aberdeen AB25 1HZ



Complete Health Coaching

Stefanie from Complete Health Coaching will be on hand to give you tips and ideas on how to eat for your overall health, improve your blood sugars, reduce cravings and increase your energy levels.

- Thursday 15th May, 10am to 12.30pm
- Thursday 29th May, 10am to 12.30pm

“Forget Me Not” Club

Dementia Awareness Week (National)

“Forget Me Not” Club offers specialist daytime activity sessions in Banchory, Aboyne and Kirton of Skene for people living with dementia, as well as home visits throughout Aberdeen City and Shire.

- Thursday 22nd May, 10am to 3pm
- Friday 23rd May, 10am to 3pm

Department of Work and Pensions (DWP)

Providing support and advice around welfare, pensions, child maintenance, disability allowance etc.

- Monday 26th May, 10am to 12 noon

Epilepsy Scotland – National Epilepsy Week

Find out about the services that Epilepsy Scotland provide for people living with epilepsy and the impact on families and friends.

- Wednesday 28th May, 9.30am to 2pm
- Thursday 29th May, 9.30am to 2pm

Grampian Stroke Club/Stroke Association – Action For Stroke Month

Discover insights into causes, symptoms, prevention and rehabilitation in addition to what services and support the Stroke Association offers for stroke survivors or anyone involved with Stroke.

- Monday 5th May, 10am to 3pm (manned stall)
Stall of information will be available all week.

Menstrual Health Day – 28th May

Unicorn Cup will be giving away free menstrual cups and raising awareness about menstrual health and hygiene.

- Wednesday 28th May, 10am to 3pm



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

Unit 19, Lower Mall, Bon Accord Centre, George Street, Aberdeen AB25 1HZ



Motivational Monday – **ACHSCP Wellbeing Co-ordinators**

Promoting activities to support people to stay well and connected in their communities.

- Monday 5th May, 10am to 12.30pm

National Smile Month **Childsmile and Public Health Team**

Childsmile will have a stall at the Aberdeen Vaccination and Wellbeing Hub for the whole month of May promoting oral hygiene and healthy eating with free toothbrushes and toothpaste.

The Public Health Team will be in attendance promoting Oral Health for National Smile Month on:

- Monday 12th May, 10am to 12 noon

Pathways Employment Keyworker

One to one support to help people find the job they want, building confidence, training, job search, CV Support, Learning to build confidence and skills.

- Every Thursday throughout May, 10am to 12 noon

Solstice Nurseries - Growing People and Plants **(Mental Health Awareness Week)**

At Solstice Nurseries, just outside Leggart Terrace. "We grow People and Plants". If you have a long term mental illness and would like to get back into a routine, learn work skills, work in a team and enjoy working outdoors with plants, Solstice may be the place for you.

- Wednesday 14th May, 10am to 3pm

Quarriers/Aberdeen Carers Support **Wee Blether Conversation Café**

Group is aimed to bring unpaid carers together for company and a chat. Free hot drink and snack, company and peer support.

- Every Friday throughout May, 11am to 1pm

Andy's Man Club

Provides free and confidential peer to peer support groups for men struggling with mental health issues.

- Wednesday 14th May, 9.30am to 1pm
- Wednesday 28th May, 9.30am to 1pm



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

Unit 19, Lower Mall, Bon Accord Centre, George Street, Aberdeen AB25 1HZ



Cairns Counselling

Mental Health Awareness Week – At Cairns, we provide a space where we hope you will feel able to talk with a counsellor about the difficulties you face in life, with no fear of being judged.

- Tuesday 13th May, 1pm to 4pm
- Wednesday 14th May, 10am to 2pm
- Thursday 15th May, 9.30am to 12.30pm

Chest Heart Stroke Scotland (CHSS)

Action for Stroke Month

Supporting the 1 in 5 people in Scotland living with chest, heart and stroke conditions as well as long covid to ensure that there is "No Life Half Lived!"

- Tuesday 6th May, 10am to 3pm

Mindstore

Mental Health Awareness Week

Mindstore offers a range of support to improve mental health and wellbeing through a variety of services. Our services include CBT, Counselling, Group therapy, Listening Service and participation in nutrition, cookery and gardening as part of the over aim to improve wellbeing.

- Friday 16th May, 10am to 1pm

Stand Up to Falls Prevention

Stand up to falls is a collaborative project between volunteer Falls Ambassadors, Aberdeen City Health and Social Care Partnership, NHS Grampian and Sport Aberdeen. Did you know that from Age 30, our muscles can lose up to 8% of their strength each decade? This can make daily activities more difficult and increase the risk of having a fall. The trust is our risk of falls decreases with one simple thing: Exercise! Come along and find out more.

- Every Tuesday throughout May, 1.30pm to 3.30pm
- Thursday 8th May, then every following Thursday throughout May, 9.30am to 11.30pm



Thursday 1st May

Retro Fun Aerobics

Step back in time and groove to the beats with Retro Fun Aerobics – where fitness meets nostalgia!

Aberdeen Sports Village, Linksfield Road, Aberdeen AB14 5RU

Thursday 1st May, 12.10pm to 1pm
(runs every Thursday throughout May)

- Aged 16 plus.
- lisa.vass@aberdeensportsvillage.com

Boogie in the Bar

A free day time disco open to anyone who enjoys a dance, making memories and great music.

The White Cockade Lounge, 2 Oscar Road, Aberdeen AB11 8ER

Thursday 1st May, 11.30am to 1.30pm

- For older adults.
- No booking required/drop in.
- swsc@aberdeencity.gov.uk

LATNEM LATER - Online Mental Health Peer Support Group

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

Online event

Thursday 1st May, 8.30pm to 9.30pm

- For adults.
- <http://latnem.eventbrite.com>

Family Fitness

Exercising as a family is a great way to stay active and spend quality time together, these classes will incorporate fun games and challenge the whole family can enjoy.

Get active @ Sheddocksley, Springhill Road, Aberdeen, AB16 6QJ

Thursday 1st May, 4.30pm to 5.15pm
(runs every Thursday throughout May)

- Open to adults and children aged 9 plus.
- Please book your space via the Sport Aberdeen app or website <https://online.sportaberdeen.co.uk/mysportaberdeen>

Full Body Walking

These social sessions will use Nordic Walking Poles for propulsion to give your upper body a workout as you walk. Open to beginners and those with more experience, each session will involve 30 minutes of training and technique followed by a 30 minute walk. Walking poles will be provided.

Get active @ Westburn, Westburn Park, Westburn Drive, Aberdeen AB25 3DE

Thursday 1st May, 11am to 12 noon
(runs every Thursday throughout May)

- For adults.
- <https://sport-aberdeen.checkfront.com/reserve/>

Community Come and Sing event

Join us for an evening of fun singing activities with a group that prides itself on creating a neuro-inclusive space.

Sir Ian Wood Building, RGU Campus, Garthdee, Aberdeen

Thursday 1st May, 7pm to 9pm

- Open to adults from 16 plus.
- Contact Alec Thompson-Miller, Choir Leader, on 07422 575711 or alec@acevoices.org

Find out what is happening at the **Aberdeen in Recovery**

41 Union Street, 1st Floor Left, Aberdeen AB11 5BN



Aberdeen in Recovery is a Lived Experience Recovery Organisation providing a safe, trusting environment where the Recovery Community can provide opportunity, support and inspiration to people, families and communities affected by alcohol/drugs. We have various activities and groups throughout May so please get in touch with us to find out more information on our current timetable.

- Call us on 01224 638342 or simply pop in (Monday to Friday, 10.30am to 4pm).
- Open to all individuals, families and communities affected by alcohol and/or drugs.
- No booking required/drop in.

Cuppa with a Purpose

A recovery group which focuses on a variety of topics specific to those in recovery with the goal of promoting wellbeing.

Medication, Recovery and Me

At these meetings we share our experiences of our recovery from substitute medication as well as celebrate others currently in recovery.

Community Connects

A relaxed drop-in session to unwind by playing some games and listening to our very own LIVE radio show! This is also a chance for connecting family members with those in recovery.

Arts and Crafts

A drop-in session to relax and socialise with access to a variety of art supplies. Let your imagination run wild!

AiR Media Group

Get involved helping us in Making Recovery Visible by taking part in our radio shows, or tell us your story in a video or magazine articles.

Recovery Café

A place for our members to come and have a meal with us in our lovely community space. Lunch is provided.

Naloxone Training

AiR offers Naloxone training weekly at the Bon Accord Vaccination Centre on Wednesdays from 10.30am until 12.30pm. Come learn to save a life!

Diversity

A group which focuses on some of the less understood aspects of recovery and how each person's journey is completely unique.

Other Classes

Also regular classes including yoga, meditation, walking group and laughter yoga.

Friday 2nd May

Musical Memories

Musical Memories is a friendly singing group for people with dementia, their partners, families and friends.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Friday 2nd May, 1.30pm to 3.30pm

(Also runs on Friday 16th and Wednesday 28th May)

- For adults.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/musical-memories-8

Boogie in the Bar

A free day time disco for anyone who enjoys a dance, making memories and great music!

Sunnybank Football Club, Heathryfold Park, Heathryfold Circle, Aberdeen AB16 7DS

Friday 2nd May, 12 noon to 2.30pm

- For adults.
- No booking required/drop in.
- swsc@aberdeencity.gov.uk

Queer Creations

Yoga mindfulness and meditation session.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Friday 2nd May, 11am to 12 noon

(Also runs Wednesday 7th, Saturday 10th and Tuesday 20th May)

- For adults.
- Please call 01224211963 to book your space.



Stories of Wellbeing: First Friday Fling

Join us for an evening of storytelling for wellbeing and connection.

St Peters Heritage Hall, Peterculter AB14 0PU

Friday 2nd May, 7pm to 9pm

- Open to all.
- No booking required/drop in.
- For further details about the event or any queries, please reach out to us at gas_story@hotmail.com or find us on Facebook. We look forward to seeing you there and sharing in the joy of storytelling.

Mindfulness Flow

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

Online event

Friday 2nd May, 10am to 10.45am

- Age 16 years plus.
- For all enquiries and to book a space contact Info@MindfulnessFlow.co.uk or 07721 656412.
- The weblink will be sent following reserving your place.

Specialist GCRA+ Exercise Classes - Fun, Fitness and Friendship

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

- Booking required.
- info@gcra.org.uk or 01888 569160.
- www.gcra.org.uk
- **Wallace Practice**
Wallace Practice, 12 Seafeld Road, Aberdeen AB15 7YT
Thursday 1st May, 3pm to 4pm (runs all month)
- **RGU Sport**
Garthdee Campus, Aberdeen AB10 7GE
Tuesday 6th May, 1pm to 2pm (runs all month)
- **Get Active @ Westburn**
Westburn Road, Aberdeen AB25 3DE
Tuesday 6th May, 5.30pm to 6.30pm (runs all month)
Tuesday 6th May, 6.30pm to 7.30pm (runs all month)
- **Beacon Community and Sports Centre**
Bucksburn AB21 9DG
Wednesday 7th May, 5.30pm to 6.30pm (runs all month)
- **Kippie Lodge**
North Deeside Road, Milltimber AB13 0AB
Wednesday 7th May, 12.30pm to 1.30pm (runs all month)



Friday 2nd May

Family Fitness

Exercising as a family is a great way to stay active and spend quality time together, these classes will incorporate fun games and challenge the whole family can enjoy.

Get active @ Sheddocksley, Springhill Road, Aberdeen AB16 6QJ

Friday 2nd May, 4.30pm to 5.15pm
(runs every Friday throughout May)

- Open to adults and children aged 13 years plus.
- Please book your space via the Sport Aberdeen app or website <https://online.sportaberdeen.co.uk/mysportaberdeen>

Live Well Gym

Live Well Gym introduces you to all aspects of exercising in a gym. Once you've learned the basics, you'll be supported with a tailored programme to help you meet your own fitness goals.

Get Active @ Sheddocksley, Get active @ Sheddocksley, Springhill Road, Aberdeen AB16 6QJ

Friday 2nd May, 12 noon to 1pm
(runs every Friday throughout May)

- Open to adults.
- For further information and to book a space, please visit <https://sport-aberdeen.checkfront.com/reserve/>

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



Friday Social Sessions

Sport Aberdeen's Community Sport Team in partnership with Albury Community Sports Hub runs weekly Friday afternoon social sessions where the hub is open for everyone for couple of hours to socialise, have a cup of tea and try different sports the hub has on offer such as Lawn Bowls, Lawn Tennis, Petanque, Pickleball, Putting and chess. All the equipment will be provided at the hub and the sessions are open for all ages and abilities.

Albury Community Sports Hub, Albury Road, Aberdeen AB116TN

Friday 2nd May, 1pm to 3pm
(runs every Friday throughout May)

- Open to all ages.
- No booking required/drop in.
- radhangale@sportaberdeen.co.uk



Runs online throughout May

Mindfulness

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

Online – from the comfort of your own home

Every Friday throughout May, 10.30am to 11.30am

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

Mindful Movement

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

Online – from the comfort of your own home

Every Monday throughout May, 10.30am to 11.30am

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

Seated Yoga

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

Online – from the comfort of your own home

Every Wednesday throughout May, 11am to 12 noon

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

Saturday 3rd May

Artroom with Grampian Hospitals Art Trust

Artroom sessions at the Art Gallery are led by professional artists and welcome adults of all abilities to experiment with art making in a variety of materials. Come along and try something new!

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 3rd May, 10.30am to 12.30pm
(runs every Saturday throughout May)

- For adults.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/artroom-grampian-hospitals-art-trust

Men's Shed Wellbeing Festival

Open doors, so do come along for a tour and see what a Men's Shed can do for you, your hubby, brother, uncle, or neighbour.

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

Saturday 3rd May, 9am to 12 noon

- For men.
- No booking required/drop in.
- secretary.bodshed@outlook.com

Where the Magic Happens: Connecting with Crystals

Where the Magic Happens: Connecting with Crystals for relaxation, suitable for beginners.

Online event

Saturday 3rd May, 12 noon to 12.40pm

- Please email info@earthstore.co.uk to book your space.



Queer Creations - Writers Club

Share stories and provide feedback in a safe and controlled environment - theme NEW.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Saturday 3rd May, 1pm to 3pm

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

Natural Healing Taster Sessions

Helping You Help Yourself Heal Naturally with Holistic Therapies.

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

Saturday 3rd May, 12 noon to 4pm
(runs every Saturday throughout May)

- Open to all ages (under 16 to be accompanied by an adult).
- No booking required/drop in.
- naturalhealingaberdeen@gmail.com
07821 048357 or 01224 838546.

Sunday 4th May

Family Gym

Exercising as a family is a great way to stay active and spend quality time together, these gym sessions will be tailored to allow teens and adults to use the gym together.

- **Get active @ Jesmond**

Jesmond Drive, Bridge of Don, Aberdeen AB22 8UR
Sunday 4th May, 9am to 12 noon
(runs every Sunday throughout May)

- **Get active @ Sheddocksley**

Springhill Road, Aberdeen AB16 6QJ
Sunday 4th May, 2pm to 4pm
(runs every Sunday throughout May)

- Open to adults and young people aged 14 years plus.
- Please book your space via the Sport Aberdeen app or website.
<https://online.sportaberdeen.co.uk/mysportaberdeen>

Runs throughout May



Walk to Give Her a Voice

A 2k wellbeing walk to create awareness about menstrual health and period poverty in schools across Aberdeen and Aberdeenshire to mark menstrual hygiene day.

Primary schools and secondary schools with the grounds for the walk can participate.

- Any day and time suitable for the schools.
- To find out more visit
<https://walk4her.theperiodplace.co.uk/schools/>



Monday 5th May

Mindful Movement

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

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

Online - join from the comfort of your own home

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

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

Breathing Workshop

Reconnect mind, body, and spirit by discovering the calming power of conscious breathing in our workshop.

Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Monday 5th May, 1pm to 2pm

- Open for 16 years plus.
- lisa.vass@aberdeensportsvillage.com

Evergreens Badminton

Stay active and have fun with our Evergreens Badminton – designed for those 60 and over to keep moving and socialising.

Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Monday 5th May, 12 noon to 1.30pm
(runs every Monday throughout May)

- 60 years plus.
- lisa.vass@aberdeensportsvillage.com

SHMU Radio Shows

Every Monday throughout May



Tune in to SHMU Radio every Monday, 2pm to 3pm, for 'What's happening this week for 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.'

Relax with Tracey

Come and join me and learn some breathing techniques to help to cope with everyday stress and anxieties!

NLB Coaching solutions, Second floor, 39 Huntley Street, Aberdeen

Monday 5th May, 10.30am to 11.30am

- For adults.
- 07455 128492 or relaxwithtracey@myyahoo.com

Health Coaching for Balanced Living

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

Online event

Monday 5th May, 6pm to 6.45pm
(runs every Monday throughout May)

- Aged 16 years and above.
- www.eventbrite.co.uk/e/1247185638819?aff=oddttdtcreator

Family Fitness

Exercising as a family is a great way to stay active and spend quality time together, these classes will incorporate fun games and challenge the whole family can enjoy.

• Get active @ Jesmond

Jesmond Drive, Bridge of Don, Aberdeen AB22 8UR

Family Fitness, adults and children aged 5 plus

Monday 5th May, 3.30pm to 4.15pm

(runs every Monday throughout May)

Family Fitness, adults and children aged 9 plus

Monday 5th May, 4.30pm to 5.15pm

(runs every Monday throughout May)

• Get active @ Northfield,

Kettlehills Crescent, Aberdeen AB16 5T

Family Fitness, adults and children aged 5 plus

Monday 5th May, 4pm to 4.45pm

(runs every Monday throughout May)

- Please book your space via the Sport Aberdeen app or website <https://online.sportaberdeen.co.uk/mysportaberdeen>



Live Well Circuits

Live Well Circuits is ideal for those looking to get more active. These classes are low impact, fun and tailored to meet your needs.

Get active @ Westburn, Westburn Park, Westburn Drive, Aberdeen AB25 3DE

Monday 5th May, 11am to 12 noon
(runs every Monday throughout May)

- Open to adults.
- For further information and to book a space, please visit <https://sport-aberdeen.checkfront.com/reserve/>

ASN Table Tennis

Free table tennis sessions supported with some element of coaching by the ADTTA coaches. The sessions are particularly aimed towards catering to population with disabilities and requiring additional support.

Get active @ Westburn, Westburn Park, Westburn Drive, Aberdeen AB25 3DE

Monday 5th May, 6.30pm to 7.30pm
(runs every Monday throughout May)

- Open to all ages with ASN or any known disabilities.
- No booking required/drop in.
- briana.robertson@btinternet.com



Yin Yoga in the Yurt @ Urban Wellness

Yin Yoga in the Yurt is a slow floor based class, with gentle movements to support releasing tension from the body, and calming the nervous system. 45 minutes of yoga with a guided meditation to support relaxation. Suitable for beginners.

Urban Wellness Hub, 6 Balgownie Drive, Bridge of Don, Aberdeen AB22 8FD

Monday 5th May, 6pm to 7pm

- Aged 16 plus.
- Please email info@urbanwellnesshub.co.uk
- www.UrbanWellnessHub.co.uk

Tai Chi and Yoga Based Exercise for All

Chair based tai chi and yoga for anyone with limited mobility from arthritis or other Musculoskeletal condition.

Great Western Community Centre, Ashley Park Drive, Aberdeen

Monday 5th May, 12 noon to 1pm
(runs every Monday throughout May)

- No booking required/drop in.
- email livewell@versusarthritis.org

Tuesday 6th May

Stitching with the UFOs

UFO stands for Unfinished Objects! Come along to this monthly stitchers' meet up and take part in their latest project.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Tuesday 6th May, 1.30pm to 3.30pm

- For adults.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/stitching-ufos-2

Memories Scotland

Social history session for those affected by Alzheimer's, dementia, social isolation, loneliness and other conditions.

Central Library, Rosemount Viaduct, Aberdeen AB25 1GW

Tuesday 6th May, 2.30pm to 4pm

- For adults.
- 01224 070707 and healthinfo@aberdeencity.gov.uk

Teen Weightlifting

Build strength, confidence, and focus with our Teen Weightlifting programme – where power meets potential.

Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Tuesday 6th May, 4.15pm to 5pm
(runs every Tuesday throughout May)

- For teenagers 12 to 15 years old.
- lisa.vass@aberdeensportsvillage.com

Boogie in the Bar

A day time disco open to anyone who enjoys a dance, making memories and great music!

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

Tuesday 6th May, 12pm to 2pm

- No booking required/drop in.
- swsc@aberdeencity.gov.uk

Drop in session with Asthma and Allergy Foundation

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

Aberdeen Sports Village, - Sports Centre (near Denis Law Statue).
Linksfield Road, Aberdeen AB24 5RU

Tuesday 6th May, 12 noon to 2pm

- Open to all.
- No booking required/drop in.
- Please feel free to contact pam.cumming@asthmaandallergy.org.uk
- Keep an eye on website <https://asthmaandallergy.org.uk/> for further details on additional dates/times and venues.

Trishaw Rides

Cycling without Age Aberdeen offer piloted rides for older adults and people with mobility issues and their loved ones to enjoy the outdoors and feel the wind in their hair. Each of our trishaw bikes accommodates two passengers and you can book a 30-minute slot.

Meeting Point: Beach Esplanade, Aberdeen - across from Innoflate.

Tuesday 6th May, 1pm to 4pm (Also runs on Saturday 17th May)

- 4 people per 30-minute slot
- <https://sport-aberdeen.checkfront.com/reserve/>

LGBT+ Sexual Health Workshop

Explore the topic of Sexual Health from the perspective of the LGBT+ community, looking at their specific needs and cultural differences.

- **Online**

Tuesday 6th May, 12 noon to 1pm

- **In person**

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 6th May, 1pm to 2pm

- For adults.
- www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

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



Aberdeen Adapted Cycling Sessions

We offer adapted cycling sessions around Grampian, aiming to make cycling more accessible and inclusive for everyone.

Aberdeen Cycle Hub @ Seaton, Raymond Kelly Pavilion, School Road, Aberdeen AB24 1TN

Tuesday 6th May, 10am to 12 noon

- Open to all ages.
- Drop in sessions so no need to book. Please send any questions to gicb.gds@gmail.com

Chair Based Zumba Class

Chair based Zumba class.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Tuesday 6th May, 2.15pm to 3pm

- For adults.
- 01224 479061 or inchgarthcc4@gmail.com

Mindfulness Flow for Neurodivergence

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

Online event

Tuesday 6th May, 7.30pm to 8.30pm

- 16 years plus.
- To make an enquiry and/or to reserve an online place at the event email Info@MindfulnessFlow.co.uk
- 07721 656412.

Supporting our Young People - Connecting and Learning Event

This event brings together a range of organisations working to support young people, including in relation to suicide prevention. Attendees will have the opportunity to browse a range of stalls and learn about support services. There will also be a programme of speakers with the opportunity for Q and A.

Woodside Fountain Centre, Games Hall, Marquis Road, Woodside, AB24 2QY

Tuesday 6th May, 12.15pm to 2.45pm

- Parents are welcome to bring their young people as they will also be interested to find out what support is available to them and hear from our speakers. If bringing young people along parents are advised that the session will draw on themes discussing mental health and suicide prevention.
- www.eventbrite.com/e/1245836353069
- Information on all events happening in May can be found here - www.eventbrite.com/cc/grampian-wellbeing-festival-3278989

Family Fitness

Exercising as a family is a great way to stay active and spend quality time together, these classes will incorporate fun games and challenge the whole family can enjoy.

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

**Tuesday 6th May, 4pm to 4.45pm
(runs every Tuesday throughout May)**

- Open to adults and children aged 9 plus.
- Please book your space via the Sport Aberdeen app or website <https://online.sportaberdeen.co.uk/mysportaberdeen>



Live Well Gym

Live Well Gym introduces you to all aspects of exercising in a gym. Once you've learned the basics, you'll be supported with a tailored programme to help you meet your own fitness goals.

Get active @ Alex Collie, Cardens Knowe, Bridge of Don, Aberdeen AB22 8PE

Tuesday 6th May, 2pm to 3pm
(runs every Tuesday throughout May)

- Open to adults.
- For further information and to book a space, please visit <https://sport-aberdeen.checkfront.com/reserve/>

Low Impact HIIT

Low Impact HIIT is a full body workout with carefully selected exercises to minimise stress on the muscles and joints. A mixture of exercise followed by short rest periods to help improve endurance, strength and burn calories without jumping around.

Get Active @ Jesmond, Jesmond Drive, Bridge of Don, Aberdeen AB22 8RU

Tuesday 6th May, 6pm to 6.45pm
(runs every Tuesday throughout May)

- Open to adults.
- For more information and to book a space, please visit <https://sport-aberdeen.checkfront.com/reserve/>

Seaton Park Social Walk

A social walk through Seaton Park, along the river Don to the Diamond Bridge and back via Brig o' Balgownie. The walk is open to all and will take around 90 minutes.

Meeting point: Seaton Park Front Gate, Don Street, Aberdeen AB24 1XS

Tuesday 6th May, 10.30am to 12 noon

- <https://sport-aberdeen.checkfront.com/reserve/>

Ping-Pong Tuesday's

Sport Aberdeen in partnership with Aberdeen District Table Tennis Association (ADTTA) is delighted to announce social table tennis sessions every Tuesday morning.

The sessions will be led and delivered by expert volunteers. So if you are looking to try a hand at Table Tennis, or have some fun whilst making new friends and learning to play a new Sport, please come along.

No pre-registration required and the sessions are free of cost with all equipment provided"

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

Tuesday 6th May, 10.30am to 12 noon
(runs every Tuesday throughout May)

- All ages and abilities welcome.
- No booking required/drop in.
- radhangale@sportaberdeen.co.uk

Wednesday 7th May

Memories Scotland

Reminiscence and social history session for people affected by Alzheimer's, dementia, social isolation, loneliness and other conditions.

Dyce Library, Gordon Terrace, Aberdeen AB21 7BD

Wednesday 7th May, 11am to 12.30pm

- For adults.
- 01224 070707 or healthinfo@aberdeencity.gov.uk

Seated Yoga

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

Online - from the comfort of your own home

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

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



Qi Gong

Harmony for the body and mind – experience the balance and flow of Qi Gong.

Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

**Wednesday 7th May, 12 noon to 12.50pm
(runs every Wednesday throughout May)**

- Open for aged 16 plus.
- lisa.vass@aberdeensportsvillage.com

Young Parkinson's Group

Opportunity join a circuit based exercise class for people with Parkinson's Disease.

Room H123, Ishbel Gordon Building, Robert Gordon University, Garthdee Rd, Aberdeen AB10 7QE

Wednesday 7th May, 2pm to 3pm

- exerciseclassshs@rgu.ac.uk
- Participants are requested to register any car parking details with reception on arrival.

Social Boccia Sessions

A chance to try out Boccia an exciting activity in a relaxed social setting at a fully accessible facility. The sessions are free to attend and although they are aimed at ASN population, people of all ages and abilities are welcome. The sessions are on every 2nd Wednesday at Cummings Park (Pink Building) in Northfield. There is no obligation to register, drop-ins are welcome.

Cummings Park Centre, Cummings Park Crescent,
Aberdeen AB167AS

Wednesday 7th May, 6pm to 8pm
(Also runs on Wednesday 21st May)

- Open to all ages.
- No booking required/drop in.
- kmunro@sportaberdeen.co.uk

Wellbeing Wednesdays

Join the wellbeing team at shmu for a cuppa, chat and take part in meaningful activities.

Come and discover how creative arts can improve your mental health.

Station House Media Unit, Station Road, Woodside,
Aberdeen AB24 2WB

Wednesday 7th May, 2pm to 4pm
(runs every Wednesday throughout May)

- Over 18s.
- No booking required/drop in.
- Contact shmu on volunteer@shmu.org.uk or 01224 515 013.

Thursday 8th May

Lunchbreak Concert: Aberdeen Folk Orchestra

Allow Aberdeen Folk Orchestra to take you on an eclectic exploration of folk/acoustic music from around the world.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 8th May, 12.45pm to 1.30pm

- Open to all age.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/lunchbreak-concert-aberdeen-folk-orchestra

Chair Based Exercise

Improve strength, flexibility, and mobility with our gentle chair-based exercise class for older adults.

Aberdeen Sports Village, Linksfield Road, Aberdeen AB24 5RU

Thursday 8th May, 9am to 9.50am
(runs every Thursday throughout May)

- Open for 60 years plus.
- lisa.vass@aberdeensportsvillage.com

Professionals Drop-In

An opportunity for professionals to drop in and find out more about Alzheimer Scotland and the support and services we provide, including the Aberdeen Brain Health Service.

Brain Health and Dementia Resource Centre, 13-19 King Street,
Aberdeen AB24 5AA

Thursday 8th May, 2pm to 3pm

- Open to all health professionals.
- No booking required/drop in.
- 01224 644077.



4 Inclusion - Board Games and Chat

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 8th May, 10am to 8pm

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

An Aging LGBT+ Population Workshop

Explore the needs of aging LGBT+ individuals and how to provide appropriate support concerning physical, mental, emotional and sexual health issues.

- **Online**

Thursday 8th May, 12 noon to 1pm

- **In person**

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 8th May, 1pm to 2pm

- For adults.
- www.fourpillarsuk.org/individual-workshop/
or call 01224 211963

Friday 9th May

LATNEM Mental Health Peer Support Group

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

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

Friday 9th May, 11am to 12.15pm

- For adults.
- <http://latnem.eventbrite.com>

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



Saturday 10th May

Stress to Success

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

Online event

Saturday 10th May, 10am to 12 noon

<https://happyliueya.myflodesk.com/s2smasterclass>

Mental Wellbeing Open Day

Pop along to our open day where we will be offering mini coaching and relaxation sessions as well as information about our services, refreshments will be provided.

Second floor, The Gym, 39 Huntly Street, Aberdeen AB10 1TJ

Saturday 10th May, 10am to 3pm

- No booking required/drop in.
- nlbcoachingsolutions@mail.com



Tune in to **SHMU Radio** (99.8FM) every Monday, 2pm to 3pm, to find out what is happening this week.

Monday 12th May

Big Noise Big Spring Sing

Come and join us for a song extravaganza. Sing popular songs together with our friendly leaders. No prior experience required. There will be cake!

Balnagask Community Centre, 6 Balnagask Road, Torry, Aberdeen AB11 8HX

Monday 12th May, 7pm to 8.30pm

- All welcome.
- Drop ins welcome on the day. Spaces are limited so booking is recommended.
- Text 07436 224570 to book or for more information.

Men's Shed Wellbeing Event

Open doors, so do come along for a tour and see what a Men's Shed can do for you, your hubby, brother, uncle, or neighbour.

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

Monday 12th May, 9am to 12 noon

- For men.
- No booking required/drop in.
- secretary.bodshed@outlook.com

Reiki Taster Session

Come and join me for a Reiki session.

NLB Coaching solution, Second floor, 39 Huntly Street, Aberdeen

Monday 12th May, 10am to 2pm

- For adults (1 to 1)
- To book contact 07455 128492 or relaxwithtracey@myyahoo.com

Drop-In Coffee Morning

A free weekly coffee morning at Inchgarth every Monday. Tea, coffee, hot chocolate and pancakes or rowies available, come on your own or with a friend!

Inchgarth Community Centre, Aboyne Place, Garthdee, Aberdeen AB10 7DR

Monday 12th May, 10.30am to 12 noon

- Open to all ages.
- No booking required/drop in.
- 01224 479061

Over 60s Exercise Class

Opportunity to join in an exercise class for people over 60.

Studio 3, RGU Sport, Garthdee Rd, Aberdeen AB10 7GE

Monday 12th May, 11am to 12 noon

- Over 60s.
- exerciseclassshs@rgu.ac.uk
- Participants are requested to register any car parking details with reception on arrival.

Candlelight Yin Yoga

Slow floor based yin yoga class, with gentle movements to support releasing tension from the body, and calming the nervous system. 45 minutes of yoga by candlelight, with a full moon themed guided relaxation. Suitable for beginners.

Urban Wellness Hub, 6 Balgownie Drive, Bridge of Don Aberdeen AB22 8FD

Monday 12th May, 7.30pm to 8.30pm

- Aged 16 plus.
- Please email: info@urbanwellnesshub.co.uk
- www.UrbanWellnessHub.co.uk



Tuesday 13th May

Aberdeen Cyrenians Volunteering Open Day

Come visit our warehouse and meet with our Volunteering and Education Coordinator. You will be given a tour of the facility demonstrating what we store for crisis support. An insight to the Charity (it's history, our ethos, and Services we offer) will be provided along with tea and coffee.

Aberdeen Cyrenians, Unit 6, Crombie Road, Torry, Aberdeen AB11 9QQ

Tuesday 13th May, 10am to 12 noon

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

Soup and Sandwiches

Join us for some soup and sandwiches with great company. Free to come along but donations are welcome.

Greyhope Community Hub, 8 Tullos Circle, Aberdeen AB11 8HD

Tuesday 13th May, 12 noon to 2pm

- For older adults.
- No booking required/drop in.
- swsc@aberdeencity.gov.uk

Finance Made Easy

Busting jargons and being empowered.

Online event

Tuesday 13th May, 11am to 11.45am

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

NHS Grampian Virtual Breastfeeding Group

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

Online event

Tuesday 13th May, 11am to 12 noon

- Open to all expectant parents, breastfeeding and/or expressing mothers, parents and their support network.
- No booking required/drop in.
- Head to <https://nhsattend.vc/nhsg/infantfeedinggroup>

Scotstown Moor and Lochside Social Walk

A social walk into and around Scotstown Moor. The walk is open to all and will take around 90 minutes.

Meeting point: Bridge of Don Baptist Church Car Park, Dubford Road, Bridge of Don, Aberdeen AB23 8GS

Tuesday 13th May, 2pm to 2.30pm

- <https://sport-aberdeen.checkfront.com/reserve/>



Feel Good Football

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

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

Tuesday 13th May, 10.30am to 11.30am

(Also runs on Tuesday 20th and Tuesday 27th May)

- Drop in open to all adults aged 16 plus.
- No booking required/drop in.
- Contact Strikers info@strikersfootball.com or 01224 706007.

Wednesday 14th May

Healthy Weight Aberdeen: Public Engagement 1

An opportunity for citizens to share their views on a whole system approach to Healthy Weight.

Online event

Wednesday 14th May, 10am to 11am

- For adults.
- To book a space, please create a login at <https://guestlearn.aberdeencity.gov.uk/> and browse to find Healthy Weight Public Engagement 1.

Boogie in the bar

Daytime disco with a light lunch provided.

Dee Swimming Club, 50 Gerrard St, Aberdeen AB25 1HA

Wednesday 14th May, 11.30am to 1.30pm

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

Meditation for Pain Relief and Relaxation

Online Zoom event for people who suffer from Chronic Pain with Deidre Christenson-Main.

Online event

Wednesday 14th May, 1pm to 1.30pm

- All welcome.
Join Zoom Meeting
<https://us04web.zoom.us/j/74924525475?pwd=IxiBzwlWi1t8Rv9sQX8T8Qa19X85zt.1>
Meeting ID: 749 2452 5475
Passcode: 4ab5Eg

Online Safety for the LGBT+ Community Workshop

Explore the topic of Online Safety from the perspective of the LGBT+ community, looking at their specific needs and cultural differences, while learning techniques to keep yourself safe online.

• Online

Wednesday 14th May, 12 noon to 1pm

• In person

Wednesday 14th May, 1pm to 2pm

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

- For adults.
- www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

Aberdeen Adapted Cycling Session

We offer adapted cycling sessions around Grampian, aiming to make cycling more accessible and inclusive for everyone.

Aberdeen Cycle Hub @ Seaton, Raymond Kelly Pavilion, School Road, Aberdeen AB24 1TN

Wednesday 14th May, 2pm to 4pm

- Open to all ages.
- Drop-in session so no booking required.
- Please send any questions to gicb.gds@gmail.com

Craft Get Together at Rosie's

Connect with new people, learn a new skill and make a card and/or a mug.

Rosie's Social Enterprises, first floor, 45-49 Holburn Street, Aberdeen AB10 6BR

Wednesday 14th May, 1.30pm to 4pm

- katemisunina@turningpointscotland.com

Thursday 15th May

Lunchbreak Concert: Joseph Long

Joseph Long presents the fourth instalment of his Chopin Masterworks series featuring the passionate and Beethovenian Third Scherzo, the expressive Mazurkas Op. 17, and the tremendously complex and intricately woven Fourth Ballade.

Aberdeen Art Gallery, Schoolhill, Aberdeen, AB10 1FQ

Thursday 15th May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/lunchbreak-concert-joseph-long-2

Cornhill Association Soup and Sandwich Cafe

Drop in social event to enjoy some good food and company.

Cornhill Community Centre, Beechwood Road, Aberdeen AB16 5BL

Thursday 15th May, 11am to 1pm

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

Liver Health Awareness

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

Online event

Thursday 15th May, 10am to 11am

- Email lesley.simpson@britishlivertrust.org.uk to be sent the link.



Colouring-In Sessions (Autism Friendly)

Join us for an afternoon of drawing and colouring-in.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 15th May, 12 noon to 4pm

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

Inclusive Zumba Class

Inclusive Zumba class, seated or standing for adults.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Thursday 15th May, 12.15pm to 1pm

- For adults.
- 01224 479061 or inchgarthcc4@gmail.com

Friday 16th May

Inspired Gallery Meets

String Printing the Natural World - explore lines and curves with a fun string printing workshop led by mixed-media artist Natalie Easton.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Friday 16th May, 11am to 12.30pm

- For adults.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/inspired-gallery-meets-9

Healthy Weight Aberdeen: Public Engagement 2

An opportunity for citizens to share their views on a whole system approach to Healthy Weight.

Online event

Friday 16th May, 1pm to 2pm

- For adults.
- To book a space, please create a login at <https://guestlearn.aberdeencity.gov.uk/> and browse to find Healthy Weight Public Engagement 2

LGBT+ Basics Training

Taster session for LGBT+ Awareness training.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Friday 16th May, 1pm to 2pm

- For adults.
- jennifer.johnstone@fourpillarsuk.org



Viking Hiking

Nordic walking for one hour.

Meet at Bruce Cairns by Cafe, Hazlehead Park, Hazlehead, Aberdeen AB15 8BJ

Friday 16th May, 10am to 11am

- Suitable for adults.
- No booking required/drop in.
- d.willett@btinternet.com



Saturday 17th May

LGBT+ Picnic

Join us at Westburn Park this International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) for an afternoon of friendly conversation and treats (bring your own). Behind Clan, Westburn Park, Westburn Rd, Aberdeen AB25 2DF

Saturday 17th May, 12 noon to 2pm

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

Food for the Soul

While food nourishes the body; come and explore how preparing food in a meditative awareness can positively affect how we think and feel.

2 Thistle Road, Dyce, Aberdeen AB21 0NN

Saturday 17th May, 10am to 11.30am

- Parking available.
- Aged 16 plus.
- aberdeen@uk.brahmakumaris.org

FREE Gym Access

Come along to RGU SPORT to enjoy a FREE Gym Session at anytime from 8am to 3pm on Saturday 16th May.

RGU Sport, Garthdee Rd, Aberdeen AB10 7GE

Saturday 17th May, 8am to 3pm

- For adults.
- No booking required/drop in.
- 01224 263666 or rgusportenquiries@rgu.ac.uk

Sunday 18th May

Aberdeen SANDS Family Afternoon

Fun time in an informal setting for bereaved siblings and parents to come together taking part in crafts and other toys such as play doh etc.

Airyhall Community Centre, Countesswells Rd, Aberdeen AB15 8AD

Sunday 18th May, 2pm to 4pm

- For more information or the link to join please email fiona.donald@sandsvolunteer.org.uk or call our helpline 08707 606649.

Monday 19th May

Men's Group

A friendly, informal group meeting for coffee and chat with an invited speaker.

Fountainhall Church at the Stocket (formerly Midstocket Church),
Harcourt Road, Aberdeen AB15 5NZ

Monday 19th May, 10am to 12 noon

- For men.
- No booking required/drop in.
- office@fountainhallchurch.org.uk

Free Coffee Morning

Free weekly coffee morning with a selection of teas, coffees and hot chocolate. Come on your own or with a friend.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Monday 19th May, 10.30am to 12 noon

- For adults.
- No booking required/drop in.
- 01224 479061.



Tuesday 20th May

Memories Scotland

Reminiscence and social history session for people affected by Alzheimer's, dementia, social isolation, loneliness and other conditions.

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

Tuesday 20th May, 2.30pm to 4pm

- For adults only.
- 01224 070707 or healthinfo@aberdeencity.gov.uk

The Way it Was: Reminiscence of Old Shops

An opportunity to recall past shops in Aberdeen through photos and discussion.

Aberdeen Brain Health and Dementia Resource Centre, 13-19 King
Street, Aberdeen AB24 5AA

Tuesday 20th May, 2pm to 3pm

- 01224 664077 or AberdeenCityServices@alzscot.org



Tune in to **SHMU Radio** (99.8FM)
every Monday, 2pm to 3pm, to
find out what is happening this week.

Stronger Families series online event - Energy drinks - What is the harm?

This presentation aims to provide a comprehensive understanding of energy drinks. We will look at their ingredients, and their effects on health and wellbeing.

We will explore both the potential benefits and the risks associated with regular consumption of these popular beverages. We will also look at what we can do to help reduce the use of these drinks with our children and young people.

Online event

Tuesday 20th May, 7pm to 8pm

- For parents and carers.
- <https://guestlearn.aberdeency.gov.uk/> participants will need to create a guest login and then browse courses to find Stronger Families Series: Energy Drinks Awareness.

Chair Based Zumba Class

Chair based Zumba class.

Inchgarth Community Centre, Aboyne Place, Aberdeen, AB10 7DR

Tuesday 20th May, 2.15pm to 3pm

- For adults.
- 01224 479061 or inchgarthcc4@gmail.com

Wednesday 21st May

Fireside Chat with the Grampian Association of Storytellers

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

Online event

Wednesday 21st May, 7pm to 8pm

- All welcome.
- Please contact us at gas_story@hotmail.com or find us on Facebook for the zoom link.

Seaton Park Secret Gardens Social Walk

A social walk through the park and along the river Don to Brig O' Balgownie and into the Cruickshank Botanical Gardens.

Meeting Point: St Machar Cathedral, The Channory, Aberdeen AB24 1RQ

Wednesday 21st May, 11am to 12.30pm

- <https://sport-aberdeen.checkfront.com/reserve/>

Workshop/Session - Meet the Guys and Join Up

Join the Rosemount and Midstocket Men's Shed for a free drop-in session as part of the Grampian Wellbeing Festival. This event is a great opportunity for all men in Aberdeen, especially those in the Rosemount and Midstocket area, to connect, learn about the Men's Shed activities, and even sign up to become a member in a friendly and welcoming environment.

Rosemount Community centre, Belgrave Terrace, Aberdeen

Wednesday 21st May, 6.30pm to 8.30pm

- For men aged 18 plus.
- Just drop-in.

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





Thursday 22nd May

Lunchbreak Concert: Meldrum Academy

Senior musicians from Meldrum Academy perform a varied programme of classical and contemporary music featuring piano, clarinet, percussion, voice and strings.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 22nd May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/lunchbreak-concert-meldrum-academy-0

4 Inclusion Board Games and Chat

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 22nd May, 10am to 8pm

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

Understanding Transgender Dementia Workshop

Identify the potential needs of a Trans Person with a Dementia diagnosis and explore how to support them through this stage of their lives.

- **Online**

Thursday 22nd May, 12 noon to 1pm

- **In person**

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 22nd May, 1pm to 2pm

- For adults.
- www.fourpillarsuk.org/individual-workshop/ or call 01224211963.

Exercise Class

Opportunity to join a community exercise class.

2 Abbey Pl, Torry, Aberdeen AB11 9QH

Thursday 22nd May, 9.30am to 10.30am

- For adults.
- exerciseclassshs@rgu.ac.uk

Shift-Worker Health and Wellbeing

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

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

Thursday 22nd May, 2pm to 3pm

- For adults.
- www.eventbrite.co.uk/e/shift-worker-health-wellbeing-tickets-1249429520329?aff=oddtcreator

Friday 23rd May

Aberdeen Foyer Open Day

This is an open day at our Marywell Centre, featuring a mix of activities to choose from that highlight the importance of wellbeing and help build skills, knowledge, and confidence in self-care.

Marywell Centre, Marywell Street, Aberdeen AB11 6JF

Friday 23rd May, 10am to 2pm

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

Four Pillars Walk and Talk

Meet others in the community, walk and talk, share experiences and make connections.

Meet outside Winter Gardens, Duthie Park, Polmuir Road, Aberdeen AB11 7TH

Friday 23rd May, 2pm to 4pm

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

LATNEM Mental Health Peer Support Group

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

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

Friday 23rd May, 11am to 12.15pm

- For adults.
- <http://latnem.eventbrite.com>

Saturday 24th May

Talk: Artroom and 40 Years of Grampian Hospitals Art Trust

Grampian Hospital Art Trust is 40 this year and to celebrate the important anniversary and spotlight their partnership with AAGM this talk will introduce attendees to wonders of Artroom, a person centered arts workshops, and part of AAGM's wellbeing programme, held every week in Aberdeen Art Gallery.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Saturday 24th May, 2pm to 3pm

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

Meditation for Inner Peace and Happiness

Come and explore how meditation can support positive health and wellbeing.

Assured Occupational Health, 2 Thistle Road, Dyce, Aberdeen AB21 0NN

Saturday 24th May, 10am to 11.30am

- Parking is available.
- Aged 16 plus.
- aberdeen@uk.brahmakumaris.org



Sunday 25th May

Meditation for Stress Relief and Relaxation

Relax before bedtime with meditation online for those in need of stress relief and relaxation, with Wellbeing Coach and Freedom Coach, Deidre' Christenson-Main.

Online event

Sunday 25th May, 10pm to 10.30pm

- Open to all.
- Join Zoom Meeting:
<https://us04web.zoom.us/j/72888048253?pwd=ruOHEcvb3UeBaSk9E7OMP5yvMx5xl1.1>
Meeting ID: 728 8804 8253
Passcode: 0Rgz6t

Pre-Pride

Afternoon of Pride stalls and activities. Place to order wristbands for the 7th June Grampian Pride event.

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Saturday 24th May, 10am to 4pm

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

Paint with Movement

Relaxed beginners spray-painting workshop, using movement and creativity to paint outdoors.

Sunnybank Park, Sunnyside Road, Aberdeen AB24 3LR

(What three words: [///strong.homes.basket](http://strong.homes.basket))

Saturday 24th May, 1 hour sessions start at 11am, 12pm, 1pm and 2pm

- For ages 12 and up.
- Visit www.waywordfestival.com for more information and to book.



Monday 26th May

Dyce Men's Shed

Come along, meet and enjoy taking part in activities with other men.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Monday 26th May, 9.30am to 12 noon

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

Seated Exercise Session

An enjoyable seated exercise session for seniors.

Parkhill Court Sheltered Housing, Balloch Way, Dyce AB21 7HF

Monday 26th May, 10am to 11am, followed by refreshments and a chat

- No booking required/drop in.
- 07720 800537

Sing for Fun

Come along and enjoy singing with others.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7FA

Monday 26th May, 2pm to 4pm

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

Social Bridge

A small friendly group welcomes new members - no experience needed.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Monday 26th May, 1.15pm to 3.15pm

- For adults.
- No booking required/drop in.
- 07720 800537.

The Monday Group

The group is for adults with additional needs and their carers to come together for company, coffee and fine pieces with the option of games and listening to music.

Fountainhall Church at the Cross (formerly Queen's Cross Church), Albyn Place, Aberdeen AB10 1YN

Monday 26th May, 10am to 12 noon

- For adults.
- No booking required/drop in.
- office@fountainhallchurch.org.uk



Tune in to **SHMU Radio** (99.8FM) every Monday, 2pm to 3pm, to find out what is happening this week.

Musical Connections

A relaxed, friendly singing group for adults living with dementia, their friends and families combined with tea, coffee and home bakes and a chance to chat.

Fountainhall Church at the Cross (formerly Queen's Cross Church), Albyn Place, Aberdeen AB10 1YN

Monday 26th May, 2pm to 3.30pm

- For adults.
- No booking required/drop in.
- office@fountainhallchurch.org.uk

Jympa - Exercise to Music Classes

Fun, all-round training set to music, suitable for a range of fitness levels. Bring a mat/towel and some water.

Inchgarth Community Centre, Aboyne Place, Aberdeen AB10 7DR

Monday 26th May, 6pm to 7pm

- For adults.
- No booking required/drop in.
- aberdeen@friskissvettis.co.uk

Free Coffee Morning

Free weekly coffee morning with a selection of teas, coffees, hot chocolate and rolls/pancakes.

Inchgarth Community Centre, Aboyne Place, Garthdee, Aberdeen AB10 7DR

Monday 26th May, 10.30am to 12 noon

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

Tuesday 27th May

Memories Scotland

Reminiscence and social history for those affected by Alzheimer's, dementia, social isolation, loneliness and other conditions.

Cove Library, Loirston Avenue, Cove AB12 3HE

Tuesday 27th May, 2.30pm to 4pm

- For adults.
- 01224 070707 or healthinfo@aberdeencity.gov.uk

Aberdeen Cyrenians Volunteering Open Day

Come visit our warehouse and meet with our Volunteering and Education Coordinator. You will be given a tour of the facility demonstrating what we store for crisis support. An insight to the Charity (it's history, our ethos, and Services we offer) will be provided along with tea and coffee.

Aberdeen Cyrenians, Unit 6, Crombie Road, Torry, Aberdeen AB11 9QQ

Tuesday 27th May, 10am to 12 noon

- No booking required/drop in.

Art Group

Come along with your paints and paper and join others who enjoy painting (no tutor).

Dyce Community Centre, Gordon Terrace, Dyce AB21 7FA

Tuesday 27th May, 9.30am to 12 noon

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

Seniors Exercise

Exercise to wonderful music with Gavin.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7FA

Tuesday 27th May, 9.15am to 10.15am and 10.30am to 11.30am

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

Whist Group

Small, friendly group, happy to welcome new members.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Tuesday 27th May, 1pm to 3.30pm

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

LGBT+ and Parenting Workshop

Being a parent who is also a member of the LGBT+ community brings many challenges. Learn about their needs through different stages of parenthood and explore options for providing support.

• Online

Tuesday 27th May, 12 noon to 1pm

• In person

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Tuesday 27th May, 1pm to 2pm

- For adults.
- www.fourpillarsuk.org/individual-workshop/ or call 01224211963.

Jympa Exercise to Music class

Fun, all-round training set to music, suitable for a range of fitness levels. Bring a mat/towel and some water.

Cairncry Community Centre, Foresterhill Rd, AB16 5HL

Tuesday 27th May, 6.15pm to 7.15pm

- For adults.
- No booking required/drop in.
- aberdeen@friskissvettis.co.uk

River Don and Grandholm Social Walk

A social walk from Tesco along the Don to Granholm and back, with the opportunity to explore the history of Grandholm Mill.

Meeting Point: Tesco Danestone, Laurel Drive, Danestone, Aberdeen AB22 8HB

Tuesday 27th May, 2pm to 3.30pm

- <https://sport-aberdeen.checkfront.com/reserve/>

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.



Wednesday 28th May

Knit and Natter

Time for plenty nattering while knitting or crocheting - bring your own.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Wednesday 28th May, 10am to 12 noon

- All welcome.
- No booking required/drop in.
- 07720 80537.

Music Memories

Join Aberdeen FC Community Trust for their brilliant Music Memories session - reminisce and connect through music.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 28th May, 2pm to 3.30pm

- Over 18s.
- No booking required/drop in.
- jenna.mcdonald@afcct.org

Community Engagement Wellbeing Walk

Join us for a gentle walk exploring the river and beautiful surrounding areas.

Station House Media Unit, Woodside, Aberdeen AB24 2WB

Wednesday 28th May, 12.45pm to 2pm

- Over 18s.
- No booking required/drop in.
- Contact volunteer@shmu.org.uk

Thursday 29th May

Lunchbreak Concert: Aberdeen Gaelic Choir

Aberdeen Gaelic Choir present a programme of classical and contemporary Gaelic arrangements in four-part harmony.

Aberdeen Art Gallery, Schoolhill, Aberdeen AB10 1FQ

Thursday 29th May, 12.45pm to 1.30pm

- Open to all ages.
- No booking required/drop in.
- <https://www.aberdeencity.gov.uk/AAGM/whats-aberdeen-art-galleries-and-museums/lunchbreak-concert-aberdeen-gaelic-choir>

Boogie in the Bar

A free day time disco for anyone who enjoys a dance, making memories and great music.

The Abbot, Provost Watt Drive, Aberdeen AB12 5BT

Thursday 29th May, 12 noon to 2pm

- For older adults.
- No booking required/drop in.
- swsc@aberdeencity.gov.uk

Zumba Gold

Zumba for Seniors to lovely music.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Thursday 29th May, 11am to 12 noon

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

Living with HIV in a care setting Workshop

Learn more about people living with HIV who need additional care, the needs of this population and the challenges they face.

- **Online**

Thursday 29th May, 12 noon to 1pm

- **In person**

Four Pillars, 33 Regent Quay, Aberdeen AB11 5BE

Thursday 29th May, 1pm to 2pm

- For adults.
- www.fourpillarsuk.org/individual-workshop/ or call 01224211963.

Pure Wellbeing

Free fitness classes open to all.

Puregym Wellington Circle, Unit B, Wellington Circle, Aberdeen AB12 3QW

Thursday 29th May, 6.15pm to 8pm

- Over 16s.
- www.eventbrite.co.uk/e/pure-wellbeing-tickets-1244964545469?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile <https://www.eventbrite.co.uk/e/pure-wellbeing-tickets-1244964545469?aff=ebdsshcopyurl&utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=organizer-profile&utm-share-source=organizer-profile>



Friday 30th May



Grampian Meaningful Engagement Network Festival

Grampian Meaningful Engagement Network (GMEN) is hosting an event for care home or supported living activity coordinators, physiotherapist and anyone supporting people in the community to engage in meaningful activity.

Stalls, stands, an opportunity to network and share ideas.

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

Friday 30th May, 10am to 2pm

- GrampianWellbeingFestival@aberdeencity.gov.uk
- Facebook Group - [/www.facebook.com/groups/GrampianMAN](https://www.facebook.com/groups/GrampianMAN)

Mindfulness

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

Online - from the comfort of your own home

Friday 30th May, 10.30am to 11.30am
(runs every Friday throughout May)

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

Scrabble Group

Friendly group enjoying this table game.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Friday 30th May, 1pm to 3.30pm

- For adults.
- No booking required/drop in.
- 07720 800537

Woodcarving Group

Join a small group of adults creating items with wood.

Dyce Community Centre, Gordon Terrace, Dyce AB21 7BD

Friday 30th May, 10am to 12 noon

- For adults.
- To book a place call 07720 800537.



Mindful Mummies

Mindful Mummies is a peer lead session which will involve a sit down discussion for new and existing mums around mental health and motherhood. This would then be followed by meditation, reiki and/or sound healing.

Second floor, The Gym, 39 Huntly Street, Aberdeen AB10 1TJ

Friday 30th May, 10am to 11am

- For mums.
- Nlbcoachingsolutions@mail.com or 07763817746.

Cove Coastline Social Walk

A social walk along the scenic coastal path taking in views of Greyhope Bay and St Fitticks Park to Torry where the walk will finish. This walk is open to all and will take around 90 minutes.

Meeting point: Altens Community Centre, Strathburn Street, Cove Bay, Aberdeen AB12 3SE

Friday 30th May, 10.30am to 12 noon

- <https://sport-aberdeen.checkfront.com/reserve/>

Saturday 31st May

Jympa Exercise to Music Class

Fun, all-round training set to music, suitable for a range of fitness levels. Bring a mat/towel and some water.

Cults Sports Complex, Quarry Road, Aberdeen AB15 9TP

Saturday 31st May, 10am to 11am

- For adults.
- No booking required/drop in.
- aberdeen@friskissvettis.co.uk

Walk to Give Her a Voice

A wellbeing walk to create awareness about period issues and related diagnosis such as fibroids, PCOS, endometriosis and menopause.

The walk is a powerful statement of unity and support for period-related issues, while promoting health, wellbeing, and awareness through the benefits of walking.

Meeting point: Aberdeen Beach Esplanade, starting from the Beach Ballroom

Saturday 31st May, 10.30am to 12.30pm

- Open to all.
- <https://walk4her.theperiodplace.co.uk/>





Stay Well Stay Connected

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

If you would like to volunteer to support the
SWSC programme and improve wellbeing
across Aberdeen City, please email

SWSC@Aberdeencity.gov.uk



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 250070