



THE
LIVINGWELL
PROJECT

living well
café

Dementia Friends Session

The Living Well Project, working in partnership with Aberdeen City Council and NHS Grampian, has launched the Living Well Cafe based at Newhills Church, Bucksburn and Oldmachar Church, Bridge of Don to offer support, encouragement and advice for people with memory problems or dementia and their carers.

The Living Well Café runs **between 1:00 and 3:00pm Tuesday afternoons, alternately at Newhills Church, Bucksburn, Aberdeen, AB21 9SS and Oldmachar Church, Bridge of Don, Aberdeen, AB22 8PR.** The café offers a creative and friendly space with simple cognitive stimulation such as reminiscence, singing and light exercises in a relaxed, informal and welcoming environment.

Dementia Friends Session is offered for those who wish to volunteer with us.

- **Date:** Thursday, 26th November, 1:00 - 3:00 pm
- **Venue:** Oldmachar Church
- **Dementia Friends Session** will help us to understand what dementia is and how it affects people.
- **The session** will be run by
Sarah Geoghegan (Policy and Engagement Manager, Alzheimer's Scotland)
Louise Torrance (CPN Deputy Team Leader, Royal Cornhill)

For more enquires, please contact café-coordinators:

Grace Doris at Newhills (07935 733926) or Priscilla Oh at Oldmachar (07935 745435)

Email: café@thelivingwellproject.org.uk

