

The Living Well Project

The Living Well Project is a Christian charity initiated by Newhills Parish Church in 2010. Having established a befriending service for elderly people in the north of Aberdeen, the Living Well Project has now extended the ministry to serve people with memory loss, dementia & their families or carers. The Café is in partnership with Aberdeen City Council, NHS Grampian and Alzheimer Scotland.



A member of charity registered in Scotland. No. SC042266



Newhills Church
Bucksburn
AB21 9SS



Oldmachar Church
Bridge of Don
AB22 8PR

For more information

If you would like further information about coming to the cafés and volunteering with us, please contact:

Café-coordinator:
Priscilla Oh on 07935 745435

Cafés will run Tuesday afternoons between 1 and 3 pm alternately at

Newhills Church,
Bucksburn, AB21 9SS

Oldmachar Church,
Bridge of Don, AB22 8PR

Please email us:
cafe@thelivingwellproject.org.uk

Facebook:
www.facebook.com/livingwellcafe

Living Well Café

For people with memory loss, dementia & their families or carers



**Newhills Church, Bucksburn
&
Oldmachar Church, Bridge of Don**



THE LIVINGWELL
PROJECT

living well
café



NHS
Grampian



The Living Well Café...

offers a friendly space to support people with memory loss or dementia and their family carers.



Café Open Dates (2016)

January	12	Oldmachar
	19	Newhills
	26	Oldmachar
February	2	Newhills
	9	Oldmachar
	16	Newhills
	23	Oldmachar
March	1	Newhills
	8	Oldmachar
	15	Newhills
	22	Oldmachar
	29	Newhills

How can I come?

If you would like to come and meet other people or simply have a friendly chat with us, please contact Priscilla, the café-coordinator or talk to your GP, CPN or Alzheimer Scotland who are happy to signpost and refer you to the cafes.

We offer:

- **A Friendly and Hospitable Space** to support people with memory loss and families or carers.
- **A Creative and Expressive Space** - a variety of activities - crafts, singing and light exercises.
- **A Space for Reminiscing** – we offer opportunities to look over old photos, chatting about past events.

"really enjoyed the time with new people despite my husband's apprehension."

"I've never seen my husband talk so much!"

"Great to be able to make Christmas card for my wife!"

"Nice to have singing and music!"

(Comments from café-users/carers)

For Volunteering

If you are over 18 and can offer two hours between 1 and 3 pm on Tuesday afternoons, please volunteer with us.

For Volunteers, we offer:

- Dementia Friends Information Session, with information to help you to understand what dementia is and how it affects people
- Support with supervision from the Project Management Team and the Coordinators

For more information,

Please, contact the café-coordinator, Priscilla Oh on 07935 745435

Email us:

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Website:

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