



Aberdeenshire
Health & Social Care
Partnership

ABERDEENSHIRE

Wellbeing

festival



**Promoting positive mental wellbeing
in Aberdeenshire**

Find out what's happening during the
Aberdeenshire Wellbeing Festival

In support of Mental Health Awareness Week
(Monday 15th May to Sunday 21st May 2023)

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



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

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



5 ways to get active today

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



**In support of
Mental Health Awareness Week**

(Monday 15th May to Sunday 21st May 2023)

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

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

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

Throughout the programme you will see information about Mind yer Mind which is an Aberdeenshire wide campaign. For more information and resources please visit www.mindyermind.com

Events running all week

Wellbeing Café

Wellbeing Café for people to come and have a cuppa and meet other folk.

Just turn up.

Foyer Learning Centre, Drummers Corner, AB42 1ZP

15th to 19th May

10.30am to 1pm

- Contact Bryan Mackay on 07880 031878.



Peterhead Spy Trail

Fun, interactive treasure hunt around the streets of Peterhead.

Just turn up.

Foyer Learning Centre, Drummers Corner, AB42 1ZP

15th to 19th May

10.30am to 1pm

- Contact Bryan Mackay on 07880 031878.

Kooth Stress and Exam Workshops

Kooth will be offering online digital mental health services all week and will be offering some in person sessions as part of the week.

For more information on what Kooth offer 10 to 18 year olds visit www.kooth.com

Online



Active Schools

Active Schools will be providing activities throughout the week for pupils and staff.

Aberdeenshire wide - school by school basis

- For more information visit www.livelifeberdeenshire.org.uk/sport-and-physical-activity/active-schools/



Study Break

A range of gym and physical activity sessions for teenagers running all week (12 to 18 year olds, varies depending on venue).

**Live Life Aberdeenshire Sport and Physical Activity Facilities
(Check with local facility)**

- Sessions must be booked. More information and find your local venue at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Health Walks

Short, low-level, social walks led by trained staff or volunteers running all week.

Everyone, particularly those who are inactive, living with long-term health conditions or recovering from illness or injury, and/or at risk of isolation.

Across Aberdeenshire

- More information and find your local walk at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 07826 510438.



Wednesday 10th May

Community/Recovery Group Lunch and Learn Focusing on Eating for Wellbeing/Mood Foods

Victoria and Albert Hall, Station Square, Ballater AB35 5QB

11am to 2pm

Drop in

30 places

- Freda.burnett@nhs.scot



Saturday 13th May

Marr Wellbeing Festival/Spring Gathering - Celebrating Walking in the Marr Area

Alford Men's Shed, 2 Murray Terrace, Alford, AB33 APY

10am to 1pm (with a walk after the event in Alford)

Drop in

50 places

- dawn.tuckwood@nhs.scot to enquire about event.



Wellbeing in Fraserburgh

Come along and try some of our activities from music, crafts, sport tasters, sound baths and much more. Will also showcase the wide range of organisations/groups in the area.

Activities for all ages, open to all. Just turn up and enjoy the fun.

Fraserburgh Community Sport Centre/Kessock Park Area, South Road, Fraserburgh AB43 9TH

11am to 2pm

- Gram.northpublichealth@nhs.scot



Monday 15th May

Monday 15th May

Daily Tours Round the Shed

Tours round the shed (Monday to Friday).

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



Creative Café

Creative Café offering table top board games, variety of crafts including calligraphy, wood burning and gentle walk.

Turn up, no bookings.

Westhill Community Church, Old Skene Rd, Westhill AB32 6AQ

1pm to 3pm

60 places

- Leslie: 07904 273163.



Singing Harmony for Fun

Westhill Community Church, AB32 6AQ

7pm to 9pm

- Kellou26@hotmail.co.uk or 07970 196366.

Deep Guided Relaxation

Live online taster of a deep guided relaxation.

Online with Zoom

8pm to 9pm

60 places

- wellwomanaboyme@btinternet.com



Flotsam Forage

A relaxing unwinding stroll on Stonehaven beach to discover what the tide has brought to shore, exploring pebbles, seaweeds and seashells.

Stonehaven beach

Meet at entrance to boardwalk harbour car park

4pm to 5.30pm

12 places

- Call 01467 534333 or click www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547

Rest and Relaxation

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

12 places

- Check the Vinery Facebook page nearer the event for event details.



LATNEM Peer Support Meeting for Mums and Birthing People

St Marys Place High Street, Inverurie AB51 3NW

12.45pm to 2pm

10 places

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



Mindful Fish Trial at Macduff Marine Aquarium (Available all week long)



Macduff Marine Aquarium, 11 High Shore, Macduff AB44 1SL

10am to 5pm

No booking necessary - normal entry prices will apply.

Face to face and online (Hybrid)

- 01261 455775 or macduff.aquarium@aberdeenshire.gov.uk

Legs4Africa Demonstration and Chat

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



Well Woman Aboyne Online Taster

Online taster of a deep guided relaxation.

Online with Zoom

8pm to 9pm

25 places

- Email wellwomanaboyne@btinternet.com to book and access zoom link.

Please note a Woman Wellbeing six week course starts Friday 5th May.

Email wellwomanaboyne@btinternet.com for more information.

Baby and Toddler Stay and Play

All babies and toddlers and parents / carers welcome. Pop in for a cuppa and a blether while the kids have a wee play.

Just pop along.

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

1.15pm to 3.15pm



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

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

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

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5 ways to improve connections

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



 **Aberdeenshire
Community Planning Partnership**

Scan for
more info



Spring Health Watch - Turriff

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

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

10am to 11.30am

Drop-in session, no booking required.

- More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Spring Health Watch - Turriff

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Turriff Sports Centre, Queens Road, Turriff AB53 4AR

12.30pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Aboyne

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Aboyne Swimming Pool and Deeside Community Centre, Bridgeview Road, Aboyne AB34 5JN

11am to 3pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Inverbervie

Free blood pressure checks and basic lifestyle advice from Live Life Aberdeenshire's Health and Wellbeing Team.

Inverbervie Library, Church Street, Inverbervie DD10 0RU

11am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Laurencekirk

Free blood pressure checks and basic lifestyle advice from Live Life Aberdeenshire's Health and Wellbeing Team.

Mearns Community Library, Mearns Community Campus, Aberdeen Road, Laurencekirk AB30 1ZJ

2pm to 5pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Shiatsu

Taster treatment for shiatsu: 20 or 30 minutes.

Booking required.

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

9am to 3pm

1 at a time

- gawellshiatsu@hotmail.com or 07780 591617.



Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session (aged 16 to 65).

Banchory Library, Bridge Street, AB31 5SU

10.30am to 12.30pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.



Scrabble Club

Take your mind off it all with a friendly game of Scrabble.

Inverurie Library

2pm to 4pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Kemnay Library

11.30am to 12.15pm

Craft Session

Make your own mindfulness wand.

Mearns Library

3.30pm to 4,30pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Huntly Library

2pm to 2.45pm



Poetry

Join David Wheatley, lecturer at University of Aberdeen, for a poetry reading.

Kemnay Library

3pm to 4pm

CLAN Support Group

A drop in service offering emotional listening and support for anyone affected by cancer.

Cruden Bay Library

1.30pm to 4pm

Memories Scotland

Join us for a fun trip down memory lane - refreshments included.

Oldmeldrum Library

2pm to 3.30pm



Tuesday 16th May

Tuesday 16th May



Daily Tours Round the Shed

Tours round the shed (Monday to Friday).

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.

Alzheimer Scotland Riverside Walk at Ellon

Meet at Riverside Carpark, Market Street, Ellon

2pm to 3pm

- Tel Susan 07876 003154 or email swestcott@alzscot.org



Movement and Exercise

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

12 People

- Check the Vinery Facebook page nearer the event for event details.

Bicycle Maintenance:

Bicycle maintenance demonstration.

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



HENRY Session Eating Well for Less Workshop

Westhill Library

10am to 12 noon

Join a member of our Aberdeenshire trained HENRY facilitators (Aberdeenshire Health and Care and Homestart North East) for an Eat Well for Less workshop.

Find out how your family can eat well for less including practical tips for a cheaper healthy shopping basket, recipes for simple, healthy low-cost meals. HENRY Homepage | HENRY provides a range of supports for children and their families to achieve a healthy lifestyle. You can also check out the healthy eating cookery books in the library, and if you aren't a member, bring along identification and join on the day.

- To book www.livelifeberdeenshire.org.uk/wellbeing-festival

Indian Head and Hand Massage Taster Session

Indian head and hand massage taster session for people living with Dementia.

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

11am to 1pm

12 places

- Telephone 07795 391092.



Tai Chi for Arthritis Taster Session

Gentle exercise for people with arthritis/MSK/MS/Parkinsons.

Ellon Academy Community Campus Rms 4/5

9am to 10am

15 spaces

- livewell@versusarthritis.org or 07501 501114.

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



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

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

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5 ways to give & show kindness

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



Open Doors

Pop in for a cuppa and a blether, games available feel free to take any crafting. Just pop along.

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

2pm to 4.30pm

Weekly Udney Health Walk

Pop in for a gentle guided walk. Walkers of all abilities welcome.

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

10am



Spring Health Watch - Ellon

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Ellon Academy Community Campus, Kellie Pearl Way, Cromleybank, Ellon AB41 8LF

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Ellon

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service

Ellon Library, Station Road, Ellon AB41 9AE

2pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Spring Health Watch - Westhill

Free blood pressure checks and basic lifestyle advice from Live Life Aberdeenshire's Health and Wellbeing Team.

Westhill Swimming Pool, Hays Way, Westhill AB32 6XZ

9.30am to 12pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Westhill

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Westhill Library, Westhill Primary School, Westhill Drive, Westhill AB32 6FY

1pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Spring Health Watch - Alford

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Alford Library, Alford Community Campus, Greystone Road, Alford AB33 8TY

9.30am to 12pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Restorative Yoga to Release Mind and Body

A floor-based class using lots of props, support, to release tension and fatigue. Face to face and online.

Must be able to get down and up from the floor.

Inverurie School Campus and online via zoom

20 places

- <https://bookwhen.com/fitlikeyoga/e/ev-sn88-20230516183000> for online version.
- <https://bookwhen.com/fitlikeyoga/e/ev-shcf-20230516183000> face to face booking link.



Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session.

For people aged 16 to 65.

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

11am to 2pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.

Chair Yoga for Wellbeing

Gentle yoga – this fun class incorporates props to build strength, flexibility and wellbeing. Face to face and online.
Suitable for anyone 16+ with long term health conditions or poor mobility.

Held at Inverurie Campus, AB51 3YR and online

5.15pm to 6.15pm

20 places

To book face to face option click here:

- To book face to face option click here <https://bookwhen.com/fitlikeyoga/e/ev-sh2j-20230516170000>

To book online option click here:

- <https://bookwhen.com/fitlikeyoga/e/ev-s9b9-20230516170000>



Caretakers' Garden: No-Dig Gardening

Learn more about no-dig gardening, and its benefits for you, your garden and soil health.

Everyone is welcome to come along. Children must come with an adult. No booking required, just come along.

The Brander Garden (behind Huntly Library), McVeagh Street, Huntly AB54 8BR

5pm to 7pm

- Contact jenny@deveron-projects.com or 01466 794494.

SAMH - Parents/Carers Workshop - Mental Health Awareness

To gain an understanding of mental health and wellbeing, name the most common mental health problems in children, have an understanding of mental health stigma and discrimination and its impact and of how, where and when to seek help for mental health problems.

Online on Microsoft Teams

6.30pm to 8pm

20 places

- Email to access link beth.rose@samh.org.uk



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Macduff Library

10.30am to 11.15am



Adult Mindfulness Colouring

Relax with a shared colouring task.

Peterhead Library

3pm to 4pm

Macrame

Learn the relaxing craft of macrame.

Inverurie Library

10am to 11.30am





Bookbug and Sensory Session

Story, songs and rhymes with a range of sensory items.

Ballater Library

10.30am to 11.15am



Dementia Friendly Session

Activity session aimed at helping memories.

Ballater Library

1.30pm to 2.30pm

Macrame

Learn the relaxing craft of macrame.

Banchory Library

2pm to 4pm



Craft Session

Bring your own craft and enjoy a chat with other crafters.

Alford Library

2pm to 4pm

Lego Club

Take part in a Lego challenge and share ideas with friends.

Alford Library

3.45pm to 4.45pm



Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Huntly Library

12 noon to 3.30pm

Mindful Colouring

Mindful colouring afterschool club session.

Huntly Library

3.30pm to 5pm

Mindful Puzzling

1000 piece shared puzzle.

Huntly library

12 noon to 5pm



Wellbeing Session with Pushpi Vaid

A meditation session for adults.

Westhill Library

2.30pm to 3.30pm

Senior Games Club

Join Mintlaw Library team for board games and chat - all welcome.

Abbey Court, Sutherland Drive, Mintlaw AB42 5GZ

2pm to 4pm

- Contact library for further details.



Wednesday 17th May



Wednesday 17th May

Daily Tours Round the Shed

Tours round the shed (Monday to Friday).

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



Spectrum Singers

An opportunity to come and join in the fun with Spectrum Singers or just a chance to stop, relax and listen.

Kemnay Library, Kendal Road, Kemnay

3pm to 4pm

20 places

- Naida: 07811 699034 or Hilda: 07896 354183.



Grow Free Community

Wednesday Morning Sanctuary

Online via the Link

10am to 11am

- You can register to join at: <https://us06web.zoom.us/join/register/tZwudeCrrjIqHtW5GNsxIESeHOjjRh1BzD2F>

New Pitsligo Fit2Walk

Walk from the square car park bus shelter. Gentle 30 minute walk with only one small incline for older individuals or people with mobility problems.

Square car park, New Pitsligo

11am

- To book your place email Jacqui.gray@maudvillagetrust.org

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



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

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

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5 ways to be more mindful

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



Scan for more info



Aberdeenshire
Community Planning Partnership

Find Out About Your Local Community - Westhill

A drop-in information event with tea/coffee, where people can come and find out more about groups/organisations in the local community.

No booking required.

Trinity Church, Westhill Drive, Westhill, AB32 6FY

2pm to 4.30pm



Arts and Crafts

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

12 places

- Check the Vinery Facebook page nearer the event for event details.

Guided Walk Along the River Don

A gentle walk along chatting about the river past and present along with looking out for any wildlife.

Davidson Car Park, Riverside Park, Port Elphinstone, Inverurie AB51 3SB

6.30pm to 8.30pm

20 places

- Call 01467 534333 or click <https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547>.

Café Late Opening

Extended opening on a Wednesday. Special 'Youth Menu', Wi-Fi, study area and games available.

Just pop along.

The Medan Centre, Café 48, 14 Oldmeldrum Road, Pitmedden AB41 7AG

9.15am to 7.30pm



SAMH - Parents/Carers Workshop - Understanding and Managing Stress and Anxiety

Aims for participants to gain an understanding of worry, stress and anxiety, be able to recognise the fight, flight, freeze stress response.

- Have an understanding of how, where and when to seek help for anxiety.
- Have learned new ways to feel calmer including breathing and mindfulness exercises.

Online on Microsoft Teams

1pm to 2.30pm

20 places

- Email to access link beth.rose@samh.org.uk



Spring Health Watch - Banff

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Deveron Community and Sports Centre, Bellevue Road, Banff AB45 1BY

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Banff

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Banff Library, High Street, Banff AB45 1AE

2pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Spring Health Watch - Oldmeldrum

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Oldmeldrum Library, Meldrum Meg Way, Oldmeldrum AB51 0GN

11am to 3pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session.

For people aged 16 to 65.

Huntly, The Deveron Project, The Brander Building, The Square, AB54 8BR

11am to 2pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.

Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session.

For people aged 16 to 65.

Banff, The Vinery, Duff House Gardens, Low Street, AB45 1AS

11am to 2pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.



HENRY Session Eating Well for Less Workshop

Fraserburgh Library

10am to 12noon

Join a member of our Aberdeenshire trained HENRY facilitators (Aberdeenshire Health and Care and Homestart North East) for an Eat Well for Less workshop.

Find out how your family can eat well for less including practical tips for a cheaper healthy shopping basket, recipes for simple, healthy low-cost meals. HENRY Homepage | HENRY provides a range of supports for children and their families to achieve a healthy lifestyle. You can also check out the healthy eating cookery books in the library, and if you aren't a member, bring along identification and join on the day.

- To book www.livelifeberdeenshire.org.uk/wellbeing-festival



NHS Grampian Stress Awareness Workshop

Stress is a common factor in everyday life. How we deal with stress greatly influences our levels of health and wellbeing. This session is designed to provide participants with increased knowledge regarding stress, assess their current stress producing factors and learn practical methods to increase health and wellbeing.

Online on Microsoft Teams

2pm to 3pm

20 places

- Contact gram.centralpublichealth@nhs.scot for Teams link.



Wellbeing for Parents

This workshop supports parents with their own wellbeing through self-reflection, mindful thinking and healthy communication for conflict resistant relationships.

Parents Supporting Kids, 14 Westfield Road, Stonehaven AB39 2EE

7pm to 8.30pm

8 places

- To book a space: psklisatapp@gmail.com
www.facebook.com/PSKlisatappstonehaven
- Facebook [parentssupportingkids.co.uk](https://www.facebook.com/parentssupportingkids.co.uk)
Parents Supporting Kids mobile 07572 543925.



Creative Writing Group

The creative writing group is open to new members and will be tackling anxiety as the topic.

Macduff Library

2pm to 3pm

Memories Scotland

Reminisce with images from Memories Scotland website.

Cruden Bay Library

1.30pm to 2.30pm



Kids Mindfulness Colouring

Relax with a shared colouring task.

Peterhead Library

3.30pm to 4.30pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Oldmeldrum Library

10am to 10.45am

Needle Felting

Learn how to needle felt, with all materials provided.

Kemnay Library

2pm to 3pm

Scrabble Club

Take your mind off it all with a friendly game of Scrabble.

Westhill Library

10.30am to 12 noon



Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Westhill Library

10am to 4pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Mearns Library

10.30am to 11.15am

Storytelling Massage

Story, song and the relaxing benefits of massage.

Portlethen Library

10.30am to 11.30am



Code Club

Make up your own games and animations using code.

Alford Library

4pm to 6pm



Mindful Colouring

Peaceful colouring session for people of all ages.

Alford Library

3.30pm to 4.30pm



Autism and the Community

Discussion café with Aberdeen University researcher on the topic of whether community spaces should be adapted to accommodate those with Autism Spectrum Disorder.

Ellon Library

7pm to 8.30pm



Petanque and Bowls

Macduff Bowling Club, 100 Duff Street, Macduff, AB44 1PR

1pm to 3pm

- All ages.
- Contact: macduffpetanque@gmail.com

Macrame

Join us for a relaxing Macrame session.

Stonehaven Library

10am to 11.30am





Thursday 18th May



Thursday 18th May

Daily Tours Round the Shed

Tours round the shed (Monday to Friday).

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



Sunrise Partnership

An online drop in session to find out more about Sunrise Partnership and how we can support bereaved young people in Aberdeenshire.

Online - Via emailed link

10am to 2pm

- Please email Michelle Southgate support@sunrisepartnership.org or call 07827 755735 to book and receive the Zoom link.

AuRora Choir

Come and have a 'taster' or just a 'sit in' session to see what we get up to!

Rora Public Hall, Rora, Peterhead AB42 4UU

7pm to 9pm

- Contact Liz Grant (choir leader) mobile no. 07837 178663.

Nature and Gardening

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

12 places

- Check the Vinery Facebook page nearer the event for event details.



Inverurie Wellbeing Open Afternoon

Open to residents of Inverurie and surrounding area

Various wellbeing groups and service providers from statutory partners and third sector.

An open day in Inverurie Town Hall for people to pop in and find out what's on offer in the community for their wellbeing.

The Town Hall will be open for the public to drop in, no booking needed.

Inverurie Town Hall, Market Place, Inverurie AB51 3SN

2pm to 5pm

Tai Chi for Arthritis Taster Session

Gentle exercise for people with Arthritis/MSK/MS/Parkinsons.

Ellon Academy Community Campus Rms 4/5

2pm to 3pm

15 places

- livewell@versusarthritis.org or 07501 501114.



Udny Health Walk

A five mile, approximately two hour, guided walk utilising the woodland paths and country lanes within Udny. Set off from The Medan Centre.

Just pop along. Adults, walkers who like a brisk walk.

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

10am

Spring Health Watch - Inverurie

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Inverurie Community Campus, Victoria Street, Inverurie AB51 3QZ

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Cruden Bay, Cliffs and a Castle Guided Walk

Enjoy the benefits to mind and body of a walk through the trees and along the cliffs, taking in the sea air and giving ourselves a moment or two to enjoy the stunning views.

Suitable for adults and older children.

Meet Main Street car park, Cruden Bay

4pm to 5pm

20 places

- Call 01467 534333 or click <https://www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547>



SAMH - Parents/Carers Workshop

- Understanding and Managing Stress and Anxiety

Aims for participants to gain an understanding of worry, stress and anxiety, be able to recognise the Fight, Flight, Freeze stress response.

- Have an understanding of how, where and when to seek help for anxiety.
- Have learned new ways to feel calmer including breathing and mindfulness exercises.

Online on Microsoft Teams

6.30pm to 8pm

20 places

- Email to access link beth.rose@samh.org.uk

Spring Health Watch - Huntly

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Linden Community Centre, Castle Street, Huntly AB54 4SE

9.30am to 12.30pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



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



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

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

mind
yer
mind



5 ways to learn something new

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



Spring Health Watch - Fraserburgh

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Fraserburgh Community and Sports Centre, Maconochie Place, Fraserburgh AB43 9TH

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Fraserburgh

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Fraserburgh Library, King Edward Street, Fraserburgh AB43 9PM

2pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Spring Health Watch - Banchory

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service. Library E-Van also on site.

Banchory Sports Village, Provost Webster Road, Banchory AB31 5BL

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Banchory

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Banchory Library, Bridge Street, Banchory AB31 5SU

2pm to 4pm

- Drop-in session, no booking required. More information at www.livelifieberdeenshire.org.uk/wellbeing-festival or call 01467 532929.

Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop-in session.

People aged 16 to 65.

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

11am to 2pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.



NHS Grampian Relaxation Workshop

Relaxation session providing participants with an opportunity to experience a range of relaxation methods and through practice, alleviate stress, whilst increasing wellbeing.

Need to have a quiet warm room with adequate space for participants to lie down. Please use a mat and headrest for comfort.

Online on Microsoft Teams

2pm to 3.30pm

20 places

- Contact gram.centralpublichealth@nhs.scot for Teams link.



HENRY Session Eating Well for Less Workshop

Stonehaven Library

1pm to 3pm

Join a member of our Aberdeenshire trained HENRY facilitators (Aberdeenshire Health and Care and Homestart North East) for an Eat Well for Less workshop.

Find out how your family can eat well for less including practical tips for a cheaper healthy shopping basket, recipes for simple, healthy low-cost meals. HENRY Homepage | HENRY provides a range of supports for children and their families to achieve a healthy lifestyle. You can also check out the healthy eating cookery books in the library, and if you aren't a member, bring along identification and join on the day.

- To book www.livelifieberdeenshire.org.uk/wellbeing-festival

Confident Kids (Parenting Workshop)

Parent education to help their child build self-esteem and self-confidence.

Parents Supporting Kids, 14 Westfield Road, Stonehaven AB39 2EE

7pm to 8.30pm

8 places

- Booking Facebook [parentssupportingkids.co.uk](https://www.facebook.com/parentssupportingkids.co.uk)

Alternative booking info:

- Email Lisa Tapp - psklisatapp@gmail.com
Parents Supporting Kids mobile 07572 543925.



Fraserburgh Pop Up Conversation Café

Macaulay Hall, Mid Street, Fraserburgh

10am to 11.30am

- No booking required.

Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Boddam Library

11.30am to 12 noon

Relaxing Crafts

Loom band making and other crafts to relax.

Boddam Library

3pm to 4pm

Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Peterhead Library

10am to 4pm

Mindfulness Colouring

Peaceful colouring session for people of all ages.

Inverurie Library

3.30pm to 5pm

Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Inverurie Library

10am to 4pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Newmachar Library

10.30am to 11.15am

Bookbug

Story, songs and rhymes.

Westhill Library

10.30am to 11.00am

Movie

Relax and enjoy a family film.

Alford Library

3.30pm to 5pm

Mindful Colouring

Peaceful colouring session for people of all ages.

Mearns Library

3.30pm to 5pm



Bookbug and Sensory Session

Story, songs and rhymes with a range of sensory items.

Aboyne Library

10am to 10.30am

Mindful Story and Activity Session

Story and activity session focused on inner wellbeing.

Ballater Library

3.45pm to 4.30pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Alford Library

11am to 11.45am

Macrame

Learn the relaxing craft of macrame.

Stonehaven Library

10am to 11.30am

CLAN Support Group

A drop in service offering emotional listening and support for anyone affected by cancer.

Turriff Library

10am to 4pm



Bookbug Session

Join the library e-van team for songs, rhymes and story.

Banchory Sports Village, Provost Webster Road, Banchory AB31 5BL

10.30am to 11am

Bookbug Session

Join the library e-van team for songs, rhymes and story.

Banchory Sports Village, Provost Webster Road, Banchory, AB31 5BL

9.30am to 10am

Pop-Up Library E-Van

Come along and check out our library e-van when we visit Banchory Sports Village. If you are a library member you can borrow books at this pop-up visit. If you aren't a library member you can join on the day, all you need to take with you is identification of your home address. We will also have information about our wide range of library resources including members of our local studies team will be in attendance on the day too.

Banchory Sports Village, Provost Webster Road, Banchory, AB31 5BL

9.15am to 12 noon





Friday 19th May

Friday 19th May

Daily Tours Round the Shed

Tours round the shed (Monday to Friday).

Beach Pavilion Men's Shed, Beach Road, Stonehaven

Drop in 9am to 12 noon

40 places

- Men's Shed website or phone 01569 785617.



Dance Fitness Session

Dance fitness session (Zumba Gold/Clubbersize). Enjoy mocktails and fruit platter afterwards.

The Ellon Royal British Legion, 70 Station Road, Ellon AB41 9AY

1pm to 3pm

40 places

Email, phone or text.

- joanne.provan@aberdeenshire.gov.uk or 07776 963276.

Mindfulness Through Movement

Connecting the mind and body and opening up awareness for the present moment.

St Drostans Episcopial Church hall, Inch AB52 6JB

1.30pm to 2.30pm

20 places

- <https://bookwhen.com/thehappysigh>



Mindfulness by Aberdeen Independent Multiple Sclerosis

Online on Zoom

10.30am to 11.30am

- No booking required - sign in on the day via Zoom: Access number 867 002 729.
- Contact Ian Gourlay
ian.gourlay@youraims.org



Healthy Eating and Cooking

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

12 places

- Check the Vinery Facebook page nearer the event for event details.

Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Fraserburgh Library

10am to 4pm

- www.livelifeberdeenshire.org.uk/wellbeing-festival/



Spring Health Watch - Peterhead

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Peterhead Leisure and Community Centre, Balmoor Terrace, Peterhead AB42 1EP

9.30am to 1pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival/ or call 01467 532929.

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

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



Why these 5 steps are an important:

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



Spring Health Watch - Peterhead

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Peterhead Library, 51 St Peter Street, Peterhead AB42 1QD

2pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Stonehaven

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Stonehaven Leisure Centre, Queen Elizabeth Park, Stonehaven AB39 2RD

9.30am to 12 noon

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Spring Health Watch - Stonehaven

Free blood pressure checks, lifestyle and wellbeing support and advice from Live Life Aberdeenshire's Health and Wellbeing Team and NHS Mental Health Improvement and Wellbeing Service.

Stonehaven Library, Evan Street, Stonehaven AB39 2ET

1pm to 4pm

- Drop-in session, no booking required. More information at www.livelifeberdeenshire.org.uk/wellbeing-festival or call 01467 532929.



Wellbeing in Nature Live Reading Open Mic

Join Health of the Sublime in the Mearns for a live open mic, blissed out evening of nature writing and poetry. Bring your own or a favourite author (five minutes time limit). A two-hour dive into our experience of wellbeing in the natural world. Supported by Creative Scotland.

Whilst our project has been for over 50s the open mics are open to all. They will be of particular interest to people who love nature, are concerned with wellbeing, health, mental health, the sublime, climate change and our communities.

Stonehaven Community Centre, Red Room, 1st Floor, Bath St, Stonehaven AB39 2DH

6.30 to 8.30pm

30 places

- Contact Carrie Fertig 07966 689833.



Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session.

People aged 16 to 65.

Fraserburgh Library, King Edward Street, AB43 9PN

11am to 2pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.



Discovering WELL

Discover more about your wellbeing and WELL Aberdeenshire by exploring tools, resources and practical tips and techniques at our drop in session.

People aged 16 to 65.

Aboyne, Men Shed, Cemetery Road, AB34 5DZ

12.30pm to 3.30pm

- No need to book in advance, just come along and discover more about your wellbeing and WELL Aberdeenshire. If you would like to contact us about the event, you can email us on well.aberdeenshire@penumbra.org.uk or on 01467 230320.

Friday Lunch

The sharing of food is a great leveller. Join us for lunch and a talk connected to wellbeing in Huntly. Everyone is welcome and no booking required, just come along.

Square Deal, 22 The Square, Huntly AB54 8BR

1am to 2pm

- Contact: info@deveron-projects.com or 01466 794494.



Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Fraserburgh Library

10am to 4pm

Adult Crafts

Come along and discover the stress-relieving power of knitting in company.

Cruden Bay Library

1pm to 3pm

Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Peterhead Library

10am to 10.45am



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Balmedie Library

10.30am to 11.15am

Social Security Scotland Benefits Surgery

Advice and assistance on benefits.

Ellon Library

10am to 4pm



Bookbug with Childsmile

Story, songs and rhymes with a toothy theme.

Inverurie Library

9.30am to 10.15am

Bookbug

Story, songs and rhymes.

Inverurie Library

11.30am to 12 noon

Reminiscence Session

Come along for a chat and share memories.

Westhill Library

2pm to 3pm



Saturday 20th May

Saturday 20th May



Wellbeing@TheVinery

In partnership with Aberdeen Foyer we are hosting a taster event that will showcase the wide range of organisations/groups in the area that provide activities that support positive mental wellbeing.

The Vinery, Duff House Gardens, Low Street, Banff AB45 1AS

11am to 2pm

- Please contact gram.northpublichealth@nhs.scot
- No booking required.

Wellbeing in Nature Live Reading Open Mic

Join Health of the Sublime in the Mearns for a live open mic, blissed out evening of nature writing and poetry. Bring your own or a favourite author (five minutes time limit). A two-hour dive into our experience of wellbeing in the natural world. Supported by Creative Scotland.

Whilst our project has been for over 50s the open mics are open to all. They will be of particular interest to people who love nature, are concerned with wellbeing, health, mental health, the sublime, climate change and our communities.

Dickson Memorial Hall, Station Rd, Laurencekirk AB30 1BE

10.30am to 12.30pm

30 places

- Contact Carrie Fertig 07966 689833.



Buchan Wellbeing Day

Join us for a fun, family-friendly day of free activities which support positive mental wellbeing. Try your hand at mandala stone painting, join a silent disco or do some yoga in the Arboretum. We have a scavenger hunt, BioBlitz and fun, active games for children. Mintlaw Men's Shed official opening will be taking place and AuRora Choir will be singing in the Theatre.

Free activities and refreshments, plus information stands to support your mental wellbeing.

Open to all, no booking required.

Aden Country Park, Mintlaw

11am to 3pm

- Email suzanne.addison@nhs.scot for further information.

Macrame

Learn the relaxing craft of macrame.

Oldmeldrum Library

1pm to 2.30pm



Yoga Storytime

Listen to stories and try out some yoga poses!

Westhill Library

9.30am to 10.15am

Green Fingers, Clear Minds

Part of our Climate Matters Cafe programme.

There will be a tour of our kitchen garden, a cuppa, and a chance to talk about climate anxiety and how the outdoors fosters a sense of wellbeing. Weather appropriate clothing recommended.

Booking not required.

Inverurie West Parish Church/Acorn Centre on the West High Street

10am to 12 noon





Sunday 21st May

Sunday 21st May



Take a Walk Around Ellon

Take a walk around Ellon to discover something of its history – both natural and human history.

Meet: Riverside Car Park opposite The New Inn, AB41 9JD

11am to 1.30pm

20 places

- Booking available 1 month before the event here: www.eventbrite.co.uk/o/aberdeenshire-council-ranger-service-18556211547

Middlemuir Moss Health Walk

Balnamoon at Home in Nature, Middlemuir Moss AB43 7RA

10am to 1pm

- Balnamooncroft@gmail.com

Qi Gong Class

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

Booking required.

13 places

- gawellshiatsu@hotmail.com or 07780 591617.



Our Soul Space

Drop-in reflective time and space. The event is open to people of all faiths and none. There will be a few stations set up to encourage quiet reflection, creative interaction, and/or prayer - whatever suits you best. Pastoral listeners will be available for anyone who wishes to chat. Booking not required.

Inverurie West Parish Church/Acorn Centre on the West High Street

2pm to 4pm

- For more information please contact the Acorn Centre on 01467 670850.



The Well Parent

Parent education to support parents to parent with confidence and cope with parent guilt.

Parents Supporting Kids, 14 Westfield Road, Stonehaven AB39 2EE

10am to 11.30am

8 places

Booking Info:

- Facebook [parentssupportingkids.co.uk](https://www.facebook.com/parentssupportingkids.co.uk)

Alternative booking info:

- Lisa Tapp - Parents Supporting Kids Mobile 07572543925 email psklisatapp@gmail.com
- Email, Facebook Events, Facebook Messenger.



Monday 22nd May

How Togetherall Can Help with Anxiety



Online via link

1pm to 2pm

250 places

- Presentation to be delivered online via Google Meet link. Please email host to book a free place - Roisin.Lynch@togetherall.com

Thursday 25th May

East Church Luncheon

All welcome.

**St Ternans Church, High Street, Banchory AB31 5TB
(In village hall to the right-hand side at the back of the church)**

12 noon to 2pm

40+ places

- East Church Office: 01330 820380





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

www.mindyermind.com

Wellbeing-Guide-MHUK_DIGI.pdf

www.mentalhealth.org.uk/our-work/prevention

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

www.nhsinform.scot/illnesses-and-conditions/mental-health

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

Aberdeenshire
COUNCIL



NHS
Grampian

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on request. Please call Equality and Diversity on 01224 551116 or
01224 552245 or email: gram.communications@nhs.scot

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Aberdeenshire
Health & Social Care
Partnership

#Positive Health
Public Health in Action in Aberdeenshire

