To provide support and opportunity to change lives for the better
**AFCCT GROWTH – 2013/14 TO 2016/17**

<table>
<thead>
<tr>
<th></th>
<th>2013/14</th>
<th>2016/17</th>
<th>% GROWTH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sessions / Events</td>
<td>156</td>
<td>1,128</td>
<td>623%</td>
</tr>
<tr>
<td>Participants</td>
<td>4,865</td>
<td>17,307</td>
<td>269%</td>
</tr>
<tr>
<td>Participations</td>
<td>25,624</td>
<td>158,459</td>
<td>518%</td>
</tr>
</tbody>
</table>
THE 5 STRANDS OF ACTIVITY

Positive Activity
Initiatives which increase the number and variety of people actively involved in any sport or other form of recreational activity.

Health & Wellbeing
Activities which promote improved mental and physical health & fitness.

Learning
Initiatives which promote the value of lifelong learning and personal development via academic, vocational and experiential opportunities.

Good Citizenship
Initiatives designed to provide interesting and varied diversionary activities, and those which increase positive behaviours and social responsibility.

Equality & Inclusion
Initiatives designed to address inequalities across communities, and to access and provide opportunities to those persons or groups who may be ‘excluded’ for whatever reason.
AFCCT WIDER COMMUNITY ENGAGEMENT FLOWCHART

- **YOUNG PEOPLE**
  - Youth Work
  - Poverty Related Attainment
  - Social Personal Development

- **ADULT ENGAGEMENT**
  - Behaviour Change
  - Peer Support
  - Dementia Friendly Communities

- **ACTIVE AGEING**
  - Tackling Isolation
  - Dementia Friendly Wellbeing
  - Challenging Stigma

---

- **VOLUNTEERING**
- **PHYSICAL ACTIVITY**
- **SOCIAL INCLUSION**
- **WELLBEING**
- **AFC FAMILY**
Dementia Friendly Wellbeing
Dementia Friendly Wellbeing

Aims
We encourage and enable the inactive to be more active
We encourage and enable the active to stay active throughout life
We support wellbeing and resilience in communities throughout physical activity and sport

Outcomes
People with dementia and carers have a significant say in how their dementia friendly community is run
People with dementia and carers know they have a community of support around them
People with dementia and carers are included
People with dementia and carers feel safe, listened to, valued and respected
People with dementia and carers are empowered to do the things that matter to them.

Activities
Walking Football  Pittodrie Health Walks  TechnoGym
Active Reiminsence  Retro Fun Aerobics  Health Walks  Table Tennis
Stable & Able  Over 60s Exercise Class  Qigong  Living Well Cafe
Marketing - Partners distribution, social media, NHS contacts, GP surgeries, Home Game presence

Active Scotland Outcomes

Dementia Friendly Communities Outcomes
Scotland (Life Changes Trust)

www.afccommunitytrust.org
Dementia Friendly Wellbeing
Fun activity and wellbeing sessions open to everyone

To register or book a session call 01224 650400* or email dementiafriendly@afccommunitytrust.org
*9am - 5pm. Please quote ‘dementia friendly’ when calling

www.afccommunitytrust.org / AberdeensFCCommunityTrust / Tweet us @AFCCCT

ACTIVITY DESCRIPTIONS

Walking Football: Same rules as football but no running!
Piitodrie Health Walks: Low intensity walk around places of interest, followed by a cup of tea/coffee and a biscuit.
TechnoGym: Easy-going gym equipment designed to help people increase strength, balance and flexibility.
Active Reminiscence: Ceilidh’s, yoga, movie days... something for everyone to enjoy, reminisce, and stay active.
Retro Fun Aerobics With sing-along tunes and easy, basic moves, what are you waiting for? Fun & fitness guaranteed.
Health Walks: Short walks for those who can’t manage far or fast. Walks are free, last 1 hour and finish with a cuppa.
Table Tennis: Coached Table Tennis sessions suitable for beginners or those with some experience.
Stable & Able: A relaxed class with a mix of seated and standing exercises to improve balance, strength & posture.
Over 60’s Exercise Class: For over 60’s looking to have fun, exercise in a group and have that feel good factor.
Qi Gong: Chinese healing system using breathing techniques, movement & meditation to cleanse, strengthen & energise.
Living Well Café: A dementia friendly café where people living with dementia, families, and carers can get together and find out what’s on offer to them across the city.
This programme is a City Wide approach to help people living with Dementia access physical activity across Aberdeen. All of these sessions are facilitated by staff members who have completed Dementia Information sessions with Alzheimer’s Scotland.

Each partner is committed to integrating people living with Dementia, their families, and their carers into existing services. By working collaboratively we hope to increase opportunities to as many people in the community, offer support to people, and to make Aberdeen a Dementia Friendly city.

### Activity Timetable 1st September - 30th November 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>ACTIVITY</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Alex Collie Sports Centre</td>
</tr>
<tr>
<td>11am-12pm</td>
<td>Exercise Class</td>
<td>Warehouse Gym</td>
</tr>
<tr>
<td>11:20am</td>
<td>Qi Gong + Walk</td>
<td>Aberdeen Sports Village</td>
</tr>
<tr>
<td>12-1pm</td>
<td>Stable &amp; Able</td>
<td>Beacon Sports Centre</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Health Walk</td>
<td>Old Torry Community Centre</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Ladies Walking Football</td>
<td>Aberdeen Sports Village</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>ACTIVITY</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00am</td>
<td>Pittodrie Health Walks</td>
<td>Pittodrie Stadium</td>
</tr>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Peterculter Sports Centre</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Walking Football</td>
<td>Aberdeen Sports Village</td>
</tr>
<tr>
<td>1-3pm</td>
<td>Living Well Café</td>
<td>Newhills/Oldmachar Church*</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Health Walk</td>
<td>Northfield Library</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WED’SDAY</th>
<th>ACTIVITY</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am</td>
<td>TechnoGym</td>
<td>Pittodrie Stadium</td>
</tr>
<tr>
<td>10:30am</td>
<td>TechnoGym</td>
<td>Pittodrie Stadium</td>
</tr>
<tr>
<td>11:00am</td>
<td>Qi Gong</td>
<td>Aberdeen Sports Village</td>
</tr>
<tr>
<td>11:30am</td>
<td>TechnoGym</td>
<td>Pittodrie Stadium</td>
</tr>
<tr>
<td>3:00pm</td>
<td>TechnoGym</td>
<td>Pittodrie Stadium</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>ACTIVITY</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 - 11am</td>
<td>Walking Football</td>
<td>Torry Sports Centre</td>
</tr>
<tr>
<td>10 - 11am</td>
<td>TechnoGym Movers</td>
<td>Westburn Sports Centre</td>
</tr>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Alhena Community Centre</td>
</tr>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Kingswells Community Centre</td>
</tr>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Jesmond Sports Centre</td>
</tr>
<tr>
<td>11am-12pm</td>
<td>TechnoGym Movers</td>
<td>Westburn Sports Centre</td>
</tr>
<tr>
<td>12:12:45pm</td>
<td>Retro Fun Aerobics</td>
<td>Aberdeen Sports Village</td>
</tr>
<tr>
<td>1-3pm</td>
<td>Living Well Café</td>
<td>Ferryhill/High Hilton Church*</td>
</tr>
<tr>
<td>2-4pm</td>
<td>Active Reminiscence</td>
<td>various Aberdeen locations</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Table Tennis</td>
<td>Jesmond Sports Centre</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>ACTIVITY</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30am</td>
<td>Health Walk</td>
<td>Albury Sports Centre</td>
</tr>
<tr>
<td>11am-12pm</td>
<td>Stable &amp; Able</td>
<td>Westburn Outdoor Centre</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Stable &amp; Able</td>
<td>Westburn Outdoor Centre</td>
</tr>
</tbody>
</table>

*The ‘Living Well Café’ will alternate between locations each week.

To register or book a session call 01224 650400* or email dementiafriendly@afccommunitytrust.org
*9am - 5pm. Please quote ‘dementia friendly’ when calling

www.afccommunitytrust.org

- 15 partners
- 30+ sessions
- 200+ people with dementia per week involved
What is Dementia Friendly?

- Integration & Inclusion
- Not segregated
- Meaningful activity
**WALKING FOOTBALL**
Aberdeen City, Shire & Moray

<table>
<thead>
<tr>
<th>DAY</th>
<th>VENUE</th>
<th>TIME</th>
<th>COST</th>
</tr>
</thead>
</table>
| Mon | Aberdeen Sports Village  
  *(women only session)* | 2:30 - 3:30pm | £2.90  |
| Tues | Elgin Community Centre | 9:30 - 11:30am | £3     |
| Tues | Aberdeen Sports Village | 12:30 - 1:30pm | £2.90  |
| Tues | Buckie Community High School | 6:30 - 7:30pm | £2.50  |
| Wed | Garioch Sports Centre, Inverurie | 1 - 2pm | £2     |
| Wed | Aberdeen Beach Leisure Centre  
  *(open to all)* | 7 - 8pm | £3     |
| Thurs | Torry Sports Centre, Aberdeen  
  *(active ageing)* | 10 -11am | £2.55  |
| Fri | Subsea 7 Sports Centre, Westhill  
  *(women only session)* | 7 - 8pm | £2     |

- 8 weekly sessions covering 300 mile radius
- FFIT legacy sessions
- Ages 19 – 90

Started off as active ageing programme
Mental Health sessions City and Aberdeenshire
• BRINGING AFC TO THOSE WHO CAN’T GET TO THE STADIUM
• SHELTERED HOUSING AND CARE HOME PROJECTS
• TACKLING ISOLATION WITHIN THE COMPLEX
• INCREASING FUNCTIONAL FITNESS
• BEING MORE ACTIVE
• BRINGING THE COMMUNITY TO THE HOME – PRIMARY SCHOOLS, VOLUNTEERS, THEATRE GROUPS ETC.
BOOGIE IN THE BAR

STAND FREE
BOOGIE IN THE BAR

- SCOTLAND’S FIRST DEMENTIA FRIENDLY DISCO
- THE FOUNDRY PUB – AFCCT PARTNER
- OPEN TO THE PUBLIC
- 12PM – 4PM
- 80+ PEOPLE
- CARE HOMES INCLUDED
- FOOD & DRINK
- QUIETER MUSIC LEVELS
- CLEAR SIGNAGE
Club & Community Benefit/Rewards...

• Best Bar None winner – Sodexo & AFC for ‘Heart of the Community’ Award

“Since being given the training through AFCCT, it has opened up so many new doors for us as a business. It adds another dimension for us to be able to attract more clients who now know we are fully supportive of people coming to the stadium for a variety of events who have dementia. But more importantly it allows us to cater properly for our clients who have dementia. We are delighted to be involved and to hear such wonderful feedback” Sales Manager at Sodexo & Pittodrie Events

• Best community initiative at Scotland’s Dementia Awards 2017 for Boogie at the Bar

• Foundry Aberdeen – Runners up of the ‘Lifting Spirits Awards’ 2017 at the Britvic awards for support AFCCT’s dementia friendly wellbeing programme
“DOING THE **RIGHT** THING....”
To provide support and opportunity to change lives for the better