



Come along for a Wee Blether!

Wee Blether is a pilot scheme focusing on the AB16 7 area of Aberdeen that aims to bring individuals, including carers, aged 55+ together for company and a chat, addressing isolation and building links into the community. If the demand is there, we hope to roll the scheme out into communities across the city.

What's on offer?

- Free soup and hot drinks, company, and games and activities if there is a demand for these. We can also signpost you to other groups and activities within the area.
- Meet staff from Aberdeen City Council's Wellbeing Team and Aberdeen Carers Support Service.
- You are welcome to bring your cared-for along with you, and transport can be arranged if required.

**Where: Middlefield Community Project, The Hub,
Manor Avenue, Aberdeen, AB16 7UR**

When: Mondays from 12 noon – 2pm, starting 9 January 2023

To be referred, please speak to your Care Manager, Care At Home Provider, or your Quarriers Carer Advisor/Family Wellbeing Worker. Please also let them know which dates you wish to attend, as pre-booking is required.

We hope to see you there!

