

# Grampian Gathering

**Saturday 12th October 2024**  
**Venue: Beach Ballroom AB24 5NR**  
**Time: 10:30am - 4pm**

**The Event is free**  
**We encourage**  
**booking**

**Who is this for?** The Gathering is targeted for people over 50 years old who are in retirement or contemplating retirement. There will be various engaging speakers, stalls, workshops and taster sessions showcasing all the various groups and charities to promote and encourage people to join groups and to take up opportunities to volunteer.

## Theme: Age well, Retire well, Die well

Speakers	Workshops
Ageing well & living in good physical health Jillian Evans (Head of Health Intelligence Learning Health Systems Public Health NHS Grampian)	Sport Aberdeen super six session and Aberdeen Multiple Sclerosis (AIMS) chair based yoga, Qigong
Wills and power of attorney Craig A Pike (Partner Ledingham Chalmers)	Getting it right in the end workshop Venessa Smith (Head of Income Generation Hospice Isle of Man)
Managing mental health & community activities Jock Hutchison (Horseback UK)	Performance & singing workshop Granite City Chorus
Managing long term health conditions Cllr Steve Delaney (Depute Provost)	Future Care Planning Workshop Katy Styles (Clinical Lead Realistic Medicine)

**Over 30 stalls from community & voluntary sector and taster sessions**  
**More workshops and the over 50 feedback forum on age friendly programs**

Phone: 01224045624

Email: [granitecitygathering@aberdeencity.gov.uk](mailto:granitecitygathering@aberdeencity.gov.uk)

[Grampian Gathering Booking Eventbrite](https://www.eventbrite.com/organizers/grampian-gathering)



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