

Year of Young People 2018

SUMMER EVENTS PROGRAMME

Come and join us for Year of Young People 2018 in Aberdeen. With a range of exciting and interactive events for **12-26 year olds** there will be something for everyone this summer at Aberdeen Arts Centre.

2018



SUPPORTING

year of young people
bliadhna na h-òigridh
2018

Diet Myth Busting

June Tue 5th, 5-7pm Aberdeen Arts Centre
Professor Alexandra Johnstone,
Rowett Institute, University of Aberdeen

Come and hear Prof Alexandra Johnstone from The Rowett Institute, University of Aberdeen speak about the latest diet research and test your knowledge in a nutrition quiz and taste some free food samples.

www.eventbrite.co.uk/e/diet-myth-busting-tickets-45679167620

Therapeutic Photography

July Tue 3rd, 5-7pm Aberdeen Arts Centre
Neil Gibson,
Robert Gordon University

How can we use photography to assist in expressing thoughts, feelings and emotions – Interactive Session – bring your phone with a camera to get involved!

www.eventbrite.co.uk/e/therapeutic-photography-tickets-45679174641

LGBT+ Is It OK? - Q&A Session

August Tue 7th, 5-7pm Aberdeen Arts Centre
Zone Youth LGBT+

Do you have a question that's been bugging YOU for ages but you've been unsure whether to ask it or not? Join us at our Q&A session where your questions will be answered by members of Zone Youth LGBT+ in a safe, friendly environment.

www.eventbrite.co.uk/e/lgbt-is-it-ok-qa-session-tickets-45679304028

Social Media - R U Safe?

September Tue 4th, 5-7pm
Aberdeen Arts Centre
Police Scotland and Scottish Health Council

This session will focus on how you can stay safe online, and how social media can be a powerful way to influence services for young people in Grampian.

www.eventbrite.co.uk/e/social-media-and-health-and-wellbeing-tickets-45679345151

Celebration Weekend

September Sat/Sun 15th-16th
Westburn Centre, Aberdeen

Keep in touch with us throughout the summer to find out more about this exciting weekend of fun and celebration!

Come along and try a variety of activities from baking, yoga, Spanish and much, much MORE!

Parents and Carers are welcome to all events

Tickets are **free** and refreshments will be provided! Please tell us of any special requirements when booking your ticket.

Weekend

Celebration

Can't get to Aberdeen Arts Centre?

No problem, we are also streaming sessions live, so you can get involved where ever you are by following;



@SHC_G

#YoYPAbz

For further information about the event contact nhsg.involve@nhs.net

For enquiries about the venue, contact:

Aberdeen Arts Centre
33 King Street,
Aberdeen AB24 5AA
Telephone 01224 635208

enquiries@act-aberdeen.org.uk

