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Older people's information event

A free event being held next week will showcase how Moray is supporting people to live well with dementia.

And with the onset of winter, it will also offer information on how older people can prepare for the colder months that lie ahead.

The annual information fair, organised by the Moray Community Health and Social Care Partnership and the Moray Older People's Reference Group, will take place on Thursday (October 29) at Elgin Town Hall from 10am to 4pm.

It brings together NHS Grampian, Moray Council and housing, voluntary and partner organisations which support people living with dementia as well as their families and carers.

The event will feature more than 30 information stands and visitors will be able to get advice from the Warmer Moray Group agencies on household energy issues.

There will also be the opportunity to have a 30-minute health check which can be booked in advance by calling the NHS Grampian Healthpoint on 01343 567842.

Refreshments will be available throughout the day and more information is available by calling 01343 567142.

Moray Council area stretches from Tomintoul in the south to the shores of the Moray Firth, from Keith in the east to Forres in the west. The council and its 4,500 employees respond to the needs of 92,500 residents in this beautiful part of Scotland, which nestles between Aberdeenshire and the Highlands.

Famous for its colony of dolphins, fabulous beaches and more malt whisky distilleries than any where else in Scotland, Moray is a thriving area and a great place to live.

Headquartered in Elgin, the administrative capital of Moray.

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