

What's on



June 2024 – West Highland


Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

| In Person Groups – Skye & Lochalsh | | |
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| Sat 1 June | Stall at Skye Week <i>King George Field, Portree Isle Of Skye</i> More info to follow. <i>Contact Diane or Lesley for more information.</i> | 11am – 4pm |
| Mon 3 June | Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions need to be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i> | 1.15pm – 2pm |
| Tues 4 June | Raasay Community Drop In Cafe <i>at Raasay Community Hall</i> Come and join us at Raasay Hall. Bring your own lunch. Tea and coffee and home baking provided. Donations of home baking welcome too! A great opportunity to bring the community together and support each other. <i>Contact Diane for more information.</i> | 1.30pm – 3pm |
| Thurs 6 June | Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i> | 2pm – 3.30pm |
| Fri 7 June | Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i> | 1pm – 3pm |
| Mon 10 June | Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions have to be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i> | 1.15pm – 2pm |

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| Tues 11 June | Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i> | 1pm – 3pm |
| Thurs 13 June | Kyle of Lochalsh Drop In <i>The Lighthouse Coffee, Kyle of Lochalsh, IV40 8AE</i> Drop into the hall for a chat and a cuppa and an activity. <i>Contact Diane for more information.</i> | 12noon– 2pm |
| Thurs 13 June | Dementia Friends Session <i>The Lighthouse Coffee, Kyle of Lochalsh, IV40 8AE</i> Come along to this free session and learn a bit about dementia and how you can be a dementia friend. You'll receive a certificate and a badge - a little knowledge can go a long way to help make our community more dementia friendly. <i>Contact Lesley for more information</i> | 3.30pm – 4.30pm |
| Fri 14 June | Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. <i>Contact Diane for more information.</i> | 1pm – 3pm |
| Mon 17 June | Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions have to be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i> | 1.15pm –2pm |
| Tues 18 June | Reminiscence and Chat at An Acarsaid <i>An Acarsaid, Liveras Park, Broadford, IV49 9AW</i> An Acarsaid is welcoming people living with dementia and their family, friends and carers, in to join from the community for this activity along with the residents. <i>Contact Diane for more information.</i> | 1.30– 3pm |
| Wed 19 June | Carer Support Group <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> New support group for anyone caring for someone living with dementia or memory loss. <i>Contact Lesley for more information.</i> | 1pm – 2pm |
| Thurs 20 June | Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i> | 2pm – 3.30pm |
| Fri 21 June | Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. <i>Contact Diane for more information.</i> | 1pm – 3pm |
| Mon 24 June | Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions have to be booked in advance and you will need to book and pay for your place. <i>Contact Lesley for more information.</i> | 1.15pm –2pm |
| Wed 26 June | Staffin Dementia Advisor Drop In <i>Staffin Medical Centre, Staffin, IV51 9JX</i> | 12noon – 2pm |

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| | Come along and meet our Dementia Advisor for an informal chat, support and information. <i>Contact Lesley for more information.</i> | |
| Fri 28 June | Strùpag is Cabadaich – A Cuppa & a Chat <i>The Cuillin Hills Hotel, Portree</i> | 2pm – 3.30pm |
| | Thig còmhla rinn airson cupa is sgonaichean is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd. Join us for a cuppa and a scone and craic and maybe some music and singing too. Gaelic speakers and everyone with an interest the Gaelic language and song welcome to join us. <i>Contact Lesley for more information.</i> | Le taic bho Bhòrd na Gàidhlig |
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| In Person Groups – Lochaber | | |
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| Tues 4 June | Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa. | 2pm – 3.30pm |
| Wed 5 June | Ballachulish Village Hall Pop into the Hall and have a cuppa and a chat and maybe an activity too | 2pm – 3pm |
| Tues 11 June | Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group. | 3pm – 4pm 4pm – 4.30pm |
| Wed 12 June | D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us. | 2pm – 3pm |
| Tues 18 June | Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa. | 2pm – 3.30pm |
| Wed 19 June | Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun. | 2pm – 3pm |
| Thurs 20 June | Storytelling in Strontian Library – NEW GROUP Come along and join in the café and take part in an activity with us. | 2pm – 3pm |
| Tues 25 June | Storytelling in Mallaig Library Library Staff will be reading excerpts from books which we will chat about over a cuppa. | 11am – 12noon |
| Tues 25 June | Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group. | 3pm – 4pm 4pm – 4.30pm |
| Wed 26 June | D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us. | 2pm – 3pm |
| Contact | For more information please contact Eleanor Brown: Phone: 07920 868848 Email: EBrown@Alzscot.org | |

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online, please contact the person listed below the activity and they will send you the link to join.

| Online Groups | | |
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| Mon 3 June | Making Music Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i> | 3.00pm – 4.00pm |
| Wed 5 June | Doggie Bingo Join us and Imke and Webb the dog for a fun game of bingo with Webb choosing the numbers for us. <i>Contact Eleanor or Diane</i> | 11.00am – 12noon |
| Fri 7 June | Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i> | 11.00am – 12.00noon |
| Mon 10 June | Storytelling / Seanchas Online Come and join us online and we'll read some excerpts from books, and have a chat. <i>Contact Diane for more information.</i> | 3pm – 4pm |
| Tues 11 June | Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i> | 11.00am – 12noon |
| Wed 12 June | Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i> | 11.00am – 12noon |
| Wed 12 June | Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation & Songs) Come along for chat in Gaelic and enjoy listening or singing along at home to some Gaelic songs. With Margaret Nicolson. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. You can now book onto the group from our Virtual Dementia Resource Centre at the link below <i>or</i> you can contact Diane and she can book your place. https://www.alzscot.org/virtual-resource-centre-0 | 2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig  |
| Fri 14 June | Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i> | 11.00am – 12.00noon |
| Mon 17 June | Carers Support Group for people in long term care If you care for a loved one who lives in a care home, please join us online for peer support and advice. <i>Contact Hayley</i> | 10.30am– 11.30am |
| Mon 17 June | Making Music Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i> | 3.00pm – 4.00pm |

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|-----------------------|---|----------------------------|
| Wed 19 June | Reminiscence Bingo Join us for a fun game of bingo with a different theme each week.. <i>Contact Eleanor or Diane</i> | 11.00am – 12noon |
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Contact details for groups:

Diane Smith, Community Activities Organiser for Skye & Lochalsh
Email: dianesmith@alzscot.org Tel: 07825 608057

Lesley Hellon, Dementia Advisor for West Highland
Email: lhellon@alzscot.org Tel: 07825 975557

Eleanor Brown, Community Activities Organiser for Lochaber
Email: e.brown@alzscot.org Tel: 07920 868848

Online Carers support for people in long term care:
Hayley Lyons, Dementia Advisor for North Highland
Email: HLyons@alzscot.org Tel: 07554 408479



Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details.

To make a donation, please consider donating to our local Just Giving page at the link below or by scanning the QR code above. <https://www.justgiving.com/fundraising/westhighland1>