

# What's on



## June 2024– North 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 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 Group – Ross-shire & Sutherland		
Saturday 1 <sup>st</sup> of June	<b>Give &amp; Take Day</b> <i>Dingwall Brain Health and Dementia Resource Centre</i>  <i>Join us for a fundraising event during Dementia Awareness week. We are opening our doors for a unique shopping experience. £10 entry fee and you can pick between 5-7 items to take away with you. We will have a range of women, men's, and children's clothing and more. Come along and support Alzheimer Scotland whilst shopping for your summer wardrobe. If you would like to donate any items prior to the event, please get in touch with <b>Hayley</b></i>	10.30am-2.30pm
Monday 3 <sup>rd</sup> of June	<b>Sutherland all Carers peer support Group</b> <i>Free Church, Dornoch</i>  The group is hosted by Dementia Advisor Hayley and Malcolm from Connecting Carers. All unpaid carers welcome to meet others in similar situations over a cuppa. <b>Contact Hayley</b>	11.00-12.30pm
Wednesday 5 <sup>th</sup> of June	<b>Dingwall Dementia Café</b> <i>Dingwall Brain Health and Dementia Resource Centre</i>  <i>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. <b>Contact Hayley</b></i> <b>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</b>	11.00am – 12.30pm

<p>Wednesday 12<sup>th</sup> of June</p>	<p><b>Dingwall Activities Group</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. <b>Contact Hayley</b>  <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	<p>11.00am – 12.30pm</p>
<p>Tuesday 18<sup>th</sup> of June</p>	<p><b>Dingwall all Carers peer support Group</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>The group is hosted by Lynne from Community contacts, Dementia Advisor Hayley and Stuart from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa. <b>Contact Hayley</b>  <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	<p>1.00pm – 2.30pm</p>
<p>Wednesday 19<sup>th</sup> of June</p>	<p><b>Dingwall Dementia Café</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. <b>Contact Hayley</b>  <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	<p>11.00am – 12.30pm</p>
<p>Monday 24<sup>th</sup> of June</p>	<p><b>Dornoch Dementia Café</b>  <i>Free Church, Dornoch</i></p> <p>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. <b>Contact Hayley</b></p>	<p>10.30am-12.00pm</p>
<p>Wednesday 26<sup>th</sup> of June</p>	<p><b>Dingwall Activities Group</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. <b>Contact Hayley</b>  <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	<p>11.00am – 12.30pm</p>

In Person Group – Caithness & Sutherland		
Tuesday 4 <sup>th</sup> of June	<p><b>Gentle exercise class and Lunch Hub</b> <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome, lunch provided after class. <b>Contact Isobel</b></p>	11.00-13.00pm
Tuesday 11 <sup>th</sup> of June	<p><b>Gentle exercise class and Lunch Hub</b> <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome with lunch provided after class. <b>Contact Isobel</b></p>	11.00-13.00pm
Tuesday 11 <sup>th</sup> of June	<p><b>Memory Lane Café</b> <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for a cuppa and have a chat and with others in similar situations for both people living with Dementia and Carers. <b>Contact Isobel</b></p>	14.00-16.00
Thursday 13 <sup>th</sup> of June	<p><b>Dementia Advisor Drop in session</b> <i>The Kyle Centre, Tongue</i></p> <p>A chance to meet your local dementia advisor and have a chat over coffee to find out what support is available to you. <b>Contact Isobel</b></p>	11am-2.00pm
Tuesday 18 <sup>th</sup> of June	<p><b>Gentle exercise class and Lunch Hub</b> <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome with lunch provided after class. <b>Contact Isobel</b></p>	11.00-13.00pm
Tuesday 25 <sup>th</sup> of June	<p><b>Gentle exercise class and lunch hub</b> <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome with lunch provided after class. <b>Contact Isobel</b></p>	11.00am–13.00pm
Tuesday 25 <sup>th</sup> of June	<p><b>Memory Lane Cafe</b> <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for a cuppa and have a chat and with others in similar situations for both people living with Dementia and Carers. <b>Contact Isobel</b></p>	2.00-4.00pm
Wednesday 26 <sup>th</sup> of June	<p><b>Thurso Carer Support Group</b> Thurso Library, Thurso</p> <p>Join us for a coffee and a chat with other carers in a similar situation. <b>Contact Isobel</b></p>	2.00-3.00pm

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 Group		
Monday 3 <sup>rd</sup> & 17 <sup>th</sup> of June	<b>Online Making Music</b> Join us for some music and song from guest musicians. You can sing along at home. or just listen. <b>Contact Diane</b>	3pm-4pm
Monday 17 <sup>th</sup> of June	<b>Carers Support Group for people in long term care</b> If you care for a loved one who lives in a care home, please join us online for peer support and advice. <b>Contact Hayley</b>	10.30am-11.30am
Monday 10 <sup>th</sup> & 24 <sup>th</sup> of June	<b>Storytelling / Seanchas Online</b> Come and join us online and we'll read some excerpts from books, have a chat and maybe listen to some tunes. <b>Contact Diane</b>	2.00pm – 3.00pm
Tuesday 11 <sup>th</sup> & 25 <sup>th</sup>	<b>Highland Young Onset online Group</b> If you are 65 years and under living with a diagnosis of Dementia, we invite you to join our online group to meet others in similar situations. <b>Contact Lesley</b>	11.00am-12.00pm
Wednesday 5 <sup>th</sup> of June	<b>Doggie Bingo</b> We will be joined by Imke and her dog Webb for a game of bingo. <b>Contact Diane</b>	11.00am-12.00pm
Wednesday 12 <sup>th</sup> of June	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> 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. <b>Contact Diane</b>	2.00pm-3.00pm
Wednesday 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> of June	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <b>Contact Eleanor or Diane</b>	11.00am-12.00pm
Thursday 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> of June	<b>Online Carers Support Group</b> Join us online to meet other carers in similar situations. <b>Contact Hayley</b>	10.30am-11.30am
Friday 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> , 28 <sup>th</sup> of June	<b>Online Ceilidh</b> Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes. All welcome to bring an instrument or sing a song. <b>Contact Diane</b>	11.00am-12.00pm

## Contact details for all groups:

Hayley Lyons  
Dementia Advisor – Ross & Cromarty and Sutherland  
Email: [hlyons@alzscot.org](mailto:hlyons@alzscot.org) Tel: 07554 408 479

Isobel Stevenson  
Dementia Advisor – Caithness & Sutherland  
Email: [istevenson@alzscot.org](mailto:istevenson@alzscot.org) Tel: 07818 538683

Diane Smith  
Community Activities Organiser – West Highland (Skye)  
Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

Eleanor Brown  
Community Activities Organiser – West Highland (Lochaber)  
Email: [ebrown@alzscot.org](mailto:ebrown@alzscot.org) Tel: 07920 868848

Lesley Hellon -  
Dementia Advisor – West Highland  
Email: [lhellon@alzscot.org](mailto:lhellon@alzscot.org) Tel: 07825 975557

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

