

What's on

July 2024 –

South 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 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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

In Person Group		
Monday 8 July	Home Energy Scotland <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> The cost of living and the increase in energy prices worries us all. Come in and find out how Home Energy Scotland can help with free, impartial advice on saving energy and keeping warm at home. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	1-2pm
Monday 8 July	Carers support group <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. <i>Contact Julie for more information.</i>	2-3pm
Monday 8 July	Reminiscence Group <i>Inverness Brain Health and Dementia Resource Centre</i> A look back on photos, events, music and more. <i>Contact Michelle on 07823 556869 for more information.</i>	2-3pm

<p>Tuesday 9 July</p>	<p>Drop-in Café – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop-in for a refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to chat. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>2-3.30pm (Drop-in)</p>
<p>Friday 12 July</p>	<p>Active Health – Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Small changes to activity can make huge changes to your health. There will be something for everyone at this light session led by Highlife Highland’s specialist team. <i>Date to be confirmed: Places are limited booking preferred. Please contact Nina or Lilian on 01463 711707 to book.</i></p>	<p>10:30-11:30am</p>
<p>Tuesday 16 July</p>	<p>Drop-in Café – All welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop-in for a refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to chat. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>11-12.30pm (Drop-in)</p>
<p>Thursday 18 July</p>	<p>Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Fantastic opportunity to participate in gentle/supported movement and breathing that can calm your mind and body for relaxation and improves sleep. <i>Places are limited and booking preferred. Please contact Nina or Lilian on 01463 711707 to book.</i></p>	<p>2-3pm</p>
<p>Friday 19 July</p>	<p>Ear Health Checks with NHS Highland Audiology <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Come along for an Ear Health Check with Emma Galloway NHS Highland Audiologist. You can be checked in a safe, welcoming and familiar environment by staff who have a good knowledge and understanding of dementia. Available for people with dementia and also their carers. <i>For more information or to book an appointment, please contact Lilian 01463 711707</i></p>	<p>Various Appointments All Day</p>

<p>Tuesday 23 July</p>	<p>Drop-in Café- All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop-in for a refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to chat. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>12-1.30pm</p>
<p>Monday 29 July</p>	<p>Drop-in Café- All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop-in for a refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to chat. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>11-12.30pm</p>

Inverness Community Groups

In Person Group		
Monday 1 July	<p>Bacon Butty Morning <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Come along for a bacon butty and a chance to chat with others in a similar situation. *Suggested donation £1*</p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	10.30- 11.30am
Wednesday 3 July	<p>All Ability Cycling <i>Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</i></p> <p>With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £5 charge for this activity, payable by cash or card on entry. Carers go free. Meeting at the cycle ability centre, The Old Mill, Cawdor. If weather is nice, bring a flask of tea/coffee for yourself and we can have a cuppa and chat in garden after our cycle.</p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm
Thursday 4 July	<p>Knit and natter <i>Woodlands, Culduthel Road, Inverness</i></p> <p>A relaxing afternoon with the opportunity to bring along anything you are working on or, if you are a beginner, Janice will be on hand to give a demonstration or some help. We can provide wool and needles for knitting and crocheting.</p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm
Thursday 11 July	<p>Seagull Trust Cruise</p> <p>Our very popular afternoon on the Seagull Trust Cruise is Back! Join us for a boat trip along the Caledonian canal.</p> <p><i>*Places are limited and must be booked in advance*</i></p> <p><i>Contact Lilian or Michelle for more information</i></p>	2-4pm
Wednesday 17 July	<p>Summer Ceilidh <i>Woodlands, Culduthel Road, Inverness</i></p> <p>A chance to meet and have a chat and a dance with others in a similar situation while enjoying some musical entertainment from the wonderful ceilidh band.</p> <p><i>Contact Michelle on 07823 556869 for more information.</i></p>	2-4pm
Thursday 18 July	<p>Getting crafty with Recycling <i>Woodlands, Culduthel Road, Inverness</i></p> <p>This group will be facilitated by Edna Rekhy, she will show us great ways on how to turn recycling into craft.</p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm
Monday 22 July	<p>Soup Café <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Come and join us for soup and bread and a chance to meet others in a similar situation.</p> <p><i>*Suggested donation £2*</i></p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	12.30-2pm

<p>Wednesday 24 July</p>	<p>Music Group <i>Woodlands, Culduthel Road, Inverness</i> An opportunity to come along and take part in music-based activities. <i>Contact Michelle on 07823 556869 for more information.</i></p>	<p>2-3pm</p>
<p>Wednesday 31 July</p>	<p>Health Walk at Culloden Battlefield <i>*Places for this group must be booked in advance*</i> Join us for a walk round Culloden Battlefield. The walk normally last about 1 hour and the pace is set by those attending. We will then have tea and coffee in the café at the Centre. <i>Contact Michelle on 07823 556869 for more information</i></p>	<p>2-3.30pm</p>

Nairn

In Person Group		
Monday 1 July	Wimbledon <i>Nairn Community and Arts Centre, IV12 4BQ</i> Our very own Wimbledon. Lots of fun playing various tennis games from the comfort of our seat. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 2 July	Dementia Advisor Drop In <i>Interview Room 4, Nairn Town and County Hospital, Cawdor Road, Nairn, IV12 5ED</i> Julie, Dementia Advisor, will be available for advice or support. Drop in for a chat. <i>Contact Julie for further information.</i>	10-12pm
Wednesday 3 July	All Ability Cycling <i>Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</i> With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £5 charge for this activity, payable by cash or card on entry. Carers go free. If the weather is nice, please bring a flask and we can chat in garden after our cycle. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3pm
Friday 5 July	Soup Café <i>Seaman's Hall, Harbour St, IV12 4PH</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-2pm
Wednesday 10 July	Sensory Bread-Dough Workshop <i>Nairn Community and Arts Centre, IV12 4BQ</i> Guided by Sue, this activity involves using our hands to play with and shape the dough. Sometimes making interesting creations or simply enjoying feeling the dough. It's relaxing and de-stressing. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Thursday 11 July	Seagull Trust Cruise Our very popular afternoon on the Seagull Trust Cruise is Back! Join us for a boat trip along the Caledonian canal. <i>*Places are limited and must be booked in advance*</i> <i>Contact Lilian on 01463 711707 for more information/to book.</i>	2-4pm
Friday 12 July	Football Fun <i>Seaman's Hall, Harbour St, IV12 4PH</i> Last weekend of the Euros, lets join in with football games from the comfort of our seats. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 15 July	Arts and Crafts <i>Nairn Community and Arts Centre, IV12 4BQ</i> Get creative in an art project. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm

Wednesday 17 July	<p>Tour of Cantraybridge College 3 Cantry Square, Croy IV2 5PP We start with a tour of animals, gardens and workshops followed by a visit to the cafe for a cuppa. Numbers for tour limited please <i>contact Veronica on 07932 120684 to book.</i></p>	10.30- 12pm
Friday 19 July	<p>Gardening Seaman's Hall, Harbour St, IV12 4PH Back in the garden to see how our plants/seeds are doing, then of course a cuppa. <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm
Monday 22 July	<p>Photo Café Nairn Community and Arts Centre, IV12 4BQ Bring along your favourite photos and we will chat about them while enjoying our cuppa. <i>Contact Veronica on 07932 120684 for more information.</i></p> <p>Carer Support Group Nairn Community and Arts Centre, IV12 4BQ This group is for people who are caring for people living with dementia or memory loss. Come along for a cuppa and chat with others in a similar situation. (The group runs at the same time as an activity group to allow more people to attend.) <i>Contact Julie for more information.</i></p>	2-3.30pm
Wednesday 24 July	<p>Music Nairn Community and Arts Centre, IV12 4BQ An opportunity to come along and take part in music-based activities. <i>Contact Veronica on 07932 120684 for more information</i></p>	2-3.30pm
Friday 26 July	<p>Nairn Trike Seaman's Hall, Harbour St, IV12 4PH Our amazing volunteer Cath will take two out at a time on the Nairn Trike for a wee trip along the front or round the river, while we enjoy a cuppa and chat waiting our turn. <i>Contact Veronica on 07932 120684 for more information</i></p>	2-3.30pm
Monday 29 July	<p>Skittles Nairn Community and Arts Centre, IV12 4BQ A firm favourite, our giant skittles make a return. <i>Contact Veronica on 07932 120684 for more information</i></p>	2-3.30pm
Wednesday 31 July	<p>Health Walk at Culloden Battlefield *Places for this group must be booked in advance* Join us for a walk round Culloden Battlefield. The walk normally last about 1 hour and the pace is set by those attending. We will then have tea and coffee in the café at the Centre. <i>Contact Veronica on 07932 120684 for more information</i></p>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 2 nd July	<p>Wild Things <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Nature experts Wild Things run this activity which varies from month to month. Activities include discussing plants, animals and insects and going for a short walk in our beautiful surroundings. <i>Contact Andy for further details</i></p>	11am-1.30pm
Wednesdays 3 rd , 10 th July	<p>John Muir Award A series of 2 hour nature-focused sessions involving discovering, exploring and conserving our local 'wild place' and sharing our experiences to achieve a special <i>John Muir Award</i>. With support from the Cairngorm National Park Volunteer Rangers.</p> <p><i>3rd July - Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i></p> <p><i>10th July - Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> <i>Contact Andy for further details</i></p>	11am-1pm
Tuesday 9 th July	<p>Get Creative with Nature <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Guided by local artist Alison, classes are designed with all abilities in mind. Assistance can be provided where necessary. We will be experimenting with pencil, paint and inks to create a professional style piece that you can take home at the end of the session. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i></p>	11.30am-1.30pm
Friday 12 th July	<p>Carer Support Group <i>Speyside Cafe, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for people living with dementia or memory loss. Come along for a cuppa and chat with others in a similar situation. Facilitated by Julie, Dementia Advisor. (The group runs at the same time as a green health activity at the Outdoor Dementia Resource Centre to allow more people to attend.) <i>Contact Julie for more information.</i></p>	11.30am-1pm

Friday 12 th July	Gardening at Badaguish <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Come along and get your hands dirty! We have lots of jobs to do and it's the perfect time of year to be pottering around the garden. All welcome, green-fingered or not! <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 16 th July	Summertime Social <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A get-together with Kenny's world-famous home-made soup and some nature-based activities.	11.30am-1pm
Thursday 18 th July	All Ability Cycling... On Tour! <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> *Places are limited. Booking required* With a vast array of vehicles to suit almost every ability and great accessible paths around Boat of Garten to explore. <i>Contact Kenny for further details</i>	11am-1pm
Friday 26 th July	Music Inspired by Nature <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Singing and playing music is proven to reduce stress and promote wellbeing. Expect some singing, some movement and some playing of percussion to boost those joyful feelings! <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 30 th July	Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. <i>Contact Andy for further details</i>	11.30am-1pm

Online Groups

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 17 June	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30– 11.30am
Mondays 3 & 17 June	Online 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>	3–4pm
Mondays 10 & 24 June	Storytelling / Seanchas Online Come and join us online and we'll read some excerpts from books, have a chat and maybe listen to some tunes. <i>Contact Diane for more information.</i> <i>Contact Diane</i>	2–3pm
Tuesdays 11 & 25 June	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am– 12pm
Wednesday 5 June	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am– 12pm
Wednesday 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 this link: https://www.alzscot.org/virtual-resource-centre-0 <i>or you can contact Diane for help with booking your place.</i>	2–3pm
Wednesdays 5, 12, 19 & 26 June	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Eleanor or Diane</i>	11am– 12pm
Fridays 7, 14, 21 & 28 June	Online Ceilidh 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. <i>Contact Diane</i>	11am– 12pm

Coming Soon!

Intergenerational Group

We have a very exciting opportunity to create a small group of people living with dementia and children from Crown Primary School. We plan to work together on common interests and build relationships. If you are interested in becoming a member, please contact Michelle for more information. This will be starting in August/September 2024.

Scotland's Memory Walk

We are delighted to announce the return of large scale Memory Walks for 2024. We will be walking in Inverness on Sunday 1st of September at Queens Park Athletics (Inverness Leisure Centre) where everyone will be raising vital funds to support dementia care, research and improvements in brain health. Participants can sign up at memorywalk.alzscot.org

Contact details for groups:

Lilian Stott, Receptionist/Administrator
Email: LStott@alzscot.org
Tel: 01463 711707

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711707
Mob: 07588 643659

Julie Ferguson, Dementia Advisor
for Inverness, Nairn, Badenoch & Strathspey
Email: JulieFerguson@alzscot.org
Tel: 07887 625982

Andy Miller, Community Activities Organiser
for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Michelle Newell, Community Activities
Organiser
for Inverness
Email: MNewell@alzscot.org
Tel: 07823 556869

Kenny Wright, Outdoor Dementia Resource
Centre Coordinator
Email: kwright@alzscot.org
Tel: 07788 286254

Veronica Wilson, Community Activities
Organiser for Nairn
Email: VWilson@alzscot.org
Tel: 07932 120684

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

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

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

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

