

What's on

July 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		
Mon 1 July	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 Lesley for more information.</i>	1.15pm –2pm
Tues 2 July	Raasay Community Drop In Cafe at Raasay Community Hall 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 Lesley for more information.</i>	1.30pm – 3pm
Fri 5 July	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 Lesley for more information.</i>	1pm – 3pm
Mon 8 July	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 9 July	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 11 July	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 12 July	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 15 July	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 16 July	Dornie Drop In <i>Aird Ferry Resource Centre, Dornie</i> A new group in Dornie. Come along and join the attendees at the day centre for some company, a cuppa, a chat and an activity. Everyone welcome – people living with dementia or memory loss, their family friends and those who care for them. Diane Smith, our Community Activities Organiser will be there to chat to and Lesley Hellon, our Dementia Advisor, will be there to offer advice and support. <i>Contact Diane for more information.</i>	1.30pm – 3pm
Wed 17 July	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 18 July	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
Fri 19 July	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 22 July	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 23 July	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 25 July	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 26 July	Strùpag is Cabadaich – A Cuppa & a Chat <i>The Cuillin Hills Hotel, Portree</i> More details on next page below.	2pm – 3.30pm

	<p>Thig còmhla rinn airson cupa is sgonaichean is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd.</p> <p>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 Diane for more information.</i></p>	<p>Le taic bho Bhòrd na Gàidhlig</p> 
Mon 29 July	<p>Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i></p> <p>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></p>	1.15pm - 2pm

In Person Groups – Lochaber		
Tues 2 July	<p>Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa.</p>	2pm – 3.30pm
Wed 3 July	<p>D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.</p>	2pm – 3pm
Thurs 4 July	<p>Ballachulish Village Hall Pop into the Hall and have a cuppa and a chat and maybe an activity too.</p>	2pm – 3pm
Tues 16 July	<p>Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa.</p>	2pm – 3.30pm
Wed 17 July	<p>Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun.</p>	2pm – 3pm
Thurs 18 July	<p>Storytelling in Strontian Library Come along and join in the café and take part in an activity with us.</p>	2pm – 3pm
Tues 23 July	<p>Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group.</p>	3pm – 4pm 4pm – 4.30pm
Wed 24 July	<p>D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.</p>	2pm – 3pm
Tues 30 July	<p>Storytelling in Mallaig Library Library Staff will be reading excerpts from books which we will chat about over a cuppa.</p>	11am – 12noon
Tues 30 July	<p>Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa.</p>	2pm – 3.30pm
Wed 31 July	<p>D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.</p>	2pm – 3pm
Contact	<p>For more information please contact Eleanor Brown Phone: 07920 868848 Email: EBrown@Alzscot.org</p>	

In Person Groups – Wester Ross

Mon 15 July	Carers Support Group <i>Church Hall, Ullapool</i> New support group for anyone caring for someone living with dementia or memory loss. <i>Contact Lesley for more information.</i>	12noon – 2pm
--------------------	--	---------------------

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

Wed 3 July	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</i>	11.00am – 12noon
Fri 5 July	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 Lesley</i>	11.00am – 12.00noon
Tues 9 July	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 10 July	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	11.00am – 12noon
Fri 12 July	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 15 July	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 15 July	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 17 July	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
Friday 19 July	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 22 July	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 23 July	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 24 July	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor</i>	11.00am – 12noon
Wed 24 July	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 
Friday 26 July	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 29 July	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
Tues 31 July	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

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>**

Other news and events from Alzheimer Scotland:



Find out more about the Conference here: <https://www.alzscot.org/conference24>



Find out more about Memory Walks here: <https://memorywalk.alzscot.org/>



Find out more about the online groups and resources available at our Virtual Dementia Resource Centre here: <https://www.alzscot.org/virtual-resource-centre-0>