

What's on Western Isles!

July 2024



Alzheimer Scotland
Action on Dementia

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 transportation options.

If you are unsure, or have questions about any of the groups listed below, or have an idea for a new group, please contact:

Ellie Donnelly (Dementia Advisor) Telephone: 07500762041 Email: edonnelly@alzscot.org

Angela Macleod (Dementia Advisor) Telephone: 07584607581 Email: amacleod@alzscot.org

Want to receive the Whats on Guide for the Western Isles automatically to your inbox every month? Get in touch with any member of the local team and we'll add you to the e-mailing list.

In Person Group		
Monday 1 st July	<p>Carers Group Café 2pm</p> <p>Golf Club, Stornoway (Downstairs)</p> <p>Activity: 30 Minute Gentle Relaxation</p> <p>Talk and Q&A with local Solicitor</p> <p>Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information or to book a place for the activity please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org</p>	
Tuesday 2 nd July	<p>Gentle Movement and Relaxation Sessions 5pm – 6pm</p> <p>Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway</p> <p>In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. More dates will be announced in August's Whats On Guide. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	NEW ACTIVITY
Tuesday 9 th July	<p>Gentle Movement and Relaxation Session 5pm – 6pm</p> <p>Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway</p> <p>In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. More dates will be announced in August's Whats On Guide. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	NEW ACTIVITY

<p>Wednesday 10th July</p>	<p>Bragar Drop In Café (See below for details) Community Room, Bragar Community Hub Activity: Pottery for beginners If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information and to book a place for an activity please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	<p>1.30pm</p>
<p>Wednesday 10th July</p> <p>NEW GROUP</p>	<p>Walking Group Led by Angela Macleod (Paths for all trained walk leader) (Essential to Book Space beforehand – Limited Spaces) Join Angela, our Dementia Advisor on a gentle, low level, accessible health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk. All welcome. This activity will be weather dependant on the day.</p> <p>To book a space and confirm details for this walk, or for more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p>	<p>2pm</p>
<p>Thursday 11th July</p>	<p>Carers Group Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway Activity: Relaxation and Movement Session with Louise Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information or to book a place for the activity please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	<p>1.30pm – 3.30pm</p>
<p>Tuesday 16th July</p> <p>NEW ACTIVITY</p>	<p>Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. More dates will be announced in Augusts Whats On Guide. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	<p>5pm – 6pm</p>
<p>Wednesday 31st July</p>	<p>Forget Me Not Café (Kindly funded by Point and Sandwick Trust) Café Roo, Aros an Rubha, Point Come and join us for a cuppa and enjoy some live music from local artists once a month in Café Roo. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org</p>	<p>2pm – 4pm</p>

Online Groups

Can't make it to a group in person or want to join online instead?

We offer a range of online groups delivered by our local team in the Western Isles and from our colleagues across Scotland as well as other partner organisations. Please contact the person listed below in the activity description and they will send you the link to join.

Why not check out Alzheimer Scotland Virtual Resource Centre (VRC) which is an online space where all people across Scotland can access groups, activities, and information sessions all from the comfort of their own homes.

Find out more and see the latest VRC Whats on Guide at www.alzscot.org/virtual-resource-centre-0

Every Tuesday	Online Worship with Rev. Roddy John Online via Microsoft Teams All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	10.15am – 10.30am
Every Friday	Online Ceilidh Online via Microsoft Teams Organised by our colleagues in West Highland, Join in 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! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	11am
Every 2 nd Monday	Online Making Music Online via Microsoft Teams Organised by our colleagues in West Highland, join in for some music and song from great musicians. You can sing along at home or just listen. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	3pm
Tuesday 9 th July	Digital Music for Memory Online via Microsoft Teams Join us online for a sing along, good chat and fun! Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	11am – 12pm
Tuesday 16 th July	Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. For more information, or if you would be interested in joining this group, please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041	1.30pm – 2.30pm

Wednesday 17th July	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	3pm – 3.30pm
Wednesday 17th July Virtual Resource Centre	Blue Badge and Other Available Concessions Join Vicki as she explains how to access and where to apply for a Blue Badge and other concessions available through the Blue Badge Scheme. Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the booking link.	11 – 11.30am
Wednesday 24th July	Comhradh agus Oran Gaidhlig (Online Gaelic Conversations & Song) Online via Microsoft Teams Organised by our colleagues in West Highland, come along for chat in Gaelic and enjoy listening or singing along 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. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	2pm – 3pm
Other Partner Organisation Events Across the Western Isles		
Every 3rd Monday of the Month	Seann Eolaich Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com	2pm – 4pm
Most Tuesdays	Western Isles Meeting Centre – Social Club Failte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2-4pm
Monday 1st July	Eolas Carers Group Western Isles Community Care Forum Failte Centre, Stornoway Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588	10.30am – 12pm
Thursday 11th July	Eolas Carers Group Western Isles Community Care Forum Harris Hotel, Tarbert Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend.	2.30pm – 4pm

Please contact the Western Isles Community Care Forum for more information on 01859 502 588

Thursday 25th
July

Musical Memories Harris – In Person Ceilidh
In Partnership with WICCF
Bays Centre, Leac a Li

2pm – 3.30pm

Join us online for a sing along in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07503 724479 or by email: info@wiccf.co.uk for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: edonnelly@alzscot.org

Other News

FUNDRAISER
Saturday 21st
September
2024

Stornoway Airport West Coast 100 Mile Charity Cycle

Stornoway Airport staff are raising funds for two local charities, Alzheimer Scotland (Western Isles) and WICCI in a sponsored 100 mile cycle up the West Coast of the Isle of Lewis. The route starts at Breanais following the West Coast up to the Port of Ness and then finishes at Stornoway Airport.

To keep up to date with the progress of the challenge and to find out more about how you can donate please check out the team on Facebook: Stornoway Airport West Coast 100 Mile Charity Cycle.

SURVEY
Closes
Wednesday
31st July

Shared Care Scotland – Carer Survey 2024

With a new 'right to a break' in development, it has never been more important to put carers voices at the heart of decision-making. That's why Shared Care Scotland, the national carer organisation with short breaks and respite at its core, is undertaking a comprehensive survey on unpaid carers' experiences of short breaks and respite services in Scotland.

The survey will help the organisation understand the needs and experiences of carers which as they build a picture of short breaks and respite across Scotland. Visit www.sharedcarescotland.org.uk/policy-practice-development/2024-carers-survey/ to find out more and complete the Survey.

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: WesternIsles@alzscot.org

Office and Dementia Resource Centre Open: Monday to Friday 10am – 4pm

Catriona MacRitchie
Commissioned Service Lead
Tel: 07824 561305
cmacritchie@alzscot.org

Ellie Donnelly
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Dementia Advisor
Tel: 07584607581
amacleod@alzscot.org

You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



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>