

# What's on

## August 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		
Friday 9 August	<b>Active Health with Highlife Highland</b> <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>Places are limited <b>booking preferred</b>. Please contact Nina or Lilian on 01463 711707 to book.</i>	10:30-11:30am
Monday 12 August	<b>Carers support group</b> <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> For people caring for someone living with dementia or memory loss. Join us for a cuppa and a chat with others in a similar situation. Peer-led this month due to staff holidays. <i>Contact Julie for more information.</i>	2-3pm
	<b>Reminiscence Group</b> <i>Inverness Brain Health and Dementia Resource Centre</i> A look back on photos, events, music and more. <i>Contact Julie for more information.</i>	2-3pm

Tuesday 13 August	<p><b>Dementia Advisor Drop-in</b>  <i>Inverness Brain Health and Dementia Resource Centre,  Strothers Lane</i></p> <p>Pop in for advice or support from Julie, Dementia Advisor.  <i>Any queries/for more information, please contact Lilian or Julie on 01463 711707</i></p>	2-3.30pm (Drop-in)
Thursday 15 August	<p><b>Mindful Chair Yoga and Breathing with Megs Mindful Movement</b>  <i>Inverness Brain Health and Dementia Resource Centre,  Strothers Lane</i></p> <p>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 <b>booking preferred</b>. Please contact Nina or Lilian on 01463 711707 to book.</i></p>	2-3pm
Monday 19 August	<p><b>Drop-in Café</b>  <i>Inverness Brain Health and Dementia Resource Centre,  Strothers Lane</i></p> <p>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>	10:30-12pm
Tuesday 27 August	<p><b>Highland Younger Onset Group</b>  <i>Inverness Brain Health and Dementia Resource Centre</i></p> <p>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 07825 975557 for more information</i></p>	11-12:00pm
Friday 30 August	<p><b>Drop-in Café</b>  <i>Inverness Brain Health and Dementia Resource Centre,  Strothers Lane</i></p> <p>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>	11-12.30pm

# Inverness Community Groups

In Person Group		
Monday 5 August	<b>Getting crafty with Recycling</b> <i>Woodlands, Culduthel Road, Inverness</i> This group will be facilitated by Edna Rekhy, she will show us great ways on how to turn recycling into craft. This month we will be painting stones. Feel free to take your own stone to paint or there will be some available for you. <i>Contact Michelle on 07823 556869 for more information</i>	10.30- 11.30am
	<b>Seagull Trust Cruise</b> 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 or Michelle for more information</i>	2-4pm
Wednesday 7 August	<b>Sensory Bread Dough Workshop</b> <i>Woodlands, Culduthel Road, Inverness</i> This is a simple, fun and playful experience with bread dough which is rooted in art therapy. Participants will make the dough and play with it; this is a therapeutic sensory experience. Session facilitated by Sue Beveridge. <i>Contact Michelle on 07823 556869 for more information</i>	10.30- 11.30am
Thursday 8 August	<b>Our Inverness and Highlands</b> <i>Woodlands, Culduthel Road, Inverness</i> We will use this time to share our stories and history of Inverness and the Highlands. During this session we will be 'scrapbooking', finding pictures that remind us of our local area, sticking them in our 'scrapbook' and collating everyone's stories along the way. <i>Contact Michelle on 07823 556869 for more information</i>	10.30- 11.30am
Wednesday 21 August	<b>All Ability Cycling</b> <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. 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. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Thursday 22 August	<b>Bacon Butty Morning</b> <i>Woodlands, Culduthel Road, Inverness</i> Come along for a bacon butty and a chance to chat with others in a similar situation. <i>*Suggested donation £1*</i> <i>Contact Michelle on 07823 556869 for more information</i>	10.30- 11.30am
	<b>Health Walk</b> <i>Contact us for the meeting point</i> <i>*Places for this group must be booked in advance*</i> Join us for our monthly health walk in Inverness. The walks normally last about 1 hour and the pace is set by those attending. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm

<p>Monday 26 August</p>	<p><b>Soup Café</b>  <i>Woodlands, Culduthel Road, Inverness</i>          Come and join us for soup and bread and a chance to meet others in a similar situation.          *Suggested donation £2*  <i>Contact Michelle on 07823 556869 for more information</i></p>	<p>12.30-2pm</p>
<p>Wednesday 28 August</p>	<p><b>Fun and Games</b>  <i>Woodlands, Culduthel Road, Inverness</i>          Come along for a game of indoor balloon Tennis. This will be an afternoon of fun and gentle exercise and a trophy for the winner!  <i>Contact Michelle on 07823 556869 for more information.</i></p>	<p>2-3pm</p>
<p>Thursday 29 August</p>	<p><b>Music Group</b>  <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>

# Nairn

In Person Group		
Friday 2 August	<b>Soup Café</b> <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
Monday 5 August	<b>Seagull Trust Cruise</b> 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
Wednesday 7 August	<b>Reminiscence Group</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> A look back on songs from the 50s, 60s and 70s. Sharing memories and having a singsong along the way. This group will be facilitated by Michelle Newell. <i>Contact Michelle on 07823 556869 for more information.</i>	2-3.30pm
Thursday 8 August	<b>Dementia Advisor Appointments Available</b> Phone Julie to make an appointment for advice or support. We can meet in a café or your home, or for a walk. <i>Contact Julie for more information or to book an appointment</i>	10-11 11-12 12.30-1.30
Monday 19 August	<b>Never Have I Ever</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun game discussing things we have never done, places we have never been, etc. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Wednesday 21 August	<b>All Ability Cycling</b> <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 23 August	<b>Gardening</b> <i>Seaman's Hall, Harbour St, IV12 4PH</i> Back in the garden to see how our plants are doing, then of course a cuppa. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 26 August	<b>Mosaic Fun</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> Creating our own works of art with sea glass from Nairn Beach. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm

<p>Monday 26 August</p>	<p><b>Carer Support Group</b>  <i>Nairn Community and Arts Centre, IV12 4BQ</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. (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>	<p>2-3.30pm</p>
<p>Wednesday 28 August</p>	<p><b>Music</b>  <i>Nairn Community and Arts Centre, IV12 4BQ</i>          An opportunity to come along and take part in music-based activities.  <i>Contact Veronica on 07932 120684 for more information</i></p>	<p>2-3.30pm</p>
<p>Friday 30 August</p>	<p><b>Ping Pong Bingo</b>  <i>Seaman's Hall, Harbour St, IV12 4PH</i>          A fun version of Bingo using ping pong balls, with prizes!  <i>Contact Veronica on 07932 120684 for more information</i></p>	<p>2-3.30pm</p>

# Badenoch & Strathspey

In Person Group		
Tuesday 6 August	<p><b>Wild Things</b>  <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 7, 14, 28 August	<p><b>John Muir Award</b>  <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i>            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.  <i>Contact Andy for further details</i></p>	11am-1pm
Friday 9 August	<p><b>Gardening at Badaguish</b>  <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></p>	11.30am- 1pm
Friday 9 August	<p><b>Carer Support Group</b>  <i>Cafe Conservatory, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i>            This group is for people who are caring for someone living with dementia or memory loss. This month we have Sarah Hobbs from NHS Highland speaking about the national screening programmes (e.g. bowel, cervical) followed by discussion on how we can improve access and experiences for people with dementia and their carers.  <i>Contact Julie for more information</i></p>	11.30am-1pm
Tuesday 13 August	<p><b>Get Creative with Nature</b>  <i>*New Community Location*</i>  <i>Library, The Courthouse, The Square, Grantown-on-Spey, PH26 3HF</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

Thursday 15 August	<p><b>All Ability Cycling... On Tour!</b>  <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave,  Boat of Garten PH24 3BL</i>  <b>*Places are limited. Booking required*</b>  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></p>	11am-1pm
Tuesday 20 August	<p><b>Summertime Social</b>  <i>*New Community Location*</i>  Highland Folk Museum, Am Fasgadh entrance, Kingussie Road,  Newtonmore, PH20 1AY  An informal get-together with home-made soup and some nature-based activities.  <i>Contact Andy for further details</i></p>	11.30am-1pm
Friday 23 August	<p><b>Music Inspired by Nature</b>  <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></p>	11.30am- 1pm
Tuesday 27 August	<p><b>Willow Craft</b>  <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></p>	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		
Fridays 2, 9, 16, 30 August	<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. <i>Contact Diane</i>	11am– 12pm
Wednesdays 21, 28 August	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <i>Contact Hayley</i>	11am– 12pm
Tuesday 6 August	<b>Highland Younger Onset Group</b> 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 7 August	<b>Doggie Bingo</b> We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am– 12pm
Monday 19 August	<b>Online Carers support for people in long term care</b> 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 12 & 26 August	<b>Online Making Music</b> 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

## Coming soon

### Black Isle Show

Alzheimer Scotland staff will be at The Black Isle Show on Wednesday 31 July and Thursday 1 August. Pop along to our stall for a chat, you will find us beside the food court.

### Memory Walk

Join Alzheimer Scotland to raise vital funds for Dementia and Brain Health, while celebrating the people you love. Sunday 1 September at Queen's Park Athletic Track, Bught Park, Inverness.

Tickets: Adults £10 Under 18 – free (with an adult) Sign up today at [memorywalk.alzscot.org](http://memorywalk.alzscot.org)

### Intergenerational Group

We have a couple of spaces remaining for 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.

## Contact details for groups:

Lilian Stott, Centre Coordinator  
Email: [LStott@alzscot.org](mailto:LStott@alzscot.org)  
Tel: 01463 711707

Nina Semple, Centre Manager  
Email: [NSemple@alzscot.org](mailto:NSemple@alzscot.org)  
Tel: 01463 711707  
Mob: 07588 643659

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

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

Michelle Newell,  
Community Activities Organiser for  
Inverness  
Email: [MNewell@alzscot.org](mailto:MNewell@alzscot.org)  
Tel: 07823 556869

Kenny Wright, Outdoor Dementia Resource  
Centre Coordinator  
Email: [kwright@alzscot.org](mailto:kwright@alzscot.org)  
Tel: 07788 286254

Veronica Wilson, Community Activities  
Organiser for Nairn  
Email: [VWilson@alzscot.org](mailto:VWilson@alzscot.org)  
Tel: [07932 120684](tel:07932120684)

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

Eleanor Brown, Community Activities  
Organiser  
for Lochaber  
Email: [EBrown@alzscot.org](mailto:EBrown@alzscot.org)  
Tel: 07920 868848

Lesley Hellon, Dementia Advisor  
for West Highland  
Email: [LLhellon@alzscot.org](mailto:LLhellon@alzscot.org)  
Tel: 07825 975557

Hayley Lyons, Dementia Advisor  
for North Highland  
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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>

