

# What's on



## August 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		
<b>Fri 2 August</b>	<b>Portree Strùpag &amp; Chat</b> <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 Diane for more information.</i>	<b>1pm – 3pm</b>
<b>Mon 5 August</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 6 August</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Thurs 8 August</b>	<b>Glendale Drop In</b> <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Fri 9 August</b>	<b>Portree Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Mon 12 August</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>

<b>Tues 13 August</b>	<b>Dunvegan D-Caff</b> <i>Dunvegan Community Cafe, Unit 3, Lochside, Dunvegan, IV55 8WB</i> New group starting in Dunvegan! Come along and meet up over tea, coffee and cake. For people living with dementia or any memory issues, family, friends and carers. Gaelic speakers welcome. Refreshments provided courtesy of Dunvegan Community Café <i>Contact Diane for more information.</i>	<b>1.30pm – 3pm</b>
<b>Fri 16 August</b>	<b>Portree Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Mon 19 August</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm –2pm</b>
<b>Tues 20 August</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Wed 21 August</b>	<b>Carer Support Group</b> <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>	<b>1pm – 2pm</b>
<b>Thurs 22 August</b>	<b>Kyle of Lochalsh Drop In</b> <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>	<b>12noon– 2pm</b>
<b>Fri 23 August</b>	<b>Raasay Community Ceilidh and Outing, Raasay Community Hall, Raasay</b>  Come and join us at Raasay Hall for an afternoon of music, history and craic! Tea and coffee and buffet provided. Donations of home baking welcome too! A great opportunity to bring the community together and support each other and meet others from Skye and Lochalsh who will be coming over for the afternoon too.  Many thanks to SEALL, Skye & Lochalsh Archive Centre and Raasay Community Hall for supporting this event. <i>Contact Diane for more information.</i>	<b>Ferry Departs Sconser at 11.30am</b>  <b>12pm – 3pm</b>  <b>Ferry departs Raasay at 3.30pm</b>
<b>Mon 26 August</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm –2pm</b>

<b>Tues 27 August</b>	<b>Reminiscence and Chat at An Acarsaid</b> <i>An Acarsaid, Liveras Park, Broadford, IV49 9AW</i> An Acarsaid is welcoming people living with dementia and their family, friends and carers, in to join from the community for this activity along with the residents. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Wed 28 August</b>	<b>Dementia Advisor Drop In</b> <i>Staffin Medical Centre, Staffin, Isle of Skye, IV51 9AJ</i> Come along and meet our Dementia Advisor for an informal chat, information, advice and support. <i>Contact Lesley for more information.</i>	<b>12pm – 2pm</b>
<b>Fri 30 August</b>	<b>Strùpag is Cabadaich – A Cuppa &amp; a Chat</b> <i>The Cuillin Hills Hotel, Portree</i>  Thig còmhla rinn airson cupa is sgonaichean is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd.  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>	<b>2pm – 3.30pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b>  

### In Person Groups – Lochaber

<b>Tues 20 August</b>	<b>Wild and Woolly at Caol Library followed by Storytelling.</b> Bring along your own woolly project or join in with the group	<b>3pm – 4pm</b> <b>4pm – 4.30pm</b>
<b>Wed 21 August</b>	<b>Music and Movement in An Drochaid</b> Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun.	<b>2pm – 3pm</b>
<b>Thurs 22 August</b>	<b>Ballachulish Village Hall</b> Pop into the Hall and have a cuppa and a chat and maybe an activity too.	<b>2pm – 3pm</b>
<b>Tues 27 August</b>	<b>Storytelling in Fort William Library</b> Library Staff will be reading excerpts from books which we will chat about over a cuppa.	<b>2pm – 3.30pm</b>
<b>Wed 28 August</b>	<b>D Caff in Caol Youth Café</b> Come along and join in the café and take part in an activity with us.	<b>2pm – 3pm</b>
<b>Thurs 29 August</b>	<b>Storytelling in Strontian Library</b> Come along and join in the café and take part in an activity with us.	<b>2pm – 3pm</b>
<b>Contact</b>	<b>For more information please contact Eleanor Brown</b> <b>Phone: 07920 868848 Email: EBrown@Alzscot.org</b>	

### In Person Groups – Inverness

<b>Tue 27 August</b>	<b>Face to Face Young Onset Support Group</b> <i>Alzheimer Scotland Dementia Resource Centre, 2 Strothers Lane, Inverness, IV1 1LR</i> Peer support group for people with a young onset dementia. <i>Contact Lesley for more information.</i>	<b>12noon – 2pm</b>
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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		
<b>Fri 2 August</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Wed 7 August</b>	<b>Doggie Bingo</b> Join us and Imke and Webb the dog for a fun game of bingo with Webb choosing the numbers for us. <i>Contact Diane</i>	<b>11.00am – 12noon</b>
<b>Fri 9 August</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Mon 12 August</b>	<b>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>	<b>3.00pm – 4.00pm</b>
<b>Wed 14 August</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	<b>11.00am – 12noon</b>
<b>Fri 16 August</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Mon 19 August</b>	<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. <i>Contact Hayley</i>	<b>10.30am– 11.30am</b>
<b>Mon 19 August</b>	<b>Storytelling / Seanchas Online</b> Come and join us online and we'll read some excerpts from books, and have a chat. <i>Contact Diane for more information.</i>	<b>3pm – 4pm</b>
<b>Tues 20 August</b>	<b>Young Onset Group</b> Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	<b>11.00am – 12noon</b>
<b>Wed 21 August</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Wed 21 August</b>	<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.  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.  <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>2.00pm – 3.00pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b> 

<b>Mon 26 August</b>	<b>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>	<b>3.00pm – 4.00pm</b>
<b>Wed 28 August</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week.. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Friday 30 August</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>

#### Contact details for groups:

**Diane Smith, Community Activities Organiser for Skye & Lochalsh**

Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

**Lesley Hellon, Dementia Advisor for West Highland**

Email: [lhellon@alzscot.org](mailto:lhellon@alzscot.org) Tel: 07825 975557

**Eleanor Brown, Community Activities Organiser for Lochaber**

Email: [e.brown@alzscot.org](mailto: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](mailto: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>