

What's on



August 2024– North 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 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 Group – Ross-shire & Sutherland		
Monday 5 th of August	Sutherland all Carers peer support Group <i>Free Church, Dornoch</i>	11.00-12.30pm
	The group is hosted by Dementia Advisor Hayley and Malcolm from Connecting Carers. All unpaid carers welcome to meet others in similar situations over a cuppa. Contact Hayley	
Wednesday 7 th of August	Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	11.00am – 12.30pm
	Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Hayley <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	
Tuesday 20 th of August	Dingwall all Carers peer support Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	1.00pm – 2.30pm
	The group is hosted by Lynne from Community contacts, Dementia Advisor Hayley and Jody from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa. Contact Hayley <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	

Wednesday 21 st of August	Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i> Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Hayley <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	11.00am – 12.30pm
Monday 26 th of August	Dornoch Dementia Café <i>Free Church, Dornoch</i> Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. Contact Hayley	10.30am-12.00pm
Tuesday 27 th of August	Highland Young Onset in person Group If you are 65 years and under living with a diagnosis of Dementia, we invite you to join our online group to meet others in similar situations. Contact Lesley	11.00am-12.00pm
Wednesday 28 th of August	Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i> Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. Contact Hayley <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	11.00am – 12.30pm
In Person Group – Caithness & Sutherland		
Friday 2nd of August	Health Walk <i>Meet outside the fish shop, Thurso Harbour</i> Join us for a gentle walk along the esplanade, have a chat with friends. Open to everyone. Contact Isobel	2.00pm – 3.00pm
Tuesday 6 th of August	Gentle Exercise class and Lunch Hub <i>Ormlie Community Centre, Thurso</i> Join us for a chair based gentle exercise class, all abilities welcome with lunch provided after class. Contact Isobel	11am-1.00pm
Tuesday 6th of August	Memory Lane Cafe <i>Caithness Rugby Club, Millbank Road, Thurso</i> Join us for a cuppa and have a chat with others in similar situations for both people living with dementia and carers. Contact Isobel	2.00pm-3.30pm
Friday 9 th of August	Health Walk <i>Meet outside the fish shop, Thurso Harbour</i> Join us for a gentle walk along the esplanade, have a chat with friends. All welcome. Contact Isobel	2.00pm–3.00pm

Tuesday 13 th of August	Gentle Exercise Class <i>Ormlie Community Centre, Thurso</i>	11.00am-1.00pm
	Join us for a chair based exercise class, all abilities welcome with lunch provided after class. Contact Isobel	
Friday 16 th of August	Health Walk <i>Meet outside the fish shop, Thurso Harbour</i>	2.00-3.00pm
	Join us for a gentle walk along the esplanade, have a chat with friends. All Welcome. Contact Isobel	
Tuesday 20 th August	Gentle Exercise Class Ormlie Community Centre, Thurso	11.00am-1.00pm
	Join us for a chair-based exercise class, all abilities welcome With lunch provided after class. Contact Isobel	
Tuesday 20 th August	Memory Lane Café <i>Caithness Rugby Club, Millbank Road, Thurso</i>	2.00pm-3.30pm
	Join us for a cuppa and a chat with others in similar situations. For both people living with dementia and carers. Contact Isobel	
Friday 23 rd August	Health Walk <i>Meet outside the fish shop, Thurso Harbour</i>	2.00-3.00pm
	Join us for a gentle walk along the esplanade, have a chat with friends. All Welcome. Contact Isobel	
Tuesday 27 th August	Gentle Exercise Class Ormlie Community Centre, Thurso	11.00am-1.00pm
	Join us for a chair-based exercise class, all abilities welcome With lunch provided after class. Contact Isobel	
Wednesday 28 th August	Carer Support Group <i>Thurso Library, Sinclair Street, Thurso</i>	2.00pm-3.00pm
	Group hosted by Isobel Dementia Advisor and Gillian From Connecting Carers. Open to all unpaid carers. Contact Isobel	

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 12 th & 26 th of August	Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane	3pm-4pm
Monday 19 th of August	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. Contact Hayley	10.30am-11.30am

Monday 19 th of August	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. Contact Diane	3.00pm-4.00pm
Wednesday 7 th of August	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Wednesday 21 st of August	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. Contact Diane	2.00pm-3.00pm
Wednesday 14 th , 21 st & 28 th of August	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Eleanor or Diane	11.00am-12.00pm
Thursday 1 st & 29 th of August	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Thursday 8 th , 15 th , 22 nd of August	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am – 11.30am
Friday 2 nd , 9 th , 16 th & 30 th of August	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. Contact Diane	11.00am-12.00pm
Welcome session 27 th (10-10.30am)	You, Me & Grief – Bereavement support Virtual Resource Centre	
Tuesday 10 th , 17 th , 24 th of September and 1 st , 8 th & 15 th of October (10am-12pm)	You Me & Grief is a 6 session programme of support for carers who have recently lost a loved one with dementia. It offers support and professional advice alongside peer support and community connections. This course has been developed alongside bereaved carers with lived experience and will be delivered in an intimate online group. The topics include: coping with grief, practical support, adapting to change, and the importance of self-care. Short taster sessions of some activities will also be included. Please contact Hayley for more information or to join.	

Contact details for all groups:

Hayley Lyons
Dementia Advisor – Ross & Cromarty and Sutherland
Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson
Dementia Advisor – Caithness & Sutherland
Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith
Community Activities Organiser – West Highland (Skye)
Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown
Community Activities Organiser – West Highland (Lochaber)
Email: ebrown@alzscot.org Tel: 07920 868848

Lesley Hellon -
Dementia Advisor – West Highland
Email: lhellon@alzscot.org Tel: 07825 975557

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-north-highland1>

