

What's on



September 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 2 September	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 3 September	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 5 September	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 6 September	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 9 September	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 Lesley for more information.</i>	1.15pm –2pm
Thurs 12 September	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 Lesley for more information.</i>	12noon– 2pm

Fri 13 September	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 Lesley for more information.</i>	1pm – 3pm
Mon 16 September	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 17 September	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
Wed 18 September	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
Mon 23 September	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 must 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 24 September	Dunvegan D-Caff <i>Dunvegan Community Cafe, Unit 3, Lochside, Dunvegan, IV55 8WB</i> 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>	1pm – 3pm
Tues 26 September	Reminiscence and Chat at An Acarsaid – TBC <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>	2pm – 3.30pm
Fri 27 September	Strùpag is Cabadaich – A Cuppa & a Chat <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>	2pm – 3.30pm Le taic bho Bhòrd na Gàidhlig 

Mon 30 September	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 must 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
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In Person Groups – Lochaber		
Tues 3 September	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group.	3pm – 4pm 4pm – 4.30pm
Wed 4 September	Singalong with David at Caol Community Centre We're delighted to have David Anderson back to sing some traditional songs and tell some stories.	2pm – 3pm
Tues 10 September	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wed 11 September	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.	2pm – 3pm
Tues 17 September	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group.	3pm – 4pm 4pm – 4.30pm
Wed 18 September	Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun.	2pm – 3pm
Thurs 19 September	Storytelling in Strontian Library Come along and join in the café and take part in an activity with us.	2pm – 3pm
Tues 24 September	Storytelling in Mallaig Library Come along and join in the café and take part in an activity with us.	11am – 12noon
Tues 24 September	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wed 25 September	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.	2pm – 3pm
Thurs 26 September	Ballachulish Village Hall Pop into the Hall and have a cuppa and a chat and maybe an activity too.	2pm – 3pm
Contact	For more information please contact Eleanor Brown Phone: 07920 868848 Email: EBrown@Alzscot.org	

In Person Groups – Wester Ross		
Mon 16 September	Wester Ross Carers Support Group St Maelrubha's Church Hall Poolewe A new carer's support group with Lesley Hellon, Dementia Advisor for Alzheimer Scotland West Highland. This group is for	12noon – 2pm

	<p>anyone who is caring for someone with a diagnosis of any form of dementia, either at home or in a care home, or are worried that someone they care for may have dementia. The group will be an opportunity for peer support and to get advice and information and will be held in different areas of Wester Ross each time. <i>Contact Lesley for more information.</i></p>	
<p>Mon 23 & Tues 24 September</p>	<p>Training for Carers Sessions in Ullapool Venue to be confirmed</p> <p>Training for Carers sessions are for carers, family, friends and people in the community supporting people with symptoms of or related to dementia. The sessions led by our Dementia Advisor, aim to help you understand the condition, learn practical skills and encourage alternative ways of thinking - not only about what dementia means, but also what it means to be a carer. You will also get the chance to meet other carers in a safe, confidential and supportive environment. <i>Contact Lesley Hellon for more information.</i></p>	<p>11am – 1pm</p>

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		
<p>Wed 4 September</p>	<p>Doggie Bingo</p> <p>Join us and Imke and Webb the dog for a fun game of bingo with Webb choosing the numbers for us. <i>Contact Eleanor or Diane</i></p>	<p>11.00am – 12noon</p>
<p>Fri 6 September</p>	<p>Online Ceilidh – Cèilidh Air Loidhne</p> <p>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></p>	<p>11.00am – 12.00noon</p>
<p>Wed 11 September</p>	<p>Reminiscence Bingo</p> <p>Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor</i></p>	<p>11.00am – 12noon</p>
<p>Fri 13 September</p>	<p>Online Ceilidh – Cèilidh Air Loidhne</p> <p>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></p>	<p>11.00am – 12.00noon</p>
<p>Mon 16 September</p>	<p>Carers Support Group for people in long term care</p> <p>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></p>	<p>10.30am– 11.30am</p>
<p>Tues 17 September</p>	<p>Young Onset Group</p> <p>Peer support group for people with a young onset dementia. <i>Contact Lesley</i></p>	<p>11.00am – 12noon</p>
<p>Wed 18 September</p>	<p>Reminiscence Bingo</p> <p>Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i></p>	<p>11.00am – 12noon</p>

Wed 21 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. 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 
Mon 23 September	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 25 September	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
Wed 25 September	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 27 September	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 30 September	Storytelling / Seachas Online Come and join us online and we'll read some short stories, reminisce and watch some video clips. <i>Contact Diane for more information.</i>	3pm – 4pm

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>