

What's on

September 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 | | |
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| Monday 2 nd of September | 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 4 th of September | 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> | |
| Wednesday 11 th of September | Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i> | 11.00am – 12.30pm |
| | 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> | |

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| <p>Tuesday 17th of September</p> | <p>Dingwall all Carers peer support Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>The group is hosted by Dementia Advisor Hayley and Jody from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa. This month we will be joined by Sarah Hobbs Health Improvement Advisor who will be opening a discussion on specific barriers to accessing the screening programmes. 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></p> | <p>1.00pm – 2.30pm</p> |
| <p>Wednesday 18th of September</p> | <p>Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>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></p> | <p>11.00am – 12.30pm</p> |
| <p>Wednesday 25th of September</p> | <p>Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>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></p> | <p>11.00am – 12.30pm</p> |
| <p>Monday 30th of September</p> | <p>Dornoch Dementia Café <i>Free Church, Dornoch</i></p> <p>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</p> | <p>10.30am-12.00pm</p> |

| In Person Group – Caithness & Sutherland | | |
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| Tuesday 3rd of September | <p>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</p> | 11am-1.00pm |
| Tuesday 3rd of September | <p>Memory Lane Cafe <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for a cuppa and have a chat with others in similar situations for both people living with dementia and carers. Contact Isobel</p> | 2.00pm-3.30pm |
| Tuesday 10 th of September | <p>Gentle Exercise Class <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based exercise class, all abilities welcome with lunch provided after class. Contact Isobel</p> | 11.00am-1.00pm |
| Tuesday 17 th September | <p>Gentle Exercise Class Ormlie Community Centre, Thurso</p> <p>Join us for a chair-based exercise class, all abilities welcome With lunch provided after class. Contact Isobel</p> | 11.00am-1.00pm |
| Tuesday 17 th September | <p>Memory Lane Café <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for a cuppa and a chat with others in similar situations. For both people living with dementia and carers. Contact Isobel</p> | 2.00pm-3.30pm |
| Tuesday 24 th September | <p>Gentle Exercise Class Ormlie Community Centre, Thurso</p> <p>Join us for a chair-based exercise class, all abilities welcome With lunch provided after class. Contact Isobel</p> | 11.00am-1.00pm |
| Wednesday 25 th September | <p>Carer Support Group <i>Thurso Library, Sinclair Street, Thurso</i></p> <p>Group hosted by Isobel Dementia Advisor and Gillian From Connecting Carers. Open to all unpaid carers. Contact Isobel</p> | 2.00pm-3.00pm |

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 | | |
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| Monday 9 th & 23 rd of September | <p>Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane</p> | 3pm-4pm |
| Monday 16 th of September | <p>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</p> | 10.30am-11.30am |
| Tuesday 3 rd & 17 th of September | <p>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</p> | 11.00am-12.00pm |
| Wednesday 4 th of September | <p>Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane</p> | 11.00am-12.00pm |
| Wednesday 25 th of September | <p>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</p> | 2.00pm-3.00pm |
| Wednesday 11 th , 18 th & 25 th of September | <p>Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Eleanor or Diane</p> | 11.00am-12.00pm |
| Thursday 5 th , 12 th , 19 th & 26 th of September | <p>Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley</p> | 10.30am-11.30am |
| Friday 6 th , 13 th & 27 th of September | <p>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</p> | 11.00am-12.00pm |
| Tuesday 10 th , 17 th , 24 th of September | <p>You, Me & Grief – Bereavement support Virtual Resource Centre</p> | 10.00am-12.00pm |
| and | <p>You Me & Grief is a 6 session programme of support for carers who have recently lost a loved one with dementia. It</p> | |

1st, 8th & 15th of
October

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. Spaces are limited.**

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>



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org