

What's on Western Isles!

October 2024



**Alzheimer
Scotland**
Action on Dementia

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 transportation options.

If you are unsure, or have questions about any of the groups listed below, or have an idea for a new group, please contact:

Ellie Donnelly (Dementia Advisor) Tel: 07500762041 Email: edonnelly@alzscot.org
 Angela Macleod (Dementia Advisor) Tel: 07584607581 Email: amacleod@alzscot.org

Want to receive the Whats on Guide for the Western Isles automatically to your inbox every month? Get in touch with any member of the local team and we'll add you to the e-mailing list.

In Person Group

<p>Tuesday 1st October</p>	<p>Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. For more information, please contact cmacritchie@alzscot.org or phone the office on 01851702123</p>	<p>5pm – 6pm</p>
<p>Thursday 3rd October</p>	<p>“Sounds Familiar” Community Singing Group Stornoway High Church. Matheson Road Let’s sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.</p>	<p>2.30pm</p>
<p>Friday 4th October</p>	<p>Football Memories Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP Please join us for a cuppa, chat, and Football Memories Quiz! For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.</p>	<p>4pm – 5pm</p>

Uist & Barra

Our Dementia Advisor, Ellie, and Community Activities Organiser Donald will be hitting the road this week from Monday 7th October and will be hosting events in the following places across Uist and Barra. Please contact either if you would like to find out more.

#TeamAlzScot

<p>Monday 7th October</p>	<p>Dementia Friends & Brain Health Awareness Session An Caladh, East Camp, Balivanich</p> <p>This Dementia Friends and Brain Health session led by Ellie Donnelly (Dementia Advisor) is aimed to help raise awareness of dementia and ways in which you can look after your brain health. By taking part in this session, you can learn a little about what it's like to live with dementia and turn that understanding into action to help create dementia friendly communities and reduce stigma while learning all about actions you can take to look after your brain health. All Welcome. Refreshments available on the day. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org. (Please let Ellie know if you have any dietary requirement beforehand).</p>	<p>Starts 11.30am</p>
<p>Monday 7th October</p>	<p>Information Table Daliburgh Co-op, South Uist</p> <p>Come say hello to the team and find out more about Dementia, Brain Health, Carers Support, and your local service. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	<p>Time to be confirmed</p>
<p>Tuesday 8th October</p>	<p>Information Table Castlebay Co-op, Barra</p> <p>Come say hello to the team and find out more about Dementia, Brain Health, Carers Support, and your local service. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	<p>Time to be confirmed</p>
<p>Tuesday 8th October</p>	<p>Dementia Friends & Brain Health Awareness Session Cobhair Bharraigh, 43 Kentangaval, Isle of Barra</p> <p>This Dementia Friends and Brain Health session led by Ellie Donnelly (Dementia Advisor) is aimed to help raise awareness of dementia and ways in which you can look after your brain health. By taking part in this session, you can learn a little about what it's like to live with dementia and turn that understanding into action to help create dementia friendly communities and reduce stigma while learning all about actions you can take to look after your brain health. All Welcome. Refreshments available on the day. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org. (Please let Ellie know if you have any dietary requirement beforehand).</p>	<p>7pm – 9pm</p>
<p>Wednesday 9th October</p>	<p>Dementia & Brain Health Info Table & Dementia Advisor Drop In Taigh Chearsabhagh, Lochmaddy Arts Centre – Café</p> <p>Pop along to speak with our Dementia Advisor Ellie Donnell who can provide you with information and advice regarding Alzheimer Scotland Services, Dementia, supporting and caring for someone living with dementia and looking after your Brain Health. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	<p>12.15pm – 2.15pm</p>

<p>Monday 7th October</p>	<p>Carers Group Café Golf Club, Stornoway (Upstairs) 1 Hour – Movement with Rebekah MacDonald 1 Hour – Chat with Johnathon MacIver (Solicitor) Are you caring or supporting someone living with Dementia? Please come and join us, meet others and enjoy a cuppa in a supportive environment. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org</p>	<p>2pm - 4pm</p>
<p>Tuesday 8th October</p>	<p>Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. For more information, please contact cmacritchie@alzscot.org or phone the office on 01851702123</p>	<p>5pm – 6pm</p>
<p>Tuesday 8th October</p>	<p>Walking Group Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk. All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p>	<p>11am – 12pm</p>
<p>Thursday 10th October</p>	<p>Carers Group Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	<p>1.30pm – 3.30pm</p>
<p>Friday 18th October</p>	<p>Reminiscence Group (Residents Only) Trust Housing, Matheson Road. For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.</p>	<p>2pm – 3.30pm</p>
<p>Wednesday 23rd October</p>	<p>Tolsta Monthly Café Tigh Ceilidh, North Tolsta Please join us for a cuppa, chat and an activity! Please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607 for more information or to book a place for an activity.</p>	<p>2pm – 3.30pm</p>

Wednesday 23rd October	Bragar Drop In Café (See below for details) Community Room, Bragar Community Hub If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041	1.30pm – 3.30pm
Tuesday 22nd October	Walking Group Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk . All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org .	11am – 12pm
Tuesday 29th October	Drop In/Information Session Broadbay Medical Practice, Stornoway Pop along to Broadbay Medical Practice to speak with our Dementia Advisor Angela Macleod who can provide you with information and advice regarding Alzheimer Scotland Services, Dementia, supporting and caring for someone living with dementia and looking after your Brain Health. More dates in other practices across Lewis and Harris will be advertised in due course.	10am – 4pm
Wednesday 30th October	Forget Me Not Café (Kindly funded by Point and Sandwick Trust) Aros an Rubha, Point Come and join us for a cuppa and enjoy some live music from local artists once a month in Aros an Rubha. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org	2pm – 4pm

Online Groups

Can't make it to a group in person or want to join online instead?

We offer a range of online groups delivered by our local team in the Western Isles and from our colleagues across Scotland as well as other partner organisations. Please contact the person listed below in the activity description and they will send you the link to join.

Why not check out **Alzheimer Scotland Virtual Resource Centre (VRC)** which is an online space where all people across Scotland can access groups, activities, and information sessions all from the comfort of their own homes. Below we have include some of the groups being delivered through the VRC this month.

Find out more and see the latest VRC Whats on Guide at
www.alzscot.org/virtual-resource-centre-0

Every Tuesday	Online Worship with Rev. Roddy John Online via Microsoft Teams All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	10.15am – 10.30am
Every Friday	Online Ceilidh Online via Microsoft Teams Organised by our colleagues in West Highland, Join in 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! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	11am
Tuesday 8 th October	Digital Music for Memory Online via Microsoft Teams Join us online for a sing along, good chat and fun! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links.	11am – 12pm
Tuesday 15 th October	Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. For more information, or if you would be interested in joining this group, please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041	1.30pm – 2.30pm
Wednesday 16 th October	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links	3pm – 3.30pm
Thursday 31 st October	Digital Musical Memories - Harris Join us online for a singalong in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07500762041 or by email: info@wiccf.co.uk for the Zoom link and/or more information. Alternatively, contact Catriona MacRitchie (Commissioned Service Lead) on 07824561305 or by email: cmacritchie@alzscot.org for the zoom link and more information.	3pm – 4pm
Wednesday 30 th October Virtual Resource Centre	Comhradh agus Oran Gaidhlig (Online Gaelic Conversations & Song) Online via Microsoft Teams Organised by our colleagues in West Highland, come along for chat in Gaelic and enjoy listening or singing along 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. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	2pm – 3pm

<p>Tuesday 1st October</p> <p>Virtual Resource Centre</p>	<p>You, Me and Grief (YMG): Week 4 – Adapting to change Online via Microsoft Teams Helpful tips and signposting to available supports. This is a pre-enrolled group led by Hayley Lyons. For more information on the next available block please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041</p>
<p>Other Partner Organisation Events Across the Western Isles</p>	
<p>Every 3rd Monday of the Month</p>	<p>Seann Eolaich 2pm – 4pm Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com</p>
<p>Most Tuesdays</p>	<p>Western Isles Meeting Centre – Social Club 2-4pm Failte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192</p>
<p>Date to Confirmed**</p>	<p>Eolas Carers Group - Western Isles Community Care Forum 2.30pm – 4pm Location to be confirmed Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. **Please contact the Western Isles Community Care Forum for to find out the date and venue for Octobers groups and more information on 01859 502 588</p>
<p>Date to Confirmed**</p>	<p>Eolas Carers Group - Western Isles Community Care Forum 2.30pm – 4pm Location to be confirmed Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. **Please contact the Western Isles Community Care Forum for to find out the date and venue for Octobers groups and more information on 01859 502 588</p>

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: WesternIsles@alzscot.org

Office and Dementia Resource Centre Open: Monday to Friday 10am – 4pm

Catriona MacRitchie

Commissioned Service Lead

Tel: 07824 561305

cmacritchie@alzscot.org

Ellie Donnelly

Dementia Advisor

Tel: 07500762041

edonnelly@alzscot.org

Angela Macleod

Dementia Advisor

Tel: 07584607581

amacleod@alzscot.org

You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



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>