

What's on



November 2024 – South 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 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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

In Person Group		
Various Appointments Throughout November 2024	Your Brain Health Various factors impact brain health throughout life. While some of these factors are beyond your control, others you can influence by making positive lifestyle changes. We offer individual appointments to explore these factors and enable you to stay healthy and reduce the risk of diseases that can lead to dementia. <i>For more information or to book, please contact Nina on 01463 711710; NSemple@Alzscot.org</i>	Please contact to arrange
Various Appointments Throughout November 2024	Dementia Advisor Appointments Please get in touch if you want to make an appointment to chat about anything dementia-related, whether you live with dementia or support someone who does. <i>To book an appointment, please contact Julie on 07887 625982 or JulieFerguson@alzscot.org</i>	Please get in touch to arrange an appointment

Thursdays 31 October, 7, 14 and 21 November	<p>Carer Education – four-week course</p> <p>This four-week course is for people who have loved ones living with dementia. Some of the topics covered: types of dementia, and how dementia affects people; communication hints and tips; aids and adaptations within the home; advice and signposting on benefits. The course focuses on your wellbeing so relaxing activities will be included throughout. There will be plenty of time for discussion with peers, and your questions are most welcome.</p> <p><i>For more information, please contact Julie on 07887 625982 or JulieFerguson@alzscot.org</i></p>	10-11.30am
Monday 4 November	<p>Your Brain Health – 1:1 Appointments</p> <p>For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate.</p> <p><i>Booking required – please contact Nina on 01463 711710</i></p>	1-4pm
Tuesday 5 November	<p>Active Health with Highlife Highland – Everyone welcome</p> <p>45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team.</p> <p><i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i></p>	10:30-11:15am
Tuesday 5 November	<p>Drop-in Café – All Welcome</p> <p>Pop-in, relax and get a blether. Centre staff are on hand for information and updates.</p> <p><i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	2-3.30pm
Wednesday 6 November	<p>Your Brain Health – 1:1 Appointments</p> <p>For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate.</p> <p><i>Booking required – please contact Nina on 01463 711710.</i></p>	10:30-12pm
Friday 8 November	<p>Drop-in Café – All Welcome</p> <p>Pop-in, relax and get a blether. Centre staff are on hand for information and updates.</p> <p><i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	10:30-12pm
Monday 11 November	<p>Home Energy Scotland</p> <p>The cost of living and the increase in energy prices worries us all. Come in and find out how Home Energy Scotland can help, with free impartial advice on saving energy and keeping warm at home.</p> <p><i>Simply pop-in and/or contact Lilian or Nina on 01463 711707 for more information.</i></p>	1-2pm

Monday 11 November	<p>Carers Support Group <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation.</p> <p><i>Contact Julie for more information.</i></p>	2-3pm
Monday 11 November	<p>Reminiscence Group <i>Inverness Brain Health and Dementia Resource Centre</i></p> <p>A look back on photos, events, music and more. <i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm
Tuesday 12 November	<p>Your Brain Health – 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i></p>	2-4pm
Thursday 14 November	<p>Power of Attorney Information Session <i>Inverness Brain Health and Dementia Resource Centre</i></p> <p>Led by a local Associate from Brodies LLP Solicitors, this session will cover what it is, how they work, what it means to be an Attorney and more. Opportunity for Question/Answers as well. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i></p>	1-2.30pm
Friday 15 November	<p>Your Brain Health – 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710.</i></p>	10-12:00pm
Friday 15 November	<p>Drop-in Café – All Welcome Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	2-3.30pm
Tuesday 19 November	<p>Active Health with Highlife Highland – Everyone welcome 45mins of fun and gentle physical activity with great music led by Highlife Highland’s specialist team. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i></p>	10:30-11:15am
Tuesday 19 November	<p>Drop-in Café – All Welcome Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	2-3.30pm
Wednesday 20 November	<p>Carers Peer-led Drop-in For people caring for someone living with dementia. Open drop-in for a cuppa and a chat with others in similar circumstances. Centre staff are on hand for information and updates.</p>	2-.3.30pm

Thursday 21 November	Fire Safety in Your Home <i>Inverness Brain Health and Dementia Resource Centre,</i> Come and learn about fire safety in the home with local Scottish Fire & Rescue Service's Community Safety Advocate.	1.30-2.30pm
Friday 22 November	Volunteer Support Group Time for volunteers and anyone interested in volunteering to come together – updates, information and a cuppa. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	11-12:00pm
Friday 22 November	Your Brain Health – 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow- up as appropriate. <i>Booking required – please contact Nina on 01463 711710.</i>	1-4pm
Monday 25 November	Info Session: Brain Health Informal introductory group session to brain health and what it might mean for you. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707.</i>	2-3.30pm
Tuesday 26 November	Your Brain Health – 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow- up as appropriate. <i>Booking required – please contact Nina on 01463 711710.</i>	10:00-12pm
Tuesday 26 November	Drop-in Café – All Welcome Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	2-3.30pm
Thursday 28 November	Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome Fantastic opportunity to participate in gentle/supported movement and breathing that can calm your mind and body for relaxation and improves sleep. <i>Places are limited, Please book by contacting Nina or Lilian on 01463 711707 to book.</i>	2-3pm
Friday 29 November	Drop-in Café – All Welcome Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	10:30-12pm
Friday 29 November	Your Brain Health – 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow- up as appropriate. <i>Booking required – please contact Nina on 01463 711710.</i>	1-4pm

Inverness Community Groups – Woodlands, Culduthel

In Person Group		
Monday 4 November	Music Group <i>Woodlands, Culduthel Road, Inverness</i> An opportunity to come along and take part in music-based activities. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Wednesday 6 November	Our Inverness and Highlands <i>Woodlands, Culduthel Road, Inverness</i> We will use this time to share our stories and history of Inverness and the Highlands. Please bring in your pictures of old Inverness and we will share stories along the way. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Wednesdays 6th,13th November	Singing for the Soul <i>Woodlands, Culduthel Road, Inverness</i> Join us for our first block of choir singing. We will learn songs week by week in a friendly and relaxed environment. There are so many benefits from singing in a group, it doesn't matter what you sound like, come along and let's sing together! *This is a 6 week block, hopefully you can attend as many as possible* <i>Contact Michelle on 07823 556869 for more information</i>	4-5pm
Thursday 7 November	Walk in Nature <i>Contact us for the meeting point</i> *Places for this group must be booked in advance* Join us for walk in Inverness and take in the nature around us. Walk normally lasts an hour and pace will be set by those attending. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Wednesday 13 November	Creative Writing Join us for an afternoon of creative writing where we will each write our own 'hand poem'. This is a great chance to express a little bit of you. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Thursday 14 November	Bacon Butty Morning <i>Woodlands, Culduthel Road, Inverness</i> Come along for a bacon butty and a chance to chat with others in a similar situation. *Suggested donation £1* <i>Contact Michelle on 07823 556869 for more information</i>	10.30- 11.30am
	Craft and Cuppa <i>Woodlands, Culduthel Road, Inverness</i> A relaxed group with a craft activity for all abilities using recycled materials or bring along something from home you are working on. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm

Friday 15 November	<p>Carer Drop-In – Connecting Carers, Mackenzie Centre and Alzheimer Scotland <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Alzheimer Scotland, Connecting Carers and the MacKenzie Centre are working together to help support people who are caring for others</p> <p>Pop in for a cup of tea/coffee and a chat, meet other carers and pick up information about the types of support that may be available to you. There will be information available relating to finance, support groups, day centre, activities and social work.</p> <p><i>Contact Julie on 07887 625982 for more information</i></p>	Drop in anytime between 11am and 1pm
Wednesday 20 November	<p>Soup Café <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2*</p> <p><i>Contact Michelle on 07823 556869 for more information</i></p>	12.30-2pm
Thursday 21 November	<p>Football Memories <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Join us for an afternoon of football chat and a fun quiz. Half-time pie and Bovril available. *Suggested donation £1*</p> <p>WAGS <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Carer's support group that meets at the same time as Football Memories, but in a separate room. <i>Contact Michelle on 07823 556869 for more information.</i></p>	2-3pm 2-3pm
2-3pm	<p>Bingo Come join us for a relaxed and fun game of Bingo – Find 'Buttered Scone' number 1 to 'strive and survive' number 75! <i>Contact Michelle on 07823 556869 for more information.</i></p>	2-3pm
Wednesday 27 November	<p>Fun and Games <i>Woodlands, Culduthel Road, Inverness</i></p> <p>Come along and join in with some old Scottish games to celebrate St. Andrews day. <i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm
Thursday 28 November	<p>Coffee Catch Up with Music Entertainment <i>Woodlands, Culduthel Road, Inverness</i></p> <p>A chance to meet and have a chat with others in a similar situation while enjoying some musical entertainment with music from all the decades. <i>Contact Michelle on 07823 556869 for more information.</i></p>	2-3.30pm

Nairn

In Person Group		
Various appointments available throughout November	<p>Dementia Advisor Appointments Available Please get in touch if you want to make an appointment to chat about anything dementia-related, whether you live with dementia or support someone who does. We can meet in a café or your home, or for a walk. <i>Contact Julie on 07887 625982 to book an appointment</i></p>	Contact Julie to arrange your preferred day/time
Friday 1 November	<p>Soup Café <i>Seaman's Hall, Harbour St, IV12 4PH</i> Join us for our last soup cafe in the Seaman's Hall before we move to the United Reformed Church. *Suggested donation of £2* <i>Contact Veronica on 07932 120684 for more information.</i></p>	12.30-2pm
Monday 4 November	<p>Penny for your thoughts <i>Nairn Community and Arts Centre, IV12 4BQ</i> A look at old money. <i>Contact Veronica on 07932 120684 more information.</i></p>	2-3.30pm
Tuesday 5 November	<p>Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i></p>	12.30-1.30pm
Wednesday 6 November	<p>Ping Pong Bingo <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun version of Bingo using ping pong balls, with prizes! <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm
Monday 11 November	<p>Lest We Forget <i>Nairn Community and Arts Centre, IV12 4BQ</i> Poppy making and chat. <i>Contact Veronica on 07932 120684 more information.</i></p>	2-3.30pm
Tuesday 12 November	<p>Bacon Butty <i>United Reformed Church, IV12 4NB</i> Come and join us for a bacon butty and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i></p>	12.30-1.30pm
Wednesday 13 November	<p>Nairn Now and Then <i>Nairn Community and Arts Centre, IV12 4BQ</i> Bring along any photos, postcards etc of Nairn, we will chat about the changes. <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm

Monday 18 November	Quiz Time <i>Nairn Community and Arts Centre, IV12 4BQ</i> Julie will be quiz master for an afternoon of fun. <i>Contact Veronica on 07932 120684 for more information</i>	2-3.30pm
Tuesday 19 November	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 20 November	Games <i>Nairn Community and Arts Centre, IV12 4BQ</i> Lots of fun testing our aim with various games. <i>Contact Veronica on 07932 120684 for more information</i>	2-3.30pm
Monday 25 November	Screen Memories <i>Nairn Community and Arts Centre, IV12 4BQ</i> An afternoon of movie chat. Favourite movie, first movie at cinema, scariest movie? <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 5 November	Lunch Café <i>United Reformed Church, IV12 4NB</i> Marking St Andrew's Day come and join us for haggis and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 27 November	St Andrew's Day Celebrations <i>Nairn Community and Arts Centre, IV12 4BQ</i> Games, music and quiz. <i>Contact Veronica on 07932 120684 for more information</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 5 November	Wild Things <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Nature experts Wild Things run this activity which varies from month to month. Activities include discussing plants, animals and insects and going for a short walk in our beautiful surroundings. <i>Contact Andy for further details</i>	11am- 1.30pm
Wednesday 6 November	Health Walk – Boat of Garten <i>Craigie Avenue, Boat of Garten. PH24 3BL</i> Kenny will join the Boat of Garten health walk – come along and get involved! Bring £2 for tea and biscuits. <i>Contact Kenny for further details</i>	1.30pm
Friday 8 November	Winter Warmer <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A get-together with a green health activity and delicious, seasonal soup <i>Contact Andy for further details</i>	11.30am- 1pm
Friday 8 November	Carer Support Group <i>Cafe Conservatory, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for someone living with dementia or memory loss. <i>Contact Julie for more information</i>	11.30am- 1pm
Tuesday 12 November	Get Creative with Nature *New Community Location* <i>Library, The Courthouse, The Square, Grantown-on-Spey, PH26 3HF</i> Guided by local artist Alison we will be experimenting with pencil, paint and inks to create a professional style piece that you can take home. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i>	11.30am- 1.30pm
Wednesday 13 November	Highland Wildlife Park Visit *New Community Location* <i>Highland Wildlife Park, Kincaig, Kingussie PH21 1NL</i> *Booking Required* We will be hosted by Kirsten from the Highland Wildlife Park who will guide us in learning about and then feeding some of the animals. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 15 November	End of Season Celebration <i>Activities Hall, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> *Booking Required* A special session to celebrate and reflect on this year's activities with special guests and food! <i>Contact Andy for further details</i>	11.30am-1.30pm

Tuesday 19 November	Autumn Get Together *New Community Location* <i>Highland Folk Museum, Am Fasgadh entrance, Kingussie Road, Newtonmore, PH20 1AY</i> An informal get-together with home-made snacks and some nature-based activities. <i>Contact Andy for further details</i>	11.30am-1pm
Thursday 21 November	All Ability Cycling <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> With a vast array of vehicles to suit almost every ability and great accessible paths around Boat of Garten to explore. <i>Contact Kenny for further details</i>	11.30am- 1.30pm
Friday 22 November	Music Inspired by Nature <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Singing and playing music is proven to reduce stress and promote wellbeing. Expect some singing, some movement and some playing of percussion to boost those joyful feelings! <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 26 November	Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. <i>Contact Andy for further details</i>	11.30am - 1pm
Thursday 28 November	Wintering Well- Wee Walk *New Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> A short, accessible walk in the beautiful woods at Boat of Garten with a cuppa and chat. <i>Contact Kenny for further details</i>	11.30am - 1pm
Friday 29 November	Wintering Well- Candle-Making <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> *Booking Required* A special candle-making session involving choosing different scents. Guided by Janis from Coast Candles. <i>Contact Kenny for further details</i>	11.30am-1pm

Online Groups

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		
Fridays 1, 8, 15, 22, 29 November	Traditional Scottish 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. Also bookable through the VRC https://www.alzscot.org/virtual-resource-centre-0 <i>Contact Diane</i>	11am– 12pm
Wednesdays 13, 20, 27 November	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Diane or Eleanor</i>	11am– 12pm
Tuesdays 12, 26 November TBC	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am– 12pm
Wednesday 6 November	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am– 12pm
Monday 18 November	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30– 11.30am
Mondays 4, 18 November	Online 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>	3–4pm
Wednesday 20 November	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. <i>Contact Diane</i>	2–3pm

Did you know?

- For anyone who may be seeking to free themselves from cigarettes, tobacco and/or vaping – Did you know... **NHS Highland's Smoke Free Highland Service** can see you at Stothers Lane for in-person appointments? If this is of interest to you or someone you love, please call 01463 704619 or self-refer online at: www.smokefreehighland.co.uk

Contact details for groups:

Lilian Stott, Centre Coordinator
Email: LStott@alzscot.org
Tel: 01463 711707

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711707
Mob: 07588 643659

Julie Ferguson, Dementia Advisor
for Inverness, Nairn, Badenoch & Strathspey
Email: JulieFerguson@alzscot.org
Tel: 07887 625982

Andy Miller, Community Activities Organiser
for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Michelle Newell,
Community Activities Organiser for
Inverness
Email: MNewell@alzscot.org
Tel: 07823 556869

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-south-highland>

Kenny Wright, Outdoor Dementia Resource
Centre Coordinator
Email: kwright@alzscot.org
Tel: 07788 286254

Veronica Wilson, Community Activities
Organiser for Nairn
Email: VWilson@alzscot.org
Tel: [07932 120684](tel:07932120684)

Diane Smith, Community Activities
Organiser
for Skye & Lochalsh
Email: DianeSmith@alzscot.org
Tel: 07825 608057

Eleanor Brown, Community Activities
Organiser
for Lochaber
Email: EBrown@alzscot.org
Tel: 07920 868848

Lesley Hellon, Dementia Advisor
for West Highland
Email: LLhellon@alzscot.org
Tel: 07825 975557

Hayley Lyons, Dementia Advisor
for North Highland
Email: HLyons@alzscot.org
Tel: 07554 408479

