

# What's on



## October 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		
<b>Tues 1 October</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Thurs 3 October</b>	<b>Glendale Drop In</b> <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Fri 4 October</b>	<b>Portree Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Mon 7 October</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 8 October</b>	<b>Raasay Community Drop In Cafe</b> at Raasay Community Hall Come and join us at Raasay Hall. Bring your own lunch. Tea and coffee and home baking provided. Donations of home baking welcome too! A great opportunity to bring the community together and support each other. <i>Contact Diane for more information.</i>	<b>12noon – 2pm</b>
<b>Thurs 10 October</b>	<b>Reminiscence and Chat at An Acarsaid – TBC</b> <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>	<b>1.30– 3pm</b>

<b>Fri 11 October</b>	<b>Portree Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Mon 14 October</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 15 October</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Wed 16 October</b>	<b>Carer Support Group</b> <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> New support group for anyone caring for someone living with dementia or memory loss. Carers welcome to come along with the person they care for. <i>Contact Lesley for more information.</i>	<b>1pm – 2pm</b>
<b>Thurs 17 October</b>	<b>Glendale Drop In</b> <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Mon 21 October</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 22 October</b>	<b>Dunvegan D-Caff</b> <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>	<b>1pm – 3pm</b>
<b>Wed 23 October</b>	<b>Staffin Dementia Advisor Drop In</b> <i>Staffin Medical Centre, Staffin, IV51 9JX</i> Come along and meet our Dementia Advisor for an informal chat, support and information. <i>Contact Lesley for more information.</i>	<b>12noon – 2pm</b>
<b>Thurs 24 October</b>	<b>Kyle of Lochalsh Drop In</b> <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>	<b>12noon – 2pm</b>
<b>Fri 25 October</b>	<b>Strùpag is Cabadaich is Ceòl – A Cuppa &amp; a Chat</b> <i>Shepherds Way Church Hall, Portree, IV51 9TS</i> Thig còmhla rinn airson cupa is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd.	<b>2pm – 3.30pm</b>

	Join us for a cuppa 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. All welcome – even if you have no Gaelic at all! <i>Contact Diane for more information.</i>	<b>Le taic bho Bhòrd na Gàidhlig</b> 
<b>Mon 28 October</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 29 October</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>

<b>Person Groups – Lochaber</b>		
<b>Tuesday 1 October</b>	<b>Wild and Woolly at Caol Library followed by Storytelling.</b> Bring along your own woolly project or join in with the group	<b>3pm – 4pm 4pm – 4.30pm</b>
<b>Wednesday 2 October</b>	<b>D Caff in An Drochaid, Claggan</b> Scotland on Screen. We will be looking at some old videos of how life used to be in Scotland	<b>2pm – 3pm</b>
<b>Tuesday 8 October</b>	<b>Storytelling in Fort William Library</b> Library Staff will be reading excerpts from books which we will chat about over a cuppa	<b>2pm – 3.30pm</b>
<b>Wednesday 9 October</b>	<b>Music and Movement in An Drochaid</b> Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun	<b>2pm – 3pm</b>
<b>Thursday 10 October</b>	<b>West Highland Museum</b> We will be visiting the museum to see some of their Shinty Exhibition artifacts and to hear about Shinty in Lochaber	<b>2pm – 3pm</b>
<b>Tuesday 15 October</b>	<b>Carers Education Sessions at Caol Youth Cafe</b> <b>Contact Lesley Hellon <a href="mailto:Hellon@Alzscot.org">Hellon@Alzscot.org</a> for more information</b>	<b>11am – 2pm</b>
<b>Tuesday 15 October</b>	<b>Wild and Woolly at Caol Library followed by Storytelling.</b> Bring along your own woolly project or join in with the group	<b>3pm – 4pm 4pm – 4.30pm</b>
<b>Wednesday 16 October</b>	<b>Singalong with David at Caol Youth Café</b> Join David who will be singing some of our old favourite traditional songs	<b>2pm – 3pm</b>
<b>Thursday 17 October</b>	<b>Storytelling in Strontian Library</b> Come along and join in the café and take part in an activity with us	<b>2pm – 3pm</b>
<b>Tuesday 22 October</b>	<b>Storytelling in Fort William Library</b> Library Staff will be reading excerpts from books which we will chat about over a cuppa	<b>2pm – 3.30pm</b>
<b>Wednesday 23 October</b>	<b>D Caff in Caol Youth Café</b> Come along and join in the café and take part in an activity with us	<b>2pm – 3pm</b>

<b>Thursday 24 September</b>	<b>Ballachulish Village Hall</b> Pop into the Hall and have a cuppa and a chat and maybe an activity too	<b>2pm – 3pm</b>
<b>Monday 28 October</b>	<b>Strontian Awareness Day</b> Join us at the Sunart Centre in Stontian to hear all about what we have to offer in collaboration with the Library	<b>2pm – 4pm</b>
<b>Tuesday 29 October</b>	<b>Carers Education Sessions at Caol Youth Cafe</b> Contact Lesley Hellon <a href="mailto:LEllon@Alzscot.org">LEllon@Alzscot.org</a> for more information	<b>11am – 2pm</b>
<b>Tuesday 29 October</b>	<b>Storytelling in Mallaig Library</b> Come along and join in the café and take part in an activity with us	<b>11am – 12noon</b>
<b>Tuesday 29 October</b>	<b>Wild and Woolly at Caol Library followed by Storytelling.</b> Bring along your own woolly project or join in with the group	<b>3pm – 4pm 4pm – 4.30pm</b>
<b>Contact</b>	<b>For more information please contact Eleanor Brown</b>	<b>07920 868848 EBrown@Alzscot.org</b>

### In Person Groups – Wester Ross

<b>7th and Tuesday 8th October</b>	<b>Training for Carers Sessions in Ullapool Ullapool Ferry Terminal Building</b> 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. Contact Lesley Hellon for more information.	<b>10.30am – 1.30pm</b>
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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

<b>Tues 1 October</b>	<b>Young Onset Group</b> Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	<b>11.00am – 11.45am</b>
<b>Wed 2 October</b>	<b>Doggie Bingo</b> 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>	<b>11.00am – 12noon</b>
<b>Fri 4 October</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Mon 7 October</b>	<b>Making Music</b> Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	<b>3.00pm – 4.00pm</b>

<b>Wed 9 October</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Fri 11 October</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Wed 16 October</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Fri 18 October</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Mon 21 October</b>	<b>Carers Support Group for people in long term care</b> 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>	<b>10.30am– 11.30am</b>
<b>Mon 21 October</b>	<b>Making Music</b> Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	<b>3.00pm – 4.00pm</b>
<b>Wed 23 October</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Friday 25 October</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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>	<b>11.00am – 12.00noon</b>
<b>Mon 28 October</b>	<b>Storytelling / Seachas Online</b> 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>	<b>3pm – 4pm</b>
<b>Wed 30 October</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	<b>11.00am – 12noon</b>
<b>Wed 30 October</b>	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> 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 or you can contact Diane and she can book your place.	<b>2.00pm – 3.00pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b>
<b><a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a></b>		



## Contact details for groups:

**Diane Smith, Community Activities Organiser for Skye & Lochalsh**

Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

**Lesley Hellon, Dementia Advisor for West Highland**

Email: [lhellon@alzscot.org](mailto:lhellon@alzscot.org) Tel: 07825 975557

**Eleanor Brown, Community Activities Organiser for Lochaber**

Email: [e.brown@alzscot.org](mailto: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](mailto: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 online groups and resources available at our Virtual Dementia Resouce Centre here: <https://www.alzscot.org/virtual-resource-centre-0>