

# What's on



## December 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 December 2024 – see schedule below	<b>Your “Brain Health Chat”</b> An informal conversation about your brain health to explore potential dementia risk factors and create a personalised action plan with practical tips and small lifestyle changes. You’ll complete a quiz to highlight key areas for improvement, with the option to develop a tailored plan alongside a trained staff member. Follow-up support is available to monitor your progress. See schedule outlined below for appointment availability.	Please contact to arrange
Monday 2 December	<b>Drop-in Café – All Welcome</b>  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
Monday 2 December	<b>Your “Brain Health Chat” – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	1-3.30pm

Tuesday 3 December	<p><b>Drop in Café</b></p> <p><u>No Active Health/Dynamic Wellbeing session this week</u> – pop in for a Cuppa instead. Active Health/Dynamic Wellbeing with Midge back in place Tue 17 December and on into 2025..</p>	10:30- 11:15am
Tuesday 3 December	<p><b>Your “Brain Health Chat”– 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a></p>	1-3.30pm
Thursday 5 December	<p><b>Your “Brain Health Chat”– 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a></p>	10:30- 11:30am
Friday 6 December	<p><b>Ear Health Checks with NHS Highland Audiology</b> <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Come along for an Ear Health Check with NHS Highland Audiology. You can be checked in a safe, welcoming and familiar environment by staff who have a good knowledge and understanding of dementia. Available for people with dementia and also their carers. <i>For more information or to book an appointment, please contact Lilian 01463 711707</i></p>	Various Appointments All Day
Monday 9 December	<p><b>Your “Brain Health Chat”– 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a></p>	10:30- 12pm
Monday 9 December	<p><b>Carers Support Group</b> <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation.</p> <p><b>Reminiscence Group</b> <i>Inverness Brain Health and Dementia Resource Centre</i> A look back on photos, events, music and more. <i>Contact Michelle on 07823 556869 for more information</i></p>	2-3pm       2-3pm
Tuesday 10 December	<p><b>Highland Younger Onset Group</b> <i>Inverness Brain Health and Dementia Resource Centre</i> 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 07825 975557 for more information</i></p>	11-12:30pm

Tuesday 10 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	2-4pm
Wednesday 11 December	<b>Drop-in Café – All Welcome</b> 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>	11-12:pm
Friday 13 December	<b>Drop-in Café – All Welcome</b> 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- 12:00pm
Friday 13 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	1-3pm
Monday 16 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	10-11:30am
Monday 16 December	<b>Drop-in Café – All Welcome</b> 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
Tuesday 17 December	<b>Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome</b> 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>	10:30- 11:15am
Tuesday 17 December	<b>Brain Health, Mince Pies, Cuppa and Blether – All Welcome</b> 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>	1-2.30pm
Wednesday 18 December	<b>Drop-in Café – All Welcome</b> 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>	1-2.30pm

Wednesday 18 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	3-4pm
Thursday 19 December	<b>Carers Peer-led Drop-in</b> 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.	10:30- 11:30am
Thursday 19 December	<b>Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome</b> 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 20 December	<b>Drop-in Café – All Welcome</b> 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 20 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	1-15:30pm
Monday 23 December	<b>Festive Christmas Shopping "Time Out" Drop-in</b> Pop-in, rest-up and relax/get a blether. Centre staff are on hand for information and updates and maybe even a Mince Pie. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	1-2.30pm
Monday 30 December	<b>Your "Brain Health Chat" – 1:1 Appointments</b> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <a href="mailto:NSemple@alzscot.org">NSemple@alzscot.org</a>	12-3pm
Tuesday 31 December	<b>Hogmanay Drop-in Café – All Welcome</b> Warming-up or winding-down for the Bells? 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>	12-1.30pm

# Inverness Community Groups – Woodlands, Culduthel

In Person Group		
Monday 2 December	<b>Bacon Butty Morning</b> <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
	<b>Curling Memories</b> <i>Woodlands, Culduthel Road, Inverness</i> We are delighted to invite Ewan Macdonald, 3 times World Curling Champion, along to talk about his curling experiences throughout the years. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Thursday 5 December	<b>Wreath Making Workshop</b> <i>Woodlands, Culduthel Road, Inverness</i> The wonderful Fiona from 'Flo's Flowers' will be facilitating a wreath making workshop where you will all make a beautiful wreath to take home. <b>*Spaces must be booked in advance*</b> <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
Wednesday 11 December	<b>Christmas Cracker making with Marion</b> <i>Woodlands, Culduthel Road, Inverness</i> After a very successful group last year, Marion is kindly back to show us how to make Christmas Crackers. <i>Contact Michelle on 07823 556869 for more information</i>	2-3pm
	<b>Christmas Carol Singing</b> <i>Woodlands, Culduthel Road, Inverness</i> Come and join us for some Christmas Carol singing, lyrics provided along to backing tracks. It doesn't matter what you sound like, feel the effects of singing in a group. <i>Contact Michelle on 07823 556869 for more information</i>	4-5pm
Monday 16 December	<b>Soup Café</b> <i>Woodlands, Culduthel Road, Inverness</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>Contact Michelle on 07823 556869 for more information</i>	12.30-2pm
Thursday 19 December	<b>Christmas Party!</b> <i>Woodlands, Culduthel Road, Inverness</i> It's Christmas party time! Join us for some singing, dancing, fun, Mince Pies and cheer at our annual Christmas Party. Music entertainment from the superb Ceilidh band. <i>Contact Michelle on 07823 556869 for more information</i>	2-4pm

# Nairn

In Person Group		
Monday 2 December	<b>Wreath Making Workshop</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> The wonderful Fiona from 'Flo's Flowers' will be facilitating a wreath making workshop where you will all make a beautiful wreath to take home. <b>*Spaces must be booked in advance*</b> <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Wednesday 4 December	<b>Christmas Song Bingo</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> Fun alternative on Bingo. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Friday 6 December	<b>Christmas Lunch</b> <i>United Reformed Church, IV12 4NB</i> Nairn United Reformed Church has kindly invited us to join them for their Christmas Lunch. <b>*Places must be booked in advance*</b> <i>Contact Veronica on 07932 120684 for more information.</i>	noon
Monday 9 December	<b>Christmas Card Making</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> Monika has kindly offered to help us all get creative making Christmas cards. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 10 December	<b>Soup Café</b> <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 11 December	<b>Christmas Trivia</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> All things Christmas, quiz, traditions etc <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 16 December	<b>Christmas Table Settings</b> <i>Nairn Community and Arts Centre, IV12 4BQ</i> Monika is back with more Christmas magic, this time making a table setting. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm



<p>Tuesday 17 December</p>	<p><b>Soup Café</b>  <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>	<p>12.30-1.30pm</p>
<p>Wednesday 18 December</p>	<p><b>Christmas Party</b>  <i>Nairn Community and Arts Centre, IV12 4BQ</i>          Fun and games, with music from our lovely Michelle and her mum. Christmas jumpers welcome.  <i>Contact Veronica on 07932 120684 for more information.</i></p>	<p>2-4pm</p>

# Badenoch & Strathspey

In Person Group		
Tuesday 3 December	<b>Wild Things</b> <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 4 December	<b>Wintering Well- Wee Walk</b> <b>*New Community Location*</b> <i>Glebe Pond, Kingussie PH21 1HG</i> A short, 15 minute accessible walk at Glebe Pond, Kingussie with a cuppa and a chat <i>Contact Kenny for further details</i>	11am -12pm
Tuesday 10 December	<b>Get Creative with Nature</b> <b>*New Community Location*</b> <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 11 December	<b>Wintering Well- Wee Walk</b> <b>*New Community Location*</b> <i>Woodlands Terrace, Grantown-on-Spey PH26 3JX</i> A short, 15 minute accessible walk at the park opposite The Craiglynne Hotel, Grantown-on-Spey with a cuppa and a chat <i>Contact Kenny for further details</i>	11am -12pm
Thursday 12 December	<b>Health Walk – Cromdale</b> <b>*New Community Location*</b> <i>Meet in front of the Old Kirk, Cromdale</i> We will join the Cromdale health walk – come along and get involved! Bring £2 for tea and biscuits. <i>Contact Kenny for further details</i>	10.30am-12pm
Friday 13 December	<b>Winter Warmer</b> <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 13 December	<b>Carer Support Group</b> <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. This session will include a visit from the local Social Work Team for Q&A. <i>Contact Andy for more information</i>	11.30am-1pm



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Tuesday 17 December	<b>Winter Warmer</b> <b>*New Community Location*</b> <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 Kenny for further details</i>	11.30am-1pm
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# 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 6, 13, 20 December	<b>Traditional Scottish Ceilidh</b> 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 <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a> <i>Contact Diane</i>	11am– 12pm
Wednesdays 11, 18 December	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <i>Contact Diane or Eleanor</i>	11am– 12pm
Tuesday 10, 24 December	<b>Highland Younger Onset Group</b> Online group (& in person on the 10 <sup>th</sup> at Inverness Brain Health & Dementia Resource Centre) 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 4 December	<b>Doggie Bingo</b> We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am– 12pm
Monday 16 December	<b>Online Carers support for people in long term care</b> 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 2, 16, 30 December	<b>Online 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>	3–4pm
Wednesday 18 December	<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. <i>Contact Diane</i>	2–3pm
Monday 23 December	<b>Christmas Online Storytelling</b> Are you sitting comfortably? Hunker down and join us for some stories related to Christmas and the Winter season. <i>Contact Diane</i>	3–4pm

# What's on



## December 2024 – South Highland

### Contact details for groups:

Lilian Stott, Centre Coordinator  
Email: [LStott@alzscot.org](mailto:LStott@alzscot.org)  
Tel: 01463 711707

Nina Semple, Centre Manager  
Email: [NSemple@alzscot.org](mailto:NSemple@alzscot.org)  
Tel: 01463 711707  
Mob: 07588 643659

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

Michelle Newell,  
Community Activities Organiser for  
Inverness  
Email: [MNewell@alzscot.org](mailto:MNewell@alzscot.org)  
Tel: 07823 556869

National Dementia Advisor Service  
Email: [NDAS@alzscot.org](mailto:NDAS@alzscot.org)  
Tel: 0300 373 5774

Kenny Wright, Outdoor Dementia Resource  
Centre Coordinator  
Email: [kwright@alzscot.org](mailto:kwright@alzscot.org)  
Tel: 07788 286254

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

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

Eleanor Brown, Community Activities  
Organiser  
for Lochaber  
Email: [EBrown@alzscot.org](mailto:EBrown@alzscot.org)  
Tel: 07920 868848

Lesley Hellon, Dementia Advisor  
for West Highland  
Email: [LHellon@alzscot.org](mailto:LHellon@alzscot.org)  
Tel: 07825 975557

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

A purple and white banner for the Alzheimer Scotland Dementia Helpline. It features the Alzheimer Scotland logo, the text '24 HOUR Dementia Helpline', and contact information: 'Freephone 0808 808 3000' and 'Email [helpline@alzscot.org](mailto:helpline@alzscot.org)'.

24 HOUR  
Dementia  
Alzheimer Scotland  
Action on Dementia  
Helpline  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)