

What's on Western Isles!

November 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		
Monday 4 th November	Drop In/Information Session Habost Surgery, Ness Pop along to Habost Surgery 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.	9am – 12.30pm
Monday 4 th November	Carers Group Café Golf Club, Stornoway (Upstairs) Talk from Social Care Professionals 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	2pm - 4pm
Tuesday 5 th November	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	11am – 12pm

	Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org .	
Tuesday 5th November	Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shipoirt, 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 Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	5pm – 6pm
Thursday 7th November	“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.	2.30pm to 3.30pm
Wednesday 13th November	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.	10am – 4pm
Wednesday 13th November	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.	2pm – 3.30pm
Friday 15th November	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.	2pm – 3.30pm
Tuesday 19th November	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 19th November	Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shipoirt, 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	5pm – 6pm

	information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	
Thursday 21st November	Carers Group Alzheimer Scotland, Taigh Shipoirt, 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 .	1.30pm – 3.30pm
Friday 22nd November	Football Memories Taigh Shipoirt, 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.	4pm – 5pm
Wednesday 27th November	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 Margo and Cathy once a month in Aros an Rubha. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org	2pm – 4pm
Thursday 28th November	Musical Memories Harris – Christmas Concert In Partnership with WICCF Venue – Tarbert Community Centre Join us for a festive sing along and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07503 724479 or by email: info@wiccf.co.uk for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: edonnelly@alzscot.org	2pm – 3.30pm



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	10.15am – 10.30am
----------------------	---	--------------------------

	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.	
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
Carers Education Block Virtual Resource Centre	The National Dementia Advisory Service Carers Education Block Online via Microsoft Teams 12 th November (Session 1): Dementia Basics 19 th November (Session 2): Focusing on Caring 26 th November (Session 3): Strategies for the Future Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the booking link.	2pm – 3.30pm
Date: TBC for November	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 and to confirm this month's date.	Time: TBC for November
Tuesday 19 th November	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 20 th November	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
Wednesday 20 th November 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 Booking link.	2pm – 3pm

Wednesday 27th November	About Digital and Me (ADAM) Website Walk Through Online via Microsoft Teams An Informative session helping us discover how to utilize the updated ADAM platform to find the best technology got you! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the booking link.	11am – 11.30am
Virtual Resource Centre		
Other Partner Organisation Events Across the Western Isles		
Every 3rd Monday of the Month	Seann Eolaich 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	2pm – 4pm
Most Tuesdays	Western Isles Meeting Centre – Social Club Failte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2pm – 4pm
Tuesday 19th November	Eolas Carers Group - Western Isles Community Care Forum Harris Hotel, Tarbert 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 more information on 01859 502 588	2.30pm – 4pm
Thursday 21st November	Eolas Carers Group - Western Isles Community Care Forum Failte Centre, Stornoway 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 more information on 01859 502 588	2.30pm – 4pm

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shipoirt, 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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising>