

North Highland Newsletter



Winter 2024

Welcome to our Winter Newsletter 2024,



Visit LeanOn.alzscot.org to
watch our winter appeal
featuring our Every Voice Choir



We have had a very busy autumn and winter 2024, we hope you enjoy reading everything we have been doing in North Highland Day service, community groups and nationally. If you require any support or advice this winter, please look out for our contact numbers on the last page.

Wishing you all a safe and happy festive period, we look forward to welcoming you all back in 2025. Thank you for all your support in 2024, our team greatly appreciates it. Kindest wishes from everyone in the North Highland team. ❤️

Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH
Tel: 01349 808650 | Email: northhighland@alzscot.org | Website: www.alzscot.org

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognized as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ 0131 243 1453

Ross & Cromarty - Community

We have had a busy Autumn/winter in Dingwall. We hosted our first ever Halloween party on the 18th of October. We had a lot of fun singing and dancing. I was delighted at the efforts made by all to dress up. We will definitely be making this an annual event.



We continue to offer weekly Wednesday groups in Dingwall which are very well attended, please let Hayley know if you would like more information.

Our All-Carers group has expanded as well, we run this in partnership with Connecting carers. It is a welcoming and warm group and a great opportunity to meet other carers in similar situations.

We had 3 lovely Christmas parties in Dingwall this year, two for people living with dementia and carers and one with our all-carers group. We had lots of singing, nice food and laughter. Thank you to everyone that came along to spread the festive cheer.



What's new in 2025

Alness Memory Café

Date: Second Monday of every month (**Starting February 10th, 2025**)

Time: 11am-12.30pm **Venue:** Alness Community Hub (Previously the Perrins Centre) IV170UE

Group Description: A group for people living with Dementia or anyone experiencing difficulties with their memory, carers and families to meet others in similar situations. A Dementia Advisor will be present to offer any support and advice, tea and coffee provided. We look forward to meeting you.

For more information please contact: Hayley Lyons, Dementia Advisor hlyons@alzscot.org or 07554408479



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Sutherland – Community

We continued to host our monthly Dementia Café in Dornoch this autumn/winter, we will be taking a break over the winter months. We have had some new faces join us each month which is wonderful.

Our all carer groups in partnership with connecting carers continues to meet once a month, we will also be taking a short break over the winter with this group and we will restart in February. This group is also increasingly slowly in numbers, it is a very informative and welcoming group. If you would like more information please contact Hayley.

Caithness – Community

We all had great fun at our Halloween activity group making pumpkins and having lots of treats.

Our gentle exercise and activity group is popular along with a lovely lunch afterwards for everyone.

It has been a busy time here in Caithness with our Memory Cafe increasing in numbers monthly. It was great to see so many people at our Christmas party last week, everyone enjoyed the lovely food and great music and dancing.

Our carer support group which is jointly held along with Connecting Carers are also increasing in numbers slightly which is great. For all Caithness group please contact Isobel.



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Dingwall Day Service

We have had a busy autumn and run up to winter here in Dingwall. We started off Autumn with getting the DRC decked out in autumn crafts and decorations, PWD's were busy making bunting, wreaths and an autumn tree display. We took a trip up to the Drovers Rest at Dingwall Auction Mart for some lunch and was able to have a look around the sale rooms and all the farming memorabilia, a thoroughly enjoyed outing for all especially for those from a farming and crofting background. This led us up to Halloween where we held a Halloween party. PWD's made their own masks and lanterns as well as decorating the DRC. The party was enjoyed by all with plenty of treats, cupcake decorating and music.



Bonfire day then quickly approached, we celebrated through reminiscing of Guy Fawkes and memories from childhood and making our own bonfires. December is now quickly approaching, and we are getting ourselves organised for the Christmas festivities. We are looking forwards to our Christmas lunch this year at The Storehouse, following last year's success. The day service will be closed from Thursday 19th December until Tuesday 7th January 2025 for the Christmas Break. We wish you all a very Merry Christmas and a Happy New Year.



Tain Day Service

As in Dingwall we have had a fun and busy autumn/winter here in Tain. The PWD's have embraced all of what the seasons bring and got stuck right into making crafts and decorations for the DRC. First of with Autumn, from bunting and wreaths to foxes and hedgehogs. Then onto Halloween where PWD's made decorations for the DRC, the favourites being the ghosts we hung on our front door. On top of that we have been busy baking lots of treats, from shortbread and muffins to banana bread. We have been enjoying our music and even dug out the song books to have a good old sign along to the PWD's favourite songs. A self-love jar was made, where PWD's wrote a self-love notes to themselves and others, a kind and heartwarming activity. We took a trip out to the local shops in Tain to check out all the festive decorations to give us some inspiration for the DRC. And of course, as always incorporating our CAPA exercises into session, using games, music and fun. Heading into December we are looking forward to the festivities and our Christmas lunch out at The Saint Duthus. The day service will close from Monday 23rd December until Monday 6th January 2025 for the Christmas break. We wish you all a very Merry Christmas and a Happy New Year.



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Annual Conference

On Friday 20 September, we welcomed almost 400 delegates to the Edinburgh International Conference Centre (EICC) for our Annual Conference. The theme for the day was 'Your choice, Your voice, Your future' and we had a range of informative sessions and wonderful presenters. All sessions were recorded and can be viewed on our website [here](#).

Golspie Shop

Our shop sells a variety of different items; books, DVDs, clothes, shoes, children's toys, games, jewellery, crockery and linen. We also have some Alzheimer Scotland products available for sale. Unfortunately, we are no longer accepting donations of electrical items at present. Our shop is a cash only shop.

We have a lovely group of volunteers who cover the shop over the 4 days we are open.

Tuesday	10am – 2pm
Wednesday	10am – 2pm
Thursday	10am – 2pm
Friday	10am – 2pm

Please feel free to pop in and have a browse around and you might pick up a bargain.

If you are interest in volunteering in our Golspie shop, please contact northhighland@alzscot.org or pop into the shop for an application.

Our 2024 Winter Fundraising Campaign

Warm hearts and healthy connections... wintering well, together

Our 2024 Winter Campaign focuses on the importance of staying healthy and connected while still enjoying nature. Our Outdoor Dementia Resource Centre in Badaguish provided the inspiration for the campaign.

This December, we're asking our supporters to help people with dementia and their carers to winter well by enjoying the great outdoors. Being able to enjoy nature can make all of us feel happier. It is especially beneficial for people living with dementia, bringing a sense of pleasure, comfort, stimulation and freedom. However, we also know that people with dementia face many challenges in safely accessing nature, from their local park to the wider countryside and Scotland's many beautiful wild landscapes.

Your donation will help us to continue addressing these challenges, so many more people living with dementia can benefit from the wonders of Scotland's green spaces.

[Support our Wintering Well campaign here](#)

We're here for you this winter

We know how stressful and disorientating the festive holidays can be for many people living with dementia and their families and carers, with disruption to daily routines and difficulties accessing support, services and assessments for those who require it.

We want to reassure you that Alzheimer Scotland will remain here for you this winter:

24h Freephone Dementia Helpline

Our 24 hour Freephone Dementia Helpline **0808 808 3000** is there for you day or night, whenever you need us. Our highly skilled team will offer a listening ear and emotional support, provide information and will signpost on to other supports if necessary. You can also contact our Helpline team via email on **helpline@alzscot.org**

National Dementia Advisor Service

Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service is available from 9am - 5pm, Monday to Friday and aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia. Call us on: **0300 373 5774** (Charged at a local call rate) or email: **NDAS@alzscot.org**

Christmas Closures

Dingwall Day Care -The day service will be closed from Thursday 19th December until Tuesday 7th January 2025.

Tain Day Care - The day service will close from Monday 23rd December until Monday 6th January 2025.

Ross & Cromarty and Sutherland Dementia Advisor – Hayley will be on annual leave from the 19th of December until the 8th of January

Caithness and Sutherland Dementia Advisor – Isobel will be on annual leave on the 25th & 26th of December and 1st & 2nd of January. She will be available in between these dates.

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Cinnamon Swirls recipe

Ingredients

- 1½ tbsp ground cinnamon
- 3 tbsp caster sugar • 320g ready-rolled puff pastry
- plain flour, for dusting
- 1 medium egg, beaten
- 50g icing sugar

Method

STEP 1 Heat the oven to 200C/180C fan/gas 6 and line large baking tray with baking parchment. Stir the cinnamon and sugar together in a small bowl. Unravel the puff pastry on a lightly floured work surface, then sprinkle the cinnamon sugar mixture all over the top. Gently level the cinnamon sugar mixture with the back of a spoon so it covers the pastry almost completely, leaving a 1cm border on one of the short sides. Brush a little of the beaten egg over the exposed pastry border.

STEP 2 Roll the pastry up in a tight log from the short side without the border. Gently press along the egg-washed border to seal, then slice into 12 equal rounds. Arrange the cinnamon rolls on the prepared baking tray, placing them up against each other so they're just touching. Brush the remaining beaten egg all over the tops and sides of the pastry, then bake for 15-18 mins until golden and risen. Leave to cool on the tray for 10-15 mins.

STEP 3 Combine the icing sugar with 1½ tsp water in a small bowl until you have a thick icing that easily runs off the spoon. Drizzle this over the warm rolls, then immediately serve.

Enjoy with a nice cup of tea, Merry Christmas.



Local Contacts

Bethany Black

Day Opportunities Leader

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Hayley Lyons

Dementia Advisor

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Isobel Stevenson

Dementia Advisor

istevenson@alzscot.org

07818 538683

Dementia Helpline



Our 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals

Our Online and in person support activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland – North Highland please consider donating via our Just Giving page.



<https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

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