

What's on



**Alzheimer
Scotland**
Action on Dementia

December 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		
Mon 2 December	Aquacise at Portree Swimming Pool <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>	1.15pm -2pm
Thurs 5 December	Kyle of Lochalsh Drop In <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 Diane for more information.</i>	12noon- 2pm
Fri 6 December	Portree Strùpag & Chat <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>	1pm – 3pm
Mon 9 December	Christmas Tree Decorating <i>Dunvegan Community Cafe, Unit 3, Lochside, Dunvegan, IV55 8WB</i> Come along, have a cuppa, and help us decorate our tree for the Community Café's Christmas Tree Festival. <i>Contact Diane for more information.</i>	2pm – 3pm
Tues 10 December	Carbost Strùpag & Chat <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>	1pm – 3pm
Wed 11 December	Reminiscence and Chat at An Acarsaid <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>	2.30pm – 4pm

Thurs 12 December	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 13 December	Portree Strùpag & Chat <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>	1pm – 3pm
Mon 16 December	Aquacise at Portree Swimming Pool <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>	1.15pm -2pm
Tues 17 December	Dunvegan D-Caff <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>	1pm – 3pm
Wed 18 December	Carer Support Group <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>	1pm – 2pm
Fri 20 December	Strùpag is Cabadaich is Ceòl – A Cuppa & a Chat <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. 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>	2pm – 3.30pm Le taic bho Bhòrd na Gàidhlig 
Mon 23 December	Aquacise at Portree Swimming Pool <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>	1.15pm -2pm
Tues 24 December	Carbost Strùpag & Chat <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>	1pm – 3pm
Wed 25 December	Bank Holiday – Christmas Day Wishing You all the best for Christmas!	
Thurs 26 December	Bank Holiday – Boxing Day	

Mon 30 December	Aquacise at Portree Swimming Pool <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>	1.15pm -2pm
Wed 1 January 2025	Bank Holiday – Happy New Year!!	
Thur 2 January 2025	Bank Holiday	
Fri 3rd January	Portree Strùpag & Chat <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>	1pm – 3pm

In Person Groups – Inverness

Tues 10th December	In Person Young Onset Group <i>Inverness Brain Health and Dementia Resource Centre</i> Support group for anyone with a young onset dementia – online and in person at the resource centre in Inverness with Lesley. <i>Contact Lesley for more information.</i>	11am – 12noon
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In Person Groups – Lochaber

Tuesday 3 December	Storytelling in Mallaig Library Come along and join in our Christmas Craft and enjoy a cuppa with us	11am – 12noon
Tuesday 3 December	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wednesday 4 December	D Caff in Caol Youth Café Come along and have a chat with Sarah Hobbs, NHS Health Improvement Adviser	2pm – 3pm
Tuesday 10 December	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group	3pm – 4pm 4pm – 4.30pm
Wednesday 11 December	West Highland Museum Come along and have a chat with Iain Ferguson who currently has an exhibition on his career on display in the library	2pm – 3pm
Tuesday 17 December	Storytelling in Mallaig Library Come along and join in our Christmas Craft and enjoy a cuppa and maybe even a mince pie	11am – 12noon
Tuesday 17 December	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm

Wednesday 18 December	Music and Movement Christmas Party at An Drochaid The fabulous Clare will be leading us in Christmas songs and games and a wee buffet – look out your Christmas jumper!!	2pm – 3.30pm
Thursday 19 December	Storytelling in Strontian Library Come along and join in our Christmas Storytelling and enjoy a cuppa and maybe even a mince pie	2pm – 3pm
Christmas 2024	This is our last activity until after the New Year so I'd like to take this opportunity to wish you all the merriest of Christmases and a Happy and Healthy New Year for all	
Contact	For more information please contact Eleanor Brown	07920 868848 EBrown@Alzscot.org

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		
Mon 2 December	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>	3.00pm – 4.00pm
Wed 4 December	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	11.00am – 12noon
Fri 6 December	Online Ceilidh – Cèilidh Air Loidhne 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 or book your place online: https://www.alzscot.org/virtual-resource-centre-0</i>	11.00am – 12.00noon
Tues 10th December	Online and In Person Young Onst Group <i>Inverness Brain Health and Dementia Resource Centre</i> Support group for anyone with a young onset dementia – online and in person at the resource centre in Inverness with Lesley. <i>Contact Lesley for more information.</i>	11am – 12noon
Wed 11 December	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	11.00am – 12noon
Fri 13 December	Online Ceilidh – Cèilidh Air Loidhne 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 Lelsey or book your place online: https://www.alzscot.org/virtual-resource-centre-0</i>	11.00am – 12.00noon
Mon 16 December	Carers Support Group for people in long term care 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>	10.30am– 11.30am

Mon 16 December	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>	3.00pm – 4.00pm
Wed 18 December	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	11.00am – 12noon
Wed 18 December	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. You can now book onto the group from our Virtual Dementia Resource Centre at the link below <i>or</i> you can contact Diane and she can book your place. https://www.alzscot.org/virtual-resource-centre-0	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig 
Friday 20 December	Online Ceilidh – Cèilidh Air Loidhne 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 or book your place online:</i> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon
Mon 23 December	Online Storytelling Join us for some cosy festive storytelling and songs. <i>Contact Diane for more information.</i>	3pm – 4pm
Mon 30 December	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>	3pm – 4pm
Fri 3 January 2025	Online Ceilidh – Cèilidh Air Loidhne 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 or book your place online:</i> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon

Contact details for groups:

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

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

Eleanor Brown, Community Activities Organiser for Lochaber
Email: 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 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 Resource Centre here: <https://www.alzscot.org/virtual-resource-centre-0>