

What's on



January 2025 – 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		
Fri 3 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
Mon 6 January	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 7 January	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
Thurs 9 January	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 10 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
Mon 13 January	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 14 January	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
Thur 16 January	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 Lesley for more information.</i>	12noon – 2pm
Fri 17 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
Mon 20 January	Dementia Advisor Drop In <i>Portree Library, Viewfield Rd, Portree IV51 9ET</i> Drop in for a chat, advice and information. <i>Contact Lesley for more information.</i>	12noon – 1pm
Mon 20 January	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 21 January	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 22 January	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
Thurs 23 January	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 24 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
Mon 27 January	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
Thurs 30 January	Reminiscence and Chat at An Acarsaid <i>An Acarsaid, Liveras Park, Broadford, IV49 9AW</i>	2.30pm – 4pm

	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>	
Fri 31 January	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 

In Person Groups – Lochaber		
Tuesday 7 January	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 8 January	Singalong with David in Caol Youth Café Come along and join in the singing as David regales us with songs from Lonnie Donegan and others.	2pm – 3pm
Tuesday 14 January	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 15 January	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.	2pm – 3pm
Thursday 16 January	Storytelling in Strontian Library Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us.	2pm – 3pm
Tuesday 21 January	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 22 January	Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun.	2pm – 3pm
Thursday 23 January	West Highland Museum Join us at the Museum where we will hear about their latest exhibition.	2pm – 3pm
Tuesday 28 January	Storytelling and Crafting at Mallaig Library Come along and join us in a little craft followed by a short story and a cuppa.	11am – 12 noon
Tuesday 28 January	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 29 January	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.	2pm – 3pm

Thursday 30 January	Ballachulish Village Hall Pop into the Hall and have a cuppa and a chat and maybe an activity too.	2pm – 3pm
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		
Fri 3 January	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 7 January	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12noon
Wed 8 January	Doggie Bingo Join us for a fun game of bingo with Webb the dog choosing the numbers for us. <i>Contact Diane or Eleanor</i>	11.00am – 12noon
Fri 10 January	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
Mon 13 January	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 15 January	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
Friday 17 January	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
Mon 20 January	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
Wed 22 January	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

Friday 24 January	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 27 January	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 29 January	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 29 January	Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation & Songs) – To be confirmed Come along for chat in Gaelic and enjoy listening or singing along at home to some Gaelic songs. 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. https://www.alzscot.org/virtual-resource-centre-0	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig 
Friday 24 January	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>



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>

A banner for the Alzheimer Scotland Helpline. The background is dark purple. At the top left, a pink rounded rectangle contains the text "24 HOUR". Below this, the word "Dementia" is written in white. To the right is the Alzheimer Scotland logo, which consists of three stylized human figures in white. To the right of the logo, the text "Alzheimer Scotland" is written in white, with "Action on Dementia" in a smaller font below it. The word "Helpline" is written in large, white, sans-serif font across the middle. At the bottom, a pink rounded rectangle contains the text "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.