

What's on

January 2025 – North 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 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 Group – Ross-shire & Sutherland		
Wednesday 8 th of January	<p>Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers.</p> <p>Contact Hayley</p> <p><i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	11.00am – 12.30pm
Wednesday 15 th of January	<p>Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice.</p> <p>Contact Hayley</p> <p><i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i></p>	11.00am-12.30pm

Tuesday 21 st of January	Dingwall all Carers peer support Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	1.00pm – 2.30pm
	The group is hosted by Dementia Advisor Hayley and Jody from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa.	
	Contact Hayley	
	<i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	
Wednesday 22 nd of January	Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	11.00am – 12.30pm
	<i>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers.</i>	
	Contact Hayley	
	<i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	
Wednesday 29 th of January	Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i>	11.00am-12.30pm
	<i>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice.</i>	
	Contact Hayley	
	<i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	
In Person Group – Caithness & Sutherland		
Tuesday 7 th of January	Memory Lane Cafe <i>Thurso Rugby Club, Millbank Road, Thurso</i>	2.00pm-3.30pm
	Come along for a chat and a coffee with others In a similar situation. Open to people living with dementia and carers . Contact Isobel	
Friday 10 th of January	Carer Education Session <i>Thurso Library, Davidsons Lane, Thurso</i>	6.00pm-7.00pm
	These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit. Contact Isobel	

Monday 13 th of January	<p>Carer Education Session Wick Library, 7 Newton Road, Wick</p> <p>These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit.</p> <p>Contact Isobel</p>	6.00pm-7.00pm
Tuesday 14 th of January	<p>Gentle Exercise Class Ormlie Community Centre, Thurso</p> <p>Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel</p>	11,00am-1.30pm
Friday 17 th of January	<p>Carer Education Session <i>Thurso Library, Davidsons Lane, Thurso</i></p> <p>These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit.</p> <p>Contact Isobel</p>	6.00pm-7.00pm
Monday 20 th of January	<p>Carer Education Session <i>Wick Library, 7 Newton Road, Wick</i></p> <p>These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit.</p> <p>Contact Isobel</p>	6.00pm-7.00pm
Tuesday 21 st of January	<p>Gentle Exercise Class Ormlie Community Centre, Thurso</p> <p>Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel</p>	11.00am-1.30pm
Tuesday 21 st of January	<p>Memory Lane Cafe<i>Thurso Rugby Club, Millbank Road, Thurso</i></p> <p>Come along for a chat and a coffee with others In a similar situation. Open to people living with dementia and carers . Contact Isobel</p>	2.00pm-3.30pm
Friday 24 th of January	<p>Carer Education Session<i>Thurso Library, Davidsons Lane, Thurso</i></p> <p>These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit.</p> <p>Contact Isobel</p>	6.00pm-7.00pm
Monday 27 th of January	<p>Carer Education Session<i>Wick Library, 7 Newton Road, Wick</i></p> <p>These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit.</p> <p>Contact Isobel</p>	6.00pm-7.00pm

Tuesday 28 th of January	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome. With lunch provided after class. Contact Isobel	11.00am-1.30pm
Wednesday 29 th of January	Carer Support Group, Thurso Library Join us for a chat over a cuppa and meet other carers in a similar situation. Open to all carers Group run by Isobel and Gillian	2.00pm-3.00pm
Friday 31 st of January	Carer Education Session Thurso Library, Davidsons Lane, Thurso These sessions are aimed at carers of people living with dementia. The course runs for 4 week and attendance at all classes is recommended for maximum benefit. Contact Isobel	6.00pm-7.00pm

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		
Monday 6 th & 27 th of January	Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane	3pm-4pm
Monday 20 th of 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. Contact Hayley	10.30am-11.30am
Tuesday 7 th & 21 st of January	Highland Young Onset in person Group If you are 65 years and under living with a diagnosis of Dementia, we invite you to join our online group to meet others in similar situations. Contact Lesley	11.00am-12.00pm
Wednesday 8 th of January	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Wednesday 29 th of January	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. Contact Diane	2.00pm-3.00pm
Wednesday 15 th , 22 nd & 29 th of January	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Eleanor or Diane	11.00am-12.00pm

Thursday 9 th , 16 th , 23 rd & 30 th January	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Starting January 2025	You, Me & Grief – Carers Bereavement support Virtual Resource Centre You Me & Grief is a 6 session programme of support for carers who have recently been bereaved of a loved one with dementia. It offers support and professional advice alongside peer support and community connections. This course has been developed alongside bereaved carers with lived experience and will be delivered in an intimate online group. The topics include: coping with grief, practical support, adapting to change, and the importance of self-care. Short taster sessions of some activities will also be included. Please contact Hayley for more information or to reserve a space on a future course.	

Contact details for all groups:

Hayley Lyons
Dementia Advisor – Ross & Cromarty and Sutherland
Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson
Dementia Advisor – Caithness & Sutherland
Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith
Community Activities Organiser – West Highland (Skye)
Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown
Community Activities Organiser – West Highland (Lochaber)
Email: ebrown@alzscot.org Tel: 07920 868848

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

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-north-highland1>

24 HOUR


**Alzheimer
Scotland**
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org