

What's on Western Isles!

December 2024



Alzheimer Scotland
Action on Dementia

Festive Greetings from Alzheimer Scotland!

We would like to take this opportunity to thank you and the wider community for your ongoing support this year and wish everyone a wonderful festive season and a happy and healthy New Year.



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 and if you would like more information about our service or any of the groups below.

- * **Ellie Donnelly (Dementia Advisor)** Tel: 07500762041 Email: edonnelly@alzscot.org
- * **Angela Macleod (Dementia Advisor)** Tel: 07584607581 Email: amacleod@alzscot.org

Festive Closing:

We will be closed from **4pm on Friday 20th December** and will reopen in the New Year on **Monday 6th January 2025**.

Please remember that our **24/7 free phone dementia helpline** will be available to you should you need any advice, information or support over this festive period.



In Person Group

Monday 2 nd December	<p>Carers Group Café Golf Club, Stornoway (Upstairs) Xmas Crafts with Roseann Macleod</p> <p>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</p>		2pm - 4pm
Tuesday 3 rd December	<p>Walking Group Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge</p> <p>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 Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p>		11am – 12pm

<p>December</p> <p>Dates TBC</p>	<p>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. Please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org to confirm date and time.</p>	<p>TBC</p>
<p>Thursday 5th December</p>	<p>“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. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	<p>2.30pm to 3.30pm</p>
<p>Monday 9th December</p>	<p>Drop In/Information Session Western Isles Hospital, Macaulay Road, Stornoway Pop along to Stornoway Hospital 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.</p>	<p>10am – 4pm</p>
<p>Wednesday 11th December</p>	<p>Bragar Drop in Café Xmas Singalong with John Masterson Community Room, Bragar Community Hub If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	<p>1.30pm – 3.30pm</p> 
<p>Tuesday 17th December</p>	<p>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.</p>	<p>11am – 12pm</p>
<p>Thursday 12th December</p>	<p>Carers Group Seasonal card making with Carol Burges 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.</p>	<p>1.30pm – 3.30pm</p> 

Wednesday 18th December	Forget Me Not Café Xmas Ceilidh with Costello Kindly funded by Point and Sandwick Trust Ionad Stoodie, Point Come and join us for a cuppa and cake at our Xmas Ceilidh with live music from Costello (Iain MacIver) in Ionad Stoodie, Point. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org	 2pm – 4pm
-------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------

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 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.	10.15am – 10.30am
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
Tuesday 10th December	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: 11am
Tuesday 10th December	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 18th December	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	2pm – 3pm

Virtual Resource Centre

Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the Booking link.

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
Wednesday 11th December	Eolas Carers Group - Western Isles Community Care Forum Borge House Hotel 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 12th December	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
Fundraisers and Other News		
Xmas Raffle	Xmas Raffle – Tickets available until 18th December We have a fantastic range of prizes up for grabs in our Xmas Raffle that have been kindly donated by local businesses and members of the community. Winners will be drawn on 18 th December at the Forget Me Not Café Xmas Party at Ionad Stoodie in Point. Information on the Full list of Prizes and Tickets available to buy from: <ul style="list-style-type: none">* Alzheimer Scotland Office – Taigh Shiphoint (M-F)* Raffle Table – Peacocks on 7th December from 11am – 4pm* Day Disco – 7th December from 5pm onwards in the Legacy Bar (New Lewis)* Raffle Table - Forget Me Not Café Xmas Party on 18th December at Ionad Stoodie in Point	
Saturday 7th December	Day Disco The Legacy Bar, The New Lewis (Upstairs) Minimum Donation at the door - £5 Party until PJ TIME!! Dance through the decades all while raising funds of Alzheimer Scotland in the Western Isles.	5pm – 9pm

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shiphoint, 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

Registered Day Care Service (SOLAS) – By Referral Only: Open Mon, Tues, Wed & Fri

We are very proud at Solas day centre to provide a place for people with dementia to feel safe, relaxed and supported, as well as a place to have fun. It provides invaluable peer-support, a chance to socialise with others, as well as providing opportunity to engage and take part in a variety of therapeutic activities, generating lots of fun and laughter.

If you, or anyone you know, has been diagnosed with dementia and would be interested in coming along to our day centre, get in touch with one of the team on the details below for more information including arranging a taster session or email westernisles@alzscot.org.

Maureen Macleod
Daycare Organiser

Tel: 01851 706767
mmacleod@alzscot.org

Christine Macleod
Daycare Organiser

Tel: 01851 70676
christinemacleod@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>