

What's on

January 2025 –

South 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 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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

In Person Group		
Various Appointments Throughout January 2025- see schedule below	Your "Brain Health Chat" An informal conversation about your brain health to explore potential dementia risk factors and create a personalised action plan with practical tips and small lifestyle changes. You'll complete a quiz to highlight key areas for improvement, with the option to develop a tailored plan alongside a trained staff member. Follow-up support is available to monitor your progress. See schedule outlined below for appointment availability.	Please contact to arrange
Friday 3 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	10:30-12pm
Friday 3 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1-3.30pm

Monday 6 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1-3.30pm
Tuesday 7 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	11-12pm
Tuesday 7 January	Info Session: Virtual Resource Centre <i>Inverness Brain Health & Dementia Resource Centre</i> This informal guided session includes information on accessing digital support from Alzheimer Scotland's Virtual Resource Centre (VRC). <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	2-3pm
Wednesday 8 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10:30- 12:00
Wednesday 8 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2-3pm
Thursday 9 January	Connecting People, Connecting Support – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> This informal guided session includes a walkthrough of the Dementia Together website including <i>Connecting People, Connecting Support</i> resources to embed health promoting activities into your daily routine. Great opportunity to learn together. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	11-12.30pm
Thursday 9 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1.30- 2.30pm

Friday 10 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	9.30– 11.30am
Friday 10 January	Soup Café <i>Inverness Brain Health & Dementia Resource Centre</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>For more information please contact Lilian or Nina on 01463 711707.</i>	12.30– 2pm
Monday 13 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	11:00– 12.30pm
Monday 13 January	Carers Peer Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. Reminiscence Group A look back on photos, events, music and more. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2–3pm 2–3pm
Tuesday 14 January	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team. <i>Places are limited. – please book by contacting Nina or Lilian on 01463 711707.</i>	10:30– 11.15am
Tuesday 14 January	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	2.30–4pm
Wednesday 15 January	Volunteer Support Group This date/time is earmarked for Volunteer Induction – session starts 10.30am. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	10:30– 12pm

Wednesday 15 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2-3pm
Thursday 16 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	11:00- 12pm
Thursday 16 January	Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Fantastic opportunity to participate in gentle/supported movement and breathing that can calm your mind and body for relaxation and improves sleep. <i>Places are limited. Please book by contacting Nina or Lilian on 01463 711707 to book.</i>	2-3pm
Friday 17 January	Ear Health Checks with NHS Highland Audiology <i>Inverness Brain Health and Dementia Resource Centre</i> Come along for an Ear Health Check with NHS Highland Audiology. You can be checked in a safe, welcoming and familiar environment by staff who have a good knowledge and understanding of dementia. Available for people with dementia and also their carers. <i>For more information or to book an appointment, please contact Lilian 01463 711707. This date is currently fully booked – please contact the centre to be added to waiting list for cancellations and/or future dates</i>	Various Appointments All Day
Monday 20 January	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710 NSemple@alzscot.org</i>	11-12.30pm
Monday 20 January	"Intro to Landscape Photography" with our friend Mark – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Informal drop-in, learn about landscape photography over friendly cuppa and conversation.	1.30- 2.30pm
Tuesday 21 January	Bacon Butty Morning <i>Inverness Brain Health & Dementia Resource Centre</i> Come along for a bacon butty and a chance to chat with others in a similar situation. *Suggested donation £1 <i>For more information please contact Lilian or Nina on 01463 711707.</i>	10:30- 11:30am

Tuesday 21 January	Info Session: Brain Health <i>Inverness Brain Health & Dementia Resource Centre</i> Informal introductory session to brain health and what it might mean for you. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1.30– 3.00pm
Wednesday 22 January	Your “Brain Health Chat”– 1:1 Appointments For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10–12pm
Wednesday 22 January	Kettle’s-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1–2.30pm
Friday 24 January	Kettle’s-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	11:00–12pm
Friday 24 January	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1–3.30pm
Monday 27 January	Kettle’s-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1–2.30pm
Tuesday 28 January	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland’s specialist team. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i>	10:30– 11:15am
Tuesday 28 January	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1–3.30pm

Wednesday 29 January	Info Session: Virtual Resource Centre <i>Inverness Brain Health & Dementia Resource Centre</i> Learn about Alzheimer Scotland's Virtual Resource Centre (VRC). This informal guided session, includes information on accessing digital support. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10:30- 11:30am
Wednesday 29 January	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1-2.30pm
Thursday 30 January	"Liver and Brain Health Awareness Day" in partnership with the British Liver Trust <i>Inverness Brain Health & Dementia Resource Centre</i> Interactive and fun day – awareness, resources, information and activities. <i>Places are limited – registration required.</i> https://www.eventbrite.co.uk/e/liver-and-brain-health-awareness-day-tickets-119111425399?aff=ebdssbdestsearch <i>Or for more information, please contact:</i> <ul style="list-style-type: none"> • <i>Lesley Simpson: 07356 124391;</i> lesley.simpson@britishlivertrust.org.uk • <i>Nina Semple: 01463 711710; nsemple@alzscot.org</i> 	12:00-4pm
Friday 31 January	Ping Pong Bingo & Cuppa <i>Inverness Brain Health & Dementia Resource Centre</i> A fun version of Bingo using ping pong balls, with prizes! <i>For more information please contact Lilian or Nina on 01463 711707.</i>	10:30-12:00
Friday 31 January	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	13:30-15.30

2025 Update:

We would like to extend our heartfelt thanks and best wishes to Michelle, our Community Activity Organiser, as she moves on to an exciting new role. Michelle has been a wonderful part of our groups at Woodlands, and we know she will be greatly missed by everyone who had the pleasure of working with her. Good luck, Michelle—we wish you all the very best for the future.

As a result of Michelle's departure, there will be some temporary changes to our scheduled events over the next few months. Starting January 2025, our activities will be relocated to the Brain Health DRC, and we will offer a more limited selection of therapeutic activity groups.

Thank you for your understanding, and we look forward to seeing you all in the New Year!

Nairn

In Person Group		
Monday 13 January	Catch up Cafe <i>Nairn Community and Arts Centre, IV12 4BQ</i> After our festive break, a relaxed catch up over a cuppa and biscuits. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Wednesday 15 January	Games Day <i>Nairn Community and Arts Centre, IV12 4BQ</i> Testing our skills with various games from darts to dominoes. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 20 January	Ping Pong Bingo <i>Nairn Community and Arts Centre, IV12 4BQ</i> Our fun version of Bingo. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Wednesday 22 January	Burns Celebration <i>Nairn Community and Arts Centre, IV12 4BQ</i> All things Scottish, celebrating the 265 th anniversary of Robert Burns birth. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 27 January	Skittles <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun afternoon playing our giant skittles. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 28 January	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 29 January	Bean Bag Games <i>Nairn Community and Arts Centre, IV12 4BQ</i> Lots of fun testing our aim throwing beans bags at various targets. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Friday 10 January	Winter Warmer <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A get-together with a green health activity and delicious, seasonal soup <i>Contact Andy for further details</i>	11.30am-1pm
Friday 10 January	Carer Support Group <i>Cafe Conservatory, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for someone living with dementia or memory loss. This session will include a visit from the local Social Work Team for Q&A. <i>Contact Andy for more information</i>	11.30am-1pm
Tuesday 14 January	Get Creative with Nature *New Community Location* <i>Library, The Courthouse, The Square, Grantown-on-Spey, PH26 3HF</i> Guided by local artist Alison we will be experimenting with pencil, paint and inks to create a professional style piece that you can take home. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i>	11.30am-1.30pm
Friday 17 January	Indoor Garden-Themed Crafts & Activities *New Community Location* <i>St Andrew's Church, Grampian Rd, Aviemore PH22 1RH</i> This event is organised by Badenoch & Strathspey Therapy Gardens. Alzheimer Scotland will be in attendance to join in the fun. All welcome. <i>Contact Andy for further details</i>	2-3.30pm
Tuesday 21 January	Winter Warmer *New Community Location* <i>Highland Folk Museum, Am Fasgadh entrance, Kingussie Road, Newtonmore, PH20 1AY</i> An informal get-together with home-made snacks and some nature-focussed activities. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 24 January	Music Inspired by Nature *New Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> Singing and playing music is proven to reduce stress and promote wellbeing. Expect some singing, some movement and some playing of percussion to boost those joyful feelings! <i>Contact Andy for further details</i>	11.30am-1pm

<p>Tuesday 28 January</p>	<p>Indoor Garden-Themed Crafts & Activities <i>*New Community Location*</i> <i>The Hub, 9 High St, Kingussie, PH21 1HS</i> This event is organised by Badenoch & Strathspey Therapy Gardens. Alzheimer Scotland will be in attendance to join in the fun. All welcome. <i>Contact Andy for further details</i></p>	<p>2-3.30pm</p>
<p>Friday 31 January</p>	<p>Winter Warmer <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> An informal get-together with home-made soup and some nature-focussed activities. <i>Contact Andy for further details</i></p>	<p>11.30am-1pm</p>

Online Groups

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		
Fridays 3, 10, 17, 24, 31 January	Traditional Scottish Ceilidh Join us 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. Also bookable through the VRC https://www.alzscot.org/virtual-resource-centre-0 <i>Contact Diane</i>	11am– 12pm
Wednesdays 15, 22, 29 January	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Diane or Eleanor</i>	11am– 12pm
Tuesdays 7, 21 January	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am– 12pm
Wednesday 8 January	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am– 12pm
Monday 20 January	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30– 11.30am
Mondays 6, 27 January	Online 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>	3–4pm
Wednesday 29 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. <i>Contact Diane</i>	2–3pm

What's on

January 2025 –

South Highland



Contact details for groups:

Lilian Stott, Centre Coordinator
Email: LStott@alzscot.org
Tel: 01463 711707

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711707
Mob: 07588 643659

Andy Miller, Community Activities Organiser for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Kenny Wright, Outdoor Dementia Resource Centre Coordinator
Email: kwright@alzscot.org
Tel: 07788 286254

National Dementia Advisor Service
Email: NDAS@alzscot.org
Tel: 0300 373 5774

Veronica Wilson, Community Activities Organiser for Nairn
Email: VWilson@alzscot.org
Tel: [07932 120684](tel:07932120684)

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

Eleanor Brown, Community Activities Organiser for Lochaber
Email: EBrown@alzscot.org
Tel: 07920 868848

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

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

