

# What's on



## February 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 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. 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 and Lochalsh		
Wed 5 <sup>th</sup> Feb	<b>Staffin Dementia Advisor Drop In</b> <i>Staffin Medical Centre, Staffin, IV51 9AJ</i> Come along and meet our Dementia Advisor, Lesley Hellon for an informal chat, support and information. <i>Contact Lesley for more information.</i>	12noon – 1.30pm
Fri 7 Feb	<b>Portree Strùpag &amp; Chat</b> <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 Lesley for more information.</i>	1pm – 3pm
Mon 10 Feb	<b>Aquacise at Portree Swimming Pool</b> <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 11 Feb	<b>Dunvegan D-Caff</b> <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
Thurs 13 Feb	<b>Kyle of Lochalsh Drop In</b> <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

<b>Fri 14 Feb</b>	<b>Portree Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Mon 17 Feb</b>	<b>Dementia Advisor Drop In</b> <i>Portree Library, Viewfield Rd, Portree IV51 9ET</i> Drop in for a chat, advice and information. <i>Contact Lesley for more information.</i>	<b>12noon – 1pm</b>
<b>Mon 17 Feb</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Tues 18 Feb</b>	<b>Carbost Strùpag &amp; Chat</b> <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>	<b>1pm – 3pm</b>
<b>Wed 19 Feb</b>	<b>Carer Support Group</b> <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> 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>	<b>1pm – 2pm</b>
<b>Thurs 20 Feb</b>	<b>Glendale Drop In</b> <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Fri 21 Feb</b>	<b>Lochcarron Strùpag &amp; Cèol</b> <i>Millbrae, Lochcarron, Strathcarron IV54 8YQ</i> Come and join us at the Lochcarron Centre for chat, tea, coffee, music and craic. <i>Contact Diane or Lesley for more information.</i>	<b>1.30pm – 3.30pm</b>
<b>Mon 24 Feb</b>	<b>Aquacise at Portree Swimming Pool</b> <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>	<b>1.15pm – 2pm</b>
<b>Fri 28 Feb</b>	<b>Strùpag is Cabadaich is Ceòl – A Cuppa &amp; a Chat</b> <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>	<b>2pm – 3.30pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b> 

In person groups – Lochaber		
<b>Tues 4 Feb</b>	<b>Storytelling Caol Library</b> Glenkingie St, Caol, Fort William PH33 7DP Library Staff will be reading excerpts from books which we will chat about over a cuppa. Contact the Library for more information Email: <a href="mailto:caol.library@highlifehighland.com">caol.library@highlifehighland.com</a> Tel: 01397 709643	<b>3pm – 4.30pm</b>
<b>Tues 11 Feb</b>	<b>Storytelling</b> Fort William Library, High St, Fort William PH33 6EU Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us. Contact the Library for more information. Email: <a href="mailto:fortwilliam.library@highlifehighland.com">fortwilliam.library@highlifehighland.com</a> Tel: 01397 703552	<b>2pm – 3.30pm</b>
<b>Wed 12 Feb</b>	<b>Dementia Advisor Drop In</b> Caol Youth Café, Glenkingie St, Caol, Fort William PH33 7DP Drop in for a chat, advice and information. Contact Lesley for more information.	<b>1pm– 2pm</b>
<b>Tues 18 Feb</b>	<b>Storytelling Caol Library</b> Glenkingie St, Caol, Fort William PH33 7DP Library Staff will be reading excerpts from books which we will chat about over a cuppa. Contact the Library for more information Email: <a href="mailto:caol.library@highlifehighland.com">caol.library@highlifehighland.com</a> Tel: 01397 709643	<b>3pm – 4.30pm</b>
<b>Wed 19 Feb</b>	<b>Music and Movement in An Drochaid</b> Claggan Rd, Fort William PH33 6PH Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun. Contact Caroline Gordon for more information. Email: <a href="mailto:cgordon@alzscot.org">cgordon@alzscot.org</a> Tel: 07788294947	<b>2pm – 3.30pm</b>
<b>Tues 25 Feb</b>	<b>Storytelling</b> Fort William Library, High St, Fort William PH33 6EU Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us. Contact the Library for more information. Email: <a href="mailto:fortwilliam.library@highlifehighland.com">fortwilliam.library@highlifehighland.com</a> Tel: 01397 703552	<b>2pm – 3.30pm</b>

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		
<b>Tues 4 Feb</b>	<b>Young Onset Group</b> Support group for anyone with a young onset dementia. Contact Lesley for more information.	<b>11am – 12noon</b>
<b>Wed 5 Feb</b>	<b>Doggie Bingo</b> Join us for a fun game of bingo with Webb the dog choosing the numbers for us. Contact Eleanor	<b>11.00am – 12noon</b>

<b>Mon 10 Feb</b>	<b>Making Music</b> Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	<b>3.00pm – 4.00pm</b>
<b>Wed 12 Feb</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	<b>11.00am – 12noon</b>
<b>Friday 14 Feb</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11.00am – 12.00noon</b>
<b>Mon 17 Feb</b>	<b>Carers Support Group for people in long term care</b> 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>	<b>10.30am– 11.30am</b>
<b>Tues 18 Feb</b>	<b>Young Onset Group</b> Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	<b>11am – 12noon</b>
<b>Wed 19 Feb</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	<b>11.00am – 12noon</b>
<b>Friday 21 Feb</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>2pm – 3pm</b>
<b>Wed 26 Feb</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	<b>11.00am – 12noon</b>
<b>Wed 26 Feb</b>	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> 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 <i>or</i> you can contact Diane and she can book your place.  <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>2.00pm – 3.00pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b>  
<b>Friday 28 Feb</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> 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> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11.00am – 12.00noon</b>

## Contact details for groups:

**Diane Smith, Community Activities Organiser for Skye & Lochalsh**

Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

**Lesley Hellon, Dementia Advisor for West Highland**

Email: [lhellon@alzscot.org](mailto:lhellon@alzscot.org) Tel: 07825 975557

**Online Carers support for people in long term care:**

**Hayley Lyons, Dementia Advisor for North Highland**

Email: [HLyons@alzscot.org](mailto:HLyons@alzscot.org) Tel: 07554 408479

**Music and Movement in An Drochaid:**

**Caroline Gordon, Post Diagnostic Support Link Worker for Lochaber**

Email: [cgordon@alzscot.org](mailto:cgordon@alzscot.org) Tel: 07788294947

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 below or scanning the QR code.

<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>

