

What's on

February 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.

Please see below for details of scheduled activities. We are also here for you to pop in for a warm drink and company.

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 February 2025- see schedule below	Your "Brain Health Chat" Discuss your brain health, identify dementia risk factors, and create a personalised action plan with practical tips. Take a quiz, develop a tailored plan with trained staff, and access follow-up support. See the schedule below for appointments.	Please contact to arrange
Monday 3 February	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	10:30am–12pm
Monday 3 February	Candle Making Workshop with Janis from Coast Candles <i>Inverness Brain Health & Dementia Resource Centre</i> We are delighted to welcome back Janis from Coast Candles! This time, she will be hosting a candle-making workshop. Each couple or family will have the opportunity to choose a fragrance that brings back happy memories and create their own custom candle to take home. <i>Places are limited, booking is essential – please book by contacting Nina or Lilian on 01463 711707.</i>	1.30pm–3.30pm

Tuesday 4 February	<p>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></p>	11am– 12pm
Tuesday 4 February	<p>Musical Afternoon with Guest Pianist Andy Hodge <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a musical afternoon with local pianist Andy Hodge! Enjoy his selection of music and share your favourite song requests for him to play. <i>For more information please contact Lilian or Nina on 01463 711707.</i></p>	2pm– 3.30pm
Wednesday 5 February	<p>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</p>	10:30am– 12:00pm
Wednesday 5 February	<p>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></p>	1.30–2.30pm
Thursday 6 February	<p>Arts and Crafts <i>Inverness Brain Health & Dementia Resource Centre</i> Making beautiful tissue paper flowers. <i>Contact Veronica on 07932 120684 more information</i></p>	11am– 12pm
Thursday 6 February	<p>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</p>	2–3pm
Friday 7 February	<p>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></p>	10:30am– 11:30am

Friday 7 February	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	1-3pm
Monday 10 February	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	11am– 12.30pm
Monday 10 February	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.	2-3pm
	Reminiscence Group A look back on photos, events, music and more.	2-3pm
	<i>For more information please contact Lilian or Nina on 01463 711707.</i>	
Tuesday 11 February	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. If you haven't been before, please come 10 minutes early. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i>	10:30– 11:15am
Tuesday 11 February	Basket Weaving with Tim Palmer – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Tim has over 25 years of basket-making experience and 20 years of teaching. His hands-on expertise offers a therapeutic and engaging introduction to crafting with willow. <i>Places are limited, booking is essential – please book by contacting Nina or Lilian on 01463 711707.</i>	2-4pm
Wednesday 12 February	Volunteer Support Group Time for volunteers and anyone interested in volunteering to come together – updates, information and a cuppa. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i>	10:30– 12pm
Wednesday 12 February	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>	2pm– 3pm

Thursday 13 February	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
Thursday 13 February	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	2.30pm- 4pm
Friday 14 February	Valentines Day 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>	10:30am- 11:30am
Friday 14 February	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	1pm-3pm
Monday 17 February	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	10:30am- 11:30am
Monday 17 February	Soup Café – All Welcome <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
Tuesday 18 February	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	11am- 12pm
Tuesday 18 February	Basket Weaving with Tim Palmer – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Tim has over 25 years of basket-making experience and 20 years of teaching. His hands-on expertise offers a therapeutic and engaging introduction to crafting with willow. <i>Places are limited, booking is essential - please book by contacting Nina or Lilian on 01463 711707.</i>	2-4pm

Wednesday 19 February	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	9.30am– 12pm
Wednesday 19 February	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 20 February	Play Doh <i>Inverness Brain Health & Dementia Resource Centre</i> Let's get creative and have some fun with play doh. <i>Contact Veronica on 07932 120684 more information.</i>	11am– 12pm
Thursday 20 February	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 21 February	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	1.30pm– 3.30pm
Monday 24 February	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	11am– 12pm
Monday 24 February	"What Matters to You?" – Drop-in <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop in... over a cuppa, share your thoughts and ideas to help us improve. Your feedback ensures our activities centre on your needs and interests. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	12pm– 3pm
Tuesday 25 February	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 25 February	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	2-3pm
Thursday 27 February	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	10:30-11:30
Thursday 27 February	Bringing the Outdoors In – All welcome Connecting with nature is great for our health and well-being. Join Kenny for some indoor nature activities. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1.30pm-3pm
Friday 28 February	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>	10:30-11:30am
Friday 28 February	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	2-4pm

Home Energy Scotland offers free, impartial advice after price cap rises:

Home Energy Scotland’s advisors are true energy saving heroes. They can help you discover practical solutions to reduce your energy consumption, save money, and create a warmer, more comfortable home this winter. Whether it’s through energy efficiency tips, grants, or tailored support, their advisors are dedicated to helping you to take control of your energy costs.

Don’t let rising bills catch you off guard. Reach out to Home Energy Scotland today for expert advice that puts you and your home first.

Call Home Energy Scotland’s free helpline at 0808 808 2282 or visit homeenergyscotland.org

Together, we can make this winter a little warmer and a lot more affordable.

At request, in-person appointments with Home Energy Scotland can be arranged at the Inverness Brain Health & Dementia Resource Centre, Strothers Lane – please contact Nina Semple, Centre Manager nsemp@alzscot.org 01463 711710 to arrange.

Nairn

In Person Group		
Monday 3 February	<p>School Memories <i>Nairn Community and Arts Centre, IV12 4BQ</i> Bring in your school photos, certificates, school ties etc and we share memories of our school days. <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm
Tuesday 4 February	<p>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></p>	12.30-1.30pm
Wednesday 5 February	<p>Arts and Crafts <i>Nairn Community and Arts Centre, IV12 4BQ</i> With Valentine's Day just round the corner Monika will join us to make heart pom poms. <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm
Monday 10 February	<p>Music <i>Nairn Community and Arts Centre, IV12 4BQ</i> Monika leads us in music based activities, sure to be lots of fun and laughter. <i>Contact Veronica on 07932 120684 more information.</i></p>	2-3.30pm
	<p>Post Diagnostic Support Link Worker Drop-In <i>Nairn Community and Arts Centre, IV12 4BQ</i> Rachel, the local dementia link worker in Nairn will be attending this session to provide support and an opportunity for discussion for the carers of those living with dementia. <i>Contact Rachel on 07721 815415 more information.</i></p>	2-3.30pm
Tuesday 11 February	<p>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></p>	12.30-1.30pm
Wednesday 12 February	<p>Sports Day <i>Nairn Community and Arts Centre, IV12 4BQ</i> Covering lots from golf to balloon tennis, suitable for all abilities. <i>Contact Veronica on 07932 120684 for more information.</i></p>	2-3.30pm

Monday 17 February	Raggy Painting <i>Nairn Community and Arts Centre, IV12 4BQ</i> Our very own Rosemary will teach us how to raggy paint. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 18 February	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 19 February	Quiz <i>Nairn Community and Arts Centre, IV12 4BQ</i> Fun afternoon of quizzing. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 24 February	Play Doh <i>Nairn Community and Arts Centre, IV12 4BQ</i> Let's get creative and have some fun with play doh. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 25 February	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 26 February	St David's Day <i>Nairn Community and Arts Centre, IV12 4BQ</i> Celebrating St David's Day and all things Welsh. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 4 February	Indoor Garden-Themed Crafts & Activities *Community Location* <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>	2-3.30pm
Friday 7 February	Indoor Curling *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Avenue, Boat of Garten PH24 3BL</i> It's the perfect season for curling – frosty mornings and wintry vibes... except we're swapping the ice for solid ground and staying toasty indoors! No cold hands or icy slips, just plenty of laughs and a bit of friendly rivalry <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 11 February	Get Creative with Nature *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 14 February	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 14 February	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 Community Mental Health Team Lead Val Mitchell for a discussion/Q&A about stress and distressed behaviour. <i>Contact Andy for more information</i>	11.30am-1pm
Tuesday 18 February	Winter Warmer *Community Location* <i>Highland Folk Museum, Am Fasgadh entrance, Kingussie Road, Newtonmore, PH20 1AY</i> An informal get-together with some nature-focussed activities. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 21 January	Indoor Garden-Themed Crafts & Activities *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

<p>Wednesday 26</p> <p>February</p>	<p>See the Heat, Guess the Beast (with Kirsten HWP) <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i></p> <p>Explore the fascinating world of animal heat signatures in this engaging session! Watch thermal videos to guess which animals they belong to, then feel the warmth of fur and feathers by dipping your hands in cold water with our special gloves <i>Contact Andy for further details</i></p>	<p>11.30am-1pm</p>
<p>Friday 28</p> <p>February</p>	<p>Music Inspired by Nature *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i></p> <p>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></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 7, 14, 21, 28 February	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 5, 12, 19, 26 February	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 4 & 18 February	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 February	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 17 February	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 10 & 24 February	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

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

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>

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

