

What's on



March 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		
Mon 3 March	Aquacise at Portree Swimming Pool <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 4 March	Carbost Strùpag & Chat <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>	1pm – 3pm
Wed 5 March	Staffin Dementia Advisor Drop In <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
Thurs 6 March	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 7 March	Portree Strùpag & Chat <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>	1pm – 3pm
Mon 10 March	Aquacise at Portree Swimming Pool <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 March	Dunvegan D-Caff <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 March	Kyle of Lochalsh Drop In <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 Diane for more information.</i>	12noon – 2pm
Fri 14 March	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us for chat, tea, coffee, games and activities. <i>Contact Diane for more information.</i>	1pm – 3pm
Mon 17 March	Aquacise at Portree Swimming Pool <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 18 March	Carbost Strùpag & Chat <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>	1pm – 3pm
Thurs 20 March	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 21 March	Portree Strùpag & Chat <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>	1pm – 3pm
Mon 24 March	Dementia Advisor Drop In <i>Portree Library, Viewfield Rd, Portree IV51 9ET</i> Drop in for a chat, advice and information. <i>Contact Lesley for more information.</i>	12noon – 1pm
Mon 24 March	Aquacise at Portree Swimming Pool <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
Fri 28 March	Strùpag is Cabadaich is Ceòl – A Cuppa & a Chat <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. All welcome – even if you have no Gaelic at all! <i>Contact Diane for more information.</i>	2pm – 3.30pm Le taic bho



Mon 31 March	Aquacise at Portree Swimming Pool <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
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In person groups – Lochaber

Tues 4 March	Storytelling Caol Library <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa. <i>Contact the Library for more information</i> <i>Email: caol.library@highlifehighland.com</i> <i>Tel: 01397 709643</i>	3pm – 4.30pm
Tues 11 March	Storytelling <i>Fort William Library, High St, Fort William PH33 6EU</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us. <i>Contact the Library for more information.</i> <i>Email: fortwilliam.library@highlifehighland.com</i> <i>Tel: 01397 703552</i>	2pm – 3.30pm
Tues 18 March	Storytelling Caol Library <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa. <i>Contact the Library for more information</i> <i>Email: caol.library@highlifehighland.com</i> <i>Tel: 01397 709643</i>	3pm – 4.30pm
Wed 19 March	Dementia Advisor Drop In <i>Caol Youth Café, Glenkingie St, Caol, Fort William PH33 7DP</i> Drop in for a chat, advice and information. <i>Contact Lesley for more information.</i>	1pm– 2pm
Tues 25 March	Storytelling <i>Fort William Library, High St, Fort William PH33 6EU</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us. <i>Contact the Library for more information. Email: fortwilliam.library@highlifehighland.com</i> <i>Tel: 01397 703552</i>	2pm – 3.30pm
Wed 26 March	Music and Movement in An Drochaid <i>Claggan Rd, Fort William PH33 6PH</i> Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun. <i>Contact Caroline Gordon for more information.</i> <i>Email: cgordon@alzscot.org Tel: 07788294947</i>	2pm – 3.30pm

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		
Tues 4 March	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12noon
Wed 5 March	Doggie Bingo Join us for a fun game of bingo with Webb the dog choosing the numbers for us. <i>Contact Diane</i>	11.00am – 12noon
Friday 7 March	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon
Mon 10 March	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>	3.00pm – 4.00pm
Wed 12 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	11.00am – 12noon
Friday 14 March	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon
Mon 17 March	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. <i>Contact Hayley</i>	10.30am– 11.30am
Tues 18 March	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12noon
Wed 19 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	11.00am – 12noon
Wed 19 March	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. 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. https://www.alzscot.org/virtual-resource-centre-0	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig



Friday 21 March	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/virtual-resource-centre-0	11am – 12noon
Mon 24 March	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>	3.00pm – 4.00pm
Wed 26 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane</i>	11.00am – 12noon
Friday 28 March	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon

Contact details for groups:

Diane Smith, Community Activities Organiser for Skye & Lochalsh

Email: dianesmith@alzscot.org Tel: 07825 608057

Lesley Hellon, Dementia Advisor for West Highland

Email: 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 Tel: 07554 408479

Music and Movement in An Drochaid:

Caroline Gordon, Post Diagnostic Support Link Worker for Lochaber

Email: 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 Resouce Centre here: <https://www.alzscot.org/virtual-resource-centre-0>