

What's on



February 2025 – North 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 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.

In Person Group – Ross-shire & Sutherland		
Monday 3 rd of February	Sutherland all Carers peer support Group <i>Free Church, Dornoch</i>	11.00am-12.30pm
	The group is hosted by Dementia Advisor Hayley and Malcolm from Connecting Carers. All unpaid carers welcome to meet others in similar situations over a cuppa.	
	Contact Hayley	
Wednesday 5 th of February	Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	
	Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers.	11.00am – 12.30pm
	Contact Hayley	
	<i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	
Monday 10 th of February	Alness Memory Café <i>Alness Community Hub (Previously Perrins Centre)</i>	11.00am-12.30pm
	Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice.	
	Contact Hayley	

Wednesday 12 th of February	<p>Dingwall Dementia Café Dingwall Brain Health and Dementia Resource Centre</p> <p>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice.</p> <p>Contact Hayley</p> <p>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	11.00am-12.30pm
Tuesday 18 th of February	<p>Dingwall all Carers peer support Group Dingwall Brain Health and Dementia Resource Centre</p> <p>The group is hosted by Dementia Advisor Hayley and Jody from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa.</p> <p>Contact Hayley</p> <p>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	1.00pm – 2.30pm
Wednesday 26 th of February	<p>Dingwall Dementia Café Dingwall Brain Health and Dementia Resource Centre</p> <p>Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice.</p> <p>Contact Hayley</p> <p>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	11.00am-12.30pm
In Person Group – Caithness & Sutherland		
Tuesday 4 th of February	<p>Gentle Exercise Class Ormlie Community Centre, Thurso</p> <p>Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel</p>	11.00am-1.30pm
Tuesday 4 th of February	<p>Memory Lane Cafe Thurso Rugby Club, Millbank Road, Thurso</p> <p>Come along for a chat and a coffee with others In a similar situation. Open to people living with dementia and carers . Contact Isobel</p>	2.00pm-3.30pm

Tuesday 11 th of February	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel	11,00am-1.30pm
Tuesday 18 th of February	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel	11.00am-1.30pm
Tuesday 18 th of February	Memory Lane Cafe <i>Thurso Rugby Club ,Millbank Road, Thurso</i> Come along for a chat and a coffee with others In a similar situation. Open to people living with dementia and carers . Contact Isobel	2.00pm-3.30pm
Tuesday 25 th of February	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome. With lunch provided after class. Contact Isobel	11.00am-1.30pm
Wednesday 26 th of February	Carer Support Group, Thurso Library Join us for a chat over a cuppa and meet other carers in a similar situation. Open to all carers	2.00pm-3.00pm

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		
Monday 10 th & 24 th of February	Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane	3pm-4pm
Monday 17 th of February	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. Contact Hayley	10.30am-11.30am
Tuesday 4 th & 18 th of February	Highland Young Onset in person Group If you are 65 years and under living with a diagnosis of Dementia, we invite you to join our online group to meet others in similar situations. Contact Lesley	11.00am-12.00pm
Wednesday 5 th , 12 th , 19 th & 26 th of February	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Thursday 6 th , 13 th , 20 th & 27 th	Online Carers Support Group	10.30am-11.30am

	Join us online to meet other carers in similar situations. Contact Hayley
Starting February 2025	You, Me & Grief – Carers Bereavement support Virtual Resource Centre You Me & Grief is a 6 session programme of support for carers who have recently been bereaved of a loved one with dementia. It offers support and professional advice alongside peer support and community connections. This course has been developed alongside bereaved carers with lived experience and will be delivered in an intimate online group. The topics include: coping with grief, practical support, adapting to change, and the importance of self-care. Short taster sessions of some activities will also be included. Please contact Hayley for more information or to reserve a space on a future course.

Contact details for all groups:

Hayley Lyons
Dementia Advisor – Ross & Cromarty and Sutherland
Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson
Dementia Advisor – Caithness & Sutherland
Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith
Community Activities Organiser – West Highland (Skye)
Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown
Community Activities Organiser – West Highland (Lochaber)
Email: ebrown@alzscot.org Tel: 07920 868848

Lesley Hellon -
Dementia Advisor – West Highland
Email: lhellon@alzscot.org Tel: 07825 975557

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-north-highland1>



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org