

What's on

April 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

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane		
Various Appointments Throughout April 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
Tuesday 1 April	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>For more information please contact Nina on 01463 711707.</i>	10:30–11:15am
Tuesday 1 April	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	12pm–3pm
Wednesday 2 April	Paper Flower Making <i>Inverness Brain Health & Dementia Resource Centre</i> Create some Springtime floral bouquets! Using crepe paper we will craft flowers to arrange into beautiful bunches to brighten up our homes, or to gift to a loved one. <i>For more information please contact Jess on 07823 556869</i>	2pm–3.30pm

Thursday 3 April	Singin' in the Rain Singalong <i>Inverness Brain Health & Dementia Resource Centre</i> Inspired by Inverness Musical Theatre Company's 100th Anniversary performance of Singing in the Rain, join us for a sing-along of the best the 1952 musical scenes and tunes! Umbrellas and tap shoes optional.... <i>For more information please contact Jess on 07823 556869</i>	11am–12pm
Friday 4 April	Kettles-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and have a blether. Centre staff are on hand for information and updates. <i>For more information please contact Jess or Nina on 01463 711707.</i>	10am–11am
Friday 4 April	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 7 April	Musical Session with 'Fiddlefolks' <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a cuppa and live music with Fiddlefolks – music for listening and chatting too. <i>For more information please contact Jess or Nina on 01463 711707.</i>	2pm–3pm
Tuesday 8 April	Highland Younger Onset Group <i>Inverness Brain Health and Dementia Resource Centre</i> 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 07825 975557 for more information</i>	11am–12:30pm
Tuesday 8 April	Brain Health Awareness Session Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Please contact Nina on 01463 711710 for more information</i> NSemple@alzscot.org	2pm–3pm
Wednesday 9 April	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	10am–12pm

Thursday 10 April	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 on 01463 711707.</i>	2pm–3pm
Friday 11 April	Kettles-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and have a blether. Centre staff are on hand for information and updates. <i>For more information please contact Jess or Nina on 01463 711707.</i>	10.30am–11.30am
Friday 11 April	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 14 April	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 Nina or Jess on 01463 711707.</i>	
Tuesday 15 April	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>For more information please contact Nina on 01463 711707.</i>	10:30–11:15am
Tuesday 15 April	Brain Health Awareness Session Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Please contact Nina on 01463 711710 for more information</i> NSemple@alzscot.org	1pm–2pm
Thursday 17 April	Seagull Trust Cruise Community Location* <i>New Pick-Up Point: <u>Torvean Car Park Berth (Jacobite Queen Berth) at Torvean Car Park on the Dochgarroch side of the Torvean Bridge</u></i> Our very popular monthly afternoon on the Seagull Trust Cruise starts for the season. Join us for a boat trip along the Caledonian canal. <u>Sailing departs 13:30.</u> <i>*Places are limited and must be booked in advance*</i> <i>Contact Nina on 01463 711707 or Jess 07823 556869 for more information</i>	13:30–15:30

Friday 18 April	Kettles-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 Jess or Nina on 01463 711707.</i>	10am– 11am
Friday 18 April	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 21 April	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 Jess or Nina on 01463 711707.</i>	12:30– 2pm
Tuesday 22 April	Brain Health Awareness Session Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Please contact Nina for more information on 01463 711710</i> NSemple@alzscot.org	11am– 12pm
Tuesday 22 April	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	2pm– 4pm
Wednesday 23 April	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	12pm– 3pm
Thursday 24 April	DIY Herbal Teas Using fresh/dry herbs, fruits and flowers, we'll be concocting our own herbal tea mixes for us to enjoy, whilst learning about the different health benefits these ingredients can bring. <i>For more information please contact Jess on 07823 556869</i>	2pm– 3.30pm
Friday 25 April	Parkinson's-related Dementia Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> We provide a warm, welcoming space where people with Parkinson's-related dementia can connect, chat, and access support over a cuppa. Family, friends, and carers also have a dedicated space to share experiences and find support among those who understand. <i>For more information please contact Nina on 01463 711707.</i>	11am– 12pm Drop-in

Friday 25 April	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
Tuesday 29 April	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 on 01463 711707.</i>	10:30–11:15am
Tuesday 29 April	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–3.30pm
Wednesday 30 April	Kettles'-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 Jess or Nina on 01463 711707.</i>	11am–12pm
Wednesday 30 April	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	2pm–4pm

Warm Welcome

We are delighted to welcome **Jess Carnegie** as our new **Community Activities Organiser** and **Kerry Mackay** as our new **Dementia Advisor**. As they settle into their roles, we look forward to the energy and expertise they will bring. Please join us in giving them a warm and supportive welcome!

Nairn

In Person Group		
Tuesday 1 April	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 2 April	Crafty with Clay <i>Nairn Community and Arts Centre, IV12 4BQ.</i> Bring your ideas along for what you would like to create from air hardening clay, we will decorate the following week. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 7 April	Fish and Frogs <i>Nairn Community and Arts Centre, IV12 4BQ</i> Fun games with jumping frogs and a little fishing. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 8 April	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 9 April	Painting <i>Nairn Community and Arts Centre, IV12 4BQ</i> Time to paint our creations from last week. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Thursday 10 April	Carers Group <i>United Reformed Church, IV12 4NB</i> This month we will be joined by Julie from Connecting Carers, providing information on their services. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 14 April	Easter Crafts <i>Nairn Community and Arts Centre, IV12 4BQ</i> Lots of Easter themed crafts. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 15 April	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

Thursday 17 April	Seagull Trust Cruise <i>New Pick-Up Point: <u>Torvean Car Park Berth (Jacobite Queen Berth) at Torvean Car Park on the Dochgarroch side of the Torvean Bridge</u></i> Our very popular monthly afternoon on the Seagull Trust Cruise starts for the season. Join us for a boat trip along the Caledonian canal. <u>Sailing departs 13:30.</u> <i>*Places are limited and must be booked in advance*</i> <i>Contact Nina on 01463 711707 or Jess 07823 556869 for more information</i>	1.30-3.30pm
Monday 21 April	Easter Activities <i>Nairn Community and Arts Centre, IV12 4BQ</i> Easter themed fun and games. <i>Contact Rachel on 07721 815415 more information.</i>	2-3.30pm
Tuesday 22 April	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 Jess on 07823 556869 for more information.</i>	12.30-1.30pm
Monday 28 April	Landmarks <i>Nairn Community and Arts Centre, IV12 4BQ</i> Do you know your Eiffel Tower from your Statue of Liberty? <i>Contact Rachel on 07721 815415 more information.</i>	2-3.30pm
Wednesday 30 April	Springtime Bingo & Other Games <i>Nairn Community and Arts Centre, IV12 4BQ</i> Jess will guide you on a springtime adventure. <i>Contact Jess on 07823 556869 for more information.</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 1 April	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 4 April	Gardening <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Spring is here, we will be planting edible flowers at this session as well as other gardening tasks! <i>Contact Andy for further details</i>	11.30am–1pm
Friday 4 April	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 Julie Ferguson, now with Connecting Carers for a presentation and Q&A. <i>Contact Andy for more information</i>	11.30am–1pm
Tuesday 8 April	Welcome to Spring <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Spring is a time of new beginnings—longer days, fresh green leaves, and the sounds of nature coming to life again. We'll explore some of the sights, textures, and traditions of the season, sparking memories and conversation along the way. This will be indoors unless it's a gorgeous day, in which case we may go for a stroll. <i>Contact Andy for more information</i>	11.30am–1pm
Wednesday 9 April	Signs of Spring Scavenger Hunt <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A walk or a wheel around Badaguish (in the sunshine hopefully!), what will we see? Who will spot the most interesting sign of spring? <i>Contact Andy for more information</i>	11.30am–1pm
Tuesday 15 April	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
Wednesday 16 April	Riverside Reflections <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Coinciding with the 'Big River Watch', let's explore the sights, sounds, and textures of rivers, discovering the plants and animals that thrive there. Through sensory experiences and conversation, we'll connect with the river's life and reflect on its importance. <i>Contact Andy for more information</i>	11.30am–1pm

Tuesday 22 April	Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 25 April	Music Inspired by Nature *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

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 4, 11, 18, 25 April	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 9, 16, 23, 30 April	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Diane or Eleanor</i>	11am– 12pm
Wednesday 2 April	Doggie Bingo Join us for a fun game of bingo with a dog! Also available to book on Virtual Resource Centre. <i>Contact Diane</i>	11am– 12pm
Tuesdays 8, 22, 29 April	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
Monday 21 April	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
Monday 7 April	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 30 April	Còmhraidh agus Òrain Gàidhlig (Online Gaelic Conversation & Songs) Online Gaelic Group with songs from Robert John MacInnes. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. Also available to book on Virtual Resource Centre. <i>Contact Diane</i>	2–3pm

Contact details for groups:

Kerry Mackay, Dementia Advisor
Email: kmackay@alzscot.org
Tel: 07717 527635

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711710
Mob: 07588 643659

Jess Carnegie, Community Activities
Organiser for Inverness
Email: jcarnegie@alzscot.org
Mob: 07823 556869
Tel: 01463 711707

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

You're receiving this 'What's On Guide' because you've asked to stay informed with our local updates—we're so glad to have you with us. If you ever decide you'd like to stop receiving these, just let us know, and we'll take care of it.

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>

