

What's on Western Isles!

MARCH 2025



Alzheimer Scotland
Action on Dementia

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 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 transportation options and if you would like more information about our service or any of the groups below.

- * **Ellie Donnelly (Dementia Advisor)** Tel: 07500762041 Email: edonnelly@alzscot.org
- * **Angela Macleod (Dementia Advisor)** Tel: 07584607581 Email: amacleod@alzscot.org

In Person Group		
Monday 3 rd March	<p>Carers Group Café Golf Club, Stornoway (Upstairs)</p> <p>Are you caring or supporting someone living with Dementia? Please come and join us, meet others and enjoy a cuppa in a supportive environment. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org. Please also speak to Angela if you struggle or can't attend this group due to your caring commitments to talk through available opportunities to support you.</p>	2pm - 4pm
Tuesday 4 th , 11 th and 25 th March	<p>Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway</p> <p>In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	5pm - 6pm
Thursday 6 th March	<p>"Sounds Familiar" Community Singing Group Stornoway High Church. Matheson Road</p> <p>Let's sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	2.30pm to 3.30pm
Friday 7 th March	<p>Reminiscence Group (Residents Only) Trust Housing, Matheson Road.</p> <p>For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.</p>	2pm – 3.30pm
Thursday 6 th , 13 th and 27 th March	<p>Healing Through Movement: Navigating Grief Together Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway</p>	5pm – 6pm

	<p>Join us for a free gentle movement class designed to support those affected by grief through the combination of gentle movement, breath work and guided mindfulness. Bring a mat or blanket. This is a new 4-week block starting Thursday 23rd January. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	
Wednesday 12th March	<p>Bragar Drop In Café (See below for details) Grinneabhat, Bragar If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	1.30pm – 3.30pm
Friday 14th March	<p>Football Memories Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP Please join us for a cuppa, chat, and Football Memories Quiz! For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.</p>	4.40pm – 5.40pm
Wednesday 19th March	<p>Tolsta Monthly Café Tigh Ceilidh, North Tolsta Please join us for a cuppa, chat and an activity! Please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607 for more information or to book a place for an activity.</p>	2pm – 3.30pm
Wednesday 19th March	<p>Walking Group Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk. All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p>	2pm – 3pm
Thursday 20th March	<p>Carers Group Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	1.30pm – 3.30pm

Tuesday 25th March	Walking Group Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk . All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org .	11am – 12pm
Tuesday 18th March	Kinloch Forget Me Not Café Come and join us for a cuppa and cake with live music from local musicians. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	2-4pm
Tuesday 26th March	Point Forget Me Not Café Kindly funded by Point and Sandwick Trust Come and join us for a cuppa and cake with live music from local musicians. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	2pm – 4pm

Online Groups

Can't make it to a group in person or want to join online instead?

We offer a range of online groups delivered by our local team in the Western Isles and from our colleagues across Scotland as well as other partner organisations. Please contact the person listed below in the activity description and they will send you the link to join.

Why not check out **Alzheimer Scotland Virtual Resource Centre (VRC)** which is an online space where all people across Scotland can access groups, activities, and information sessions all from the comfort of their own homes. Below we have included some of the groups being delivered through the VRC this month.

Find out more and see the latest VRC Whats on Guide at

www.alzscot.org/virtual-resource-centre-0

Every Tuesday	Online Worship with Rev. Roddy John Online via Microsoft Teams All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	10.15am – 10.30am
Every Friday	Online Ceilidh Online via Microsoft Teams Organised by our colleagues in West Highland, Join in 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! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	11am

Tuesday 11th March	Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date.	1.30pm – 2.30pm
Wednesday 19th March	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date.	3pm – 3.30pm
Thursday 27th March	Digital Musical Memories – Harris Online via Zoom Join us online for a singalong in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07500762041 or by email: info@wiccf.co.uk for the Zoom link and/or more information. Alternatively, Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the Zoom link and to confirm this month's date.	3pm – 4pm
Wednesday 19th March Virtual Resource Centre	Comhradh agus Oran Gaidhlig (Online Gaelic Conversations & Song) Online via Microsoft Teams Organised by our colleagues in West Highland, come along for chat in Gaelic and enjoy listening or singing along to some Gaelic songs with Margaret Nicolson. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the Booking link.	2pm – 3pm
Other Partner Organisation Events Across the Western Isles		
Every 3rd Monday of the Month	Seann Eolaich Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com	2pm – 4pm
Most Tuesdays	Western Isles Meeting Centre – Social Club Faillte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2pm – 4pm
Thursday 13th March	Eolas Carers Group - Western Isles Community Care Forum Faillte Centre, Stornoway, Isle of Lewis Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend.	2.30pm – 4pm

	Please contact the Western Isles Community Care Forum for more information on 01859 502 588	
Thursday 20th March	Eolas Carers Group - Western Isles Community Care Forum Harris Hotel, Tarbert Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588	2.30pm – 4pm

Other News

Friday 7th March 7.30pm for 8pm Start	Quiz Night & Raffle Lewis & Harris Rangers Supporters Club Teams of 4: £20 at the door There will be a raffle held on the night with some great prizes as in previous years! For more information please contact Karen Markey on karenmarkey15@gmail.com
6th March from 2pm – 3pm 12th March from 6pm – 7pm 25th March from 7pm – 8pm	Mental Welfare Commission Carer Themed Report Online Via Zoom The mental Welfare Commission would like to hear about your experiences of the contact and support you have had as a carer. They are holding three virtual events which you can join via Zoom with the aim to include the comments and feedback from these events in their Carer themed visit report that will be published in Summer 2025. If you would like to find out more about these events and for the zoom link, please contact Catriona on cmacritchie@alzscot.org or 01851 70 2123

WINTERING WELL – HELPFUL NUMBERS AND INFORMATION

Alzheimer Scotland Free Phone 24/7 Helpline	0808 808 3000 or email helpline@alzscot.org
Alzheimer Scotland National Dementia Advisor Service (M-F 9am – 5pm)	0300 373 5774 (charged at a local call rate) or email NDAS@alzscot.org
Comhairle nan Eilean Siar Social Work (9am - 5pm)	01851 822708
FAIRE - Comhairle nan Eilean Siar (Out of hours Service)	01851 701 702
Comhairle nan Eilean Siar Keep Safe, Keep Well Winter Campaign (with appendix list of more local contacts and services)	www.cne-siar.gov.uk/news/2024/keep-safe-keep-well-winter

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: WesternIsles@alzscot.org



Office and Dementia Resource Centre Open: Monday to Friday 10am – 4pm

Catriona MacRitchie
Commissioned Service Lead
 Tel: 07824 561305
cmacritchie@alzscot.org

Ellie Donnelly
Dementia Advisor
 Tel: 07500762041
edonnelly@alzscot.org

Angela Macleod
Dementia Advisor
 Tel: 07584607581
amacleod@alzscot.org

Donald MacInnes
CAO
 Tel: 07748 502607
dmacinnes@alzscot.org

Registered Day Care Service (SOLAS) – By Referral Only: Open Mon, Tues, Wed & Fri

We are very proud at Solas day centre to provide a place for people with dementia to feel safe, relaxed and supported, as well as a place to have fun. It provides invaluable peer-support, a chance to socialise with others, as well as providing opportunity to engage and take part in a variety of therapeutic activities, generating lots of fun and laughter.

If you, or anyone you know, has been diagnosed with dementia and would be interested in coming along to our day centre, get in touch with one of the team on the details below for more information including arranging a taster session or email westernisles@alzscot.org.

Maureen Macleod
Daycare Organiser
 Tel: 01851 706767
mmacleod@alzscot.org

Christine Macleod
Daycare Organiser
 Tel: 01851 70676
christinemacleod@alzscot.org

You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising>