

What's on in Inverness, Nairn, Badenoch & Strathspey

October 2018



Inverness Dementia Resource Centre, Unit 2, Strothers Lane, Inverness, IV1 1LR

Mon 1 Oct	<p>Knit and natter Inverness Dementia Resource Centre. bring along your knitting and have a chat at the same time. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	2.00pm- 3.30pm
Wed 3 Oct	<p>Bacon Butty morning Inverness Dementia Resource Centre. a chance to come along for a bite to eat and have a chat. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	10.30am- 11.30am
	<p>Carers INC Aviemore The group is held in the Lounge Room of the Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	2.30pm- 4.00pm
Mon 8 Oct	<p>Highland Dementia Working Group Highland Dementia Working Group. Inverness Dementia Resource Centre. People living with dementia are invited to join others in a similar situation. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	10.30am- 1.00pm
Tues 9 Oct	<p>Inverness Football Memories Group Inverness Dementia Resource Centre. Contact Kenny Wright on kwright@alzscot.org or Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	2.00pm- 3.30pm
	<p>WAGs Carer Support Group Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	2.00pm- 3.30pm
Thurs 11 Oct	<p>Carers community fayre Carers community fayre at the Dementia Resource Centre. The opportunity to drop in and find out what's available in your local community. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	2.00pm- 4.00pm
Mon 15 Oct	<p>Relaxation Inverness Dementia Resource Centre. A chance to take some time out and do some guided relaxation. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	2.00pm- 3.30pm
Tues 16 Oct	<p>Forest Activity Group Glenmore, Near Aviemore. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141 or Kenny Wright on kwright@alzscot.org or 07788 286254.</p>	1.00pm- 3.00pm
	<p>Games afternoon Inverness Dementia Resource Centre. board games, dominoes, cards etc. Contact Karen Ingram on kingram@alzscot.org or 07585 669654</p>	2.00pm- 3.30pm

<p>Wed 17 Oct</p>	<p>Arts and crafts Inverness Dementia Resource Centre. bring along your own projects to work on or there will be some activities provided. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	<p>2.00pm- 4.00pm</p>
<p>Thurs 18 Oct</p>	<p>D-caff Around the World dementia café. Inverness Dementia Resource Centre. This month we will be focussing on Austria. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	<p>1.00pm- 3.00pm</p>
	<p>Nairn Carer Support Group The Little Theatre, Nairn. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	<p>2.00pm- 4.00pm</p>
<p>Fri 26 Oct</p>	<p>Carers INC Inverness Inverness Dementia Resource Centre. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141</p>	<p>1.00pm- 3.00pm</p>
	<p>Inverness Supper Club An informal get together over dinner on a Friday night for people with dementia, families and friends. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	<p>6.00pm- 8.00pm</p>
<p>Tue 30 Oct</p>	<p>Dementia Resource Centre Open day come along and have a look around our newly refurbished centre where you can enjoy a light refreshment of teas, coffees and snacks. Contact Lilian Daly on 01463 711707 for more information.</p>	<p>11.00am- 3.00pm</p>

For further details please contact:

Gillian Council on 07795 257141 or GCouncil@Alzscot.org

Karen Ingram on 07585 669654 or kingram@alzscot.org

Kenny Wright on kwright@alzscot.org



24 HOUR  **Alzheimer
Scotland**
Action on Dementia

**Dementia
Helpline**

Freephone 0808 808 3000
Email helpline@alzscot.org

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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely