

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

November 2018



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

<p>Fri 2 Nov</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>
<p>Sat 3 Nov</p>	<p>Quiz Night Innes Bar. Maximum 5 people per team. Tickets cost £5 per person. Contact Megan for more details or to buy tickets on 07796 673130 or email MRobertson@alzscot.org</p>	<p>8.00pm-</p>
<p>Wed 7 Nov</p>	<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>	<p>2.30pm- 4.00pm</p>
<p>Mon 12 Nov</p>	<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>	<p>10.30am- 1.00pm</p>
<p>Tues 13 Nov</p>	<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>	<p>2.00pm- 4.00pm</p>
	<p>WAGs Carer Support Group Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	<p>2.00pm- 4.00pm</p>
<p>Thurs 15 Nov</p>	<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>	<p>2.00pm- 3.30pm</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>Tues 20 Nov</p>	<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>	<p>11.00am- 3.00pm</p>
<p>Wed 21 Nov</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 22 Nov</p>	<p>D-caff Around the World dementia café. Inverness Dementia Resource Centre. This month we will be focussing on Scotland. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	<p>1.00pm- 3.00pm</p>
<p>Mon 26 Nov</p>	<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>	<p>10.30am- 11.30am</p>
	<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>	<p>2.00pm- 3.30pm</p>
<p>Fri 30 Nov</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>

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