

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

December 2018



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

Tues 4 December	<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>	2.30pm- 3.30pm
Wed 5 December	<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
Thurs 6 December	<p>Carol singing Come along for a festive sing song. Tea, coffee and mince pies will be served. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	2.00pm- 3.30pm
Mon 10 December	<p>Highland Dementia Working Group 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 11 December	<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- 4.00pm
Thurs 13 December	<p>Nairn Carer Support Group The Little Theatre, Nairn. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	2.00pm- 4.00pm
	<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>	2.00pm- 4.00pm
Fri 14 December	<p>Christmas movie afternoon Mince pies and non-alcoholic mulled wine will be served. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	2.00pm

<p>Mon 17 December</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>Tues 18 December</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>Thurs 20 December</p>	<p>D-caff Around the World dementia café. Inverness Dementia Resource Centre. This month we will be celebrating Christmas Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	<p>1.00pm– 3.00pm</p>
	<p>Christmas Dance Inverness Dementia Resource Centre. Stay after the D-caff and let your hair down with a wee Christmas party dance. Contact Karen Ingram on kingram@alzscot.org or 07585 669654.</p>	<p>3.00pm– 5.00pm</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

Dementia Helpline

Alzheimer Scotland
Action on Dementia

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