

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

February 2019



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

<p>Mon 4 February</p>	<p>Relaxation Inverness Dementia Resource Centre. A chance to take some time out and do some guided relaxation. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	<p>2pm- 3pm</p>
<p>Wed 6 February</p>	<p>Bacon Butty morning Inverness Dementia Resource Centre. A chance to come along for a bite to eat and have a chat. Suggested donation £1. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	<p>10.30am- 11.30am</p>
	<p>Carers Inc Support Group- Aviemore Lounge Room of Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR. Carers support group. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	<p>2.30pm- 4pm</p>
<p>Tues 12 February</p>	<p>Football memories Inverness Dementia Resource Centre. A football reminiscence group for those with memory problems. Join us and share your favourite football memories as a player or a fan. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	<p>2pm- 3.30pm</p>
	<p>WAGS Inverness Dementia Resource Centre. Carers support group that meets at the same time but in a separate room. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.</p>	<p>2pm- 3.30pm</p>
<p>Thurs 14 February</p>	<p>D-caff: Soup and bread lunch Inverness Dementia Resource Centre. D-caff gives you a chance to meet others dealing with the same experiences as you and offer support and information in a relaxed café environment. Suggested donation £2. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	<p>12pm- 2pm</p>
<p>Mon 18 February</p>	<p>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- 1pm</p>
<p>Tues 19 February</p>	<p>Forest Activity Group Glenmore, Near Aviemore. Please contact Gillian Council to book a place on gcouncil@alzscot.org or 07795 257141.</p>	<p>11am- 2pm</p>
	<p>Games afternoon Inverness Dementia Resource Centre. A selection of games will be on offer, for example, board games, cards, dominoes, magnetic darts etc. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	<p>2pm- 3.30pm</p>

Wed 20 February	*NEW* Talk Spot- Deaf Services Inverness Dementia Resource Centre. We are planning to organise a monthly “talk spot” where we invite external speakers to come along. This month we are welcoming Lynda from Deaf Services.	2pm
Thurs 21 February	*NEW* Try something different- Creative Writing Inverness Dementia Resource Centre. A chance to come and express yourself. This is suitable for all abilities. Contact Karen Black on karenblack@alzscot.org or 07585 669654.	2pm- 3.30pm
Fri 22 February	Carers Inc Inverness Dementia Resource Centre. Carers support group. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.	1pm-3pm
	Supper Club An informal get together over dinner on a Friday night for people with dementia, families and friends. Contact Gillian for location details on gcouncil@alzscot.org or 07795 257141.	6pm- 8pm
Mon 25 February	Arts and Crafts Inverness Dementia Resource Centre. Bring along your own projects to work on or there will be some activities provided Contact Karen Black on karenblack@alzscot.org or 07585 669654.	2pm- 3.30pm
Wed 27 February	Baking group Inverness Dementia Resource Centre. A chance to come along and do some baking which will be served at the D-caff the next day. Contact Karen Black on karenblack@alzscot.org or 07585 669654.	2pm
Thurs 28 February	D-caff, Around the World Dementia Café Inverness Dementia Resource Centre. This month we will be visiting New Zealand. Contact Karen Black on karenblack@alzscot.org or 07585 669654.	1pm-3pm

For further details please contact:

Gillian Council on 07795 257141 or GCouncil@Alzscot.org
 Karen Black on 07585 669654 or karenblack@alzscot.org
 Kenny Wright on kwright@alzscot.org

All our groups are free to attend however we are grateful for any donations to allow us to continue providing these activities.



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

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