

# What's on in Inverness, Nairn, Badenoch & Strathspey March 2019

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



Tues 5 March	<p><b>*NEW* Try something different – House of Memories App</b> Inverness Dementia Resource Centre. We will be using the “House of Memories” app for reminiscence. The app has recently launched a new Highland version. Contact Karen Black on karenblack@alzscot.org or 07585 669654.</p>	2pm-3pm
Wed 6 March	<p><b>Carers Inc Support Group – Aviemore</b> 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>	2.30pm-4pm
Mon 11 March	<p><b>Highland Dementia Working Group</b> 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-1pm
Tues 12 March	<p><b>Football memories</b> 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 Kenny Wright on KWright@alzscot.org or 07788 286254 or Karen Black on KarenBlack@alzscot.org or 07585 669654.</p>	2pm-3.30pm
	<p><b>WAGS</b> 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>	2pm-3.30pm
Thurs 14 March	<p><b>D-caff: Soup and bread lunch</b> 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>	12pm-2pm
Mon 18 March	<p><b>*NEW* Talk Spot – RSPB</b> 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 Dan from RSPB. All family and friends welcome to come along.</p>	2pm
Tues 19 March	<p><b>Forest Activity Group</b> Glenmore, Near Aviemore. Please contact Gillian Council to book a place on gcouncil@alzscot.org or 07795 257141.</p>	11am-2pm
Wed 20 March	<p><b>Bacon Butty Morning</b> 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>	10.30am-11.30am

Thurs 21 March	<b>Arts and Crafts</b> 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
Sat 23 March	<b>Zip Slide Challenge - Aviemore</b> Aviemore Zip-Trek Park, Alvie Estate. £15 event fee plus pledge to raise a minimum sponsorship of £100. For more information contact Megan Robertson, Community Fundraiser on 01463 516005 or email mrobertson@alzscot.org	
Tues 26 March	<b>Relaxation</b> 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.	2pm- 3pm
Wed 27 March	<b>Baking group</b> 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 March	<b>D-caff, Around the World Dementia Café</b> Inverness Dementia Resource Centre. D-caff, Around the World Dementia Café. This month we'll be visiting Ireland. Contact Karen Black on karenblack@alzscot.org or 07585 669654.	1pm-3pm
Fri 29 March	<b>Carers Inc</b> Inverness Dementia Resource Centre. Carers support group. Contact Gillian Council on gcouncil@alzscot.org or 07795 257141.	1pm-3pm
	<b>Supper Club</b> An informal get together over dinner on a Friday night for people with dementia, families and friends. Contact Gillian Council for venue details on gcouncil@alzscot.org or 07795 257141.	6pm- 8pm

**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

If you would like to receive a copy of our what's on by email every month, please contact Karen

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



**24 HOUR**  
 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