

Thurs 25
1pm-3pm

D-caff, Around the World Dementia Café

Inverness Dementia Resource Centre. This month we will be visiting Greece. Please contact Karen for more information.

Fri 26
1-3pm

Carers Inc

Carers support group. Please contact Gillian for more information.

6-8pm

Supper Club

An informal get together over dinner on a Friday night for people with dementia, families and friends. Please contact Gillian for more information.

Mon 29
2pm-4pm

Technology class

Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen for more information.

Tues 30
2pm-
3.30pm

***NEW* Try something different- Flower Arranging**

Inverness Dementia Resource Centre. As part of national gardening week, we will try some flower arranging. Please contact Karen for more information.

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

For further details please contact:

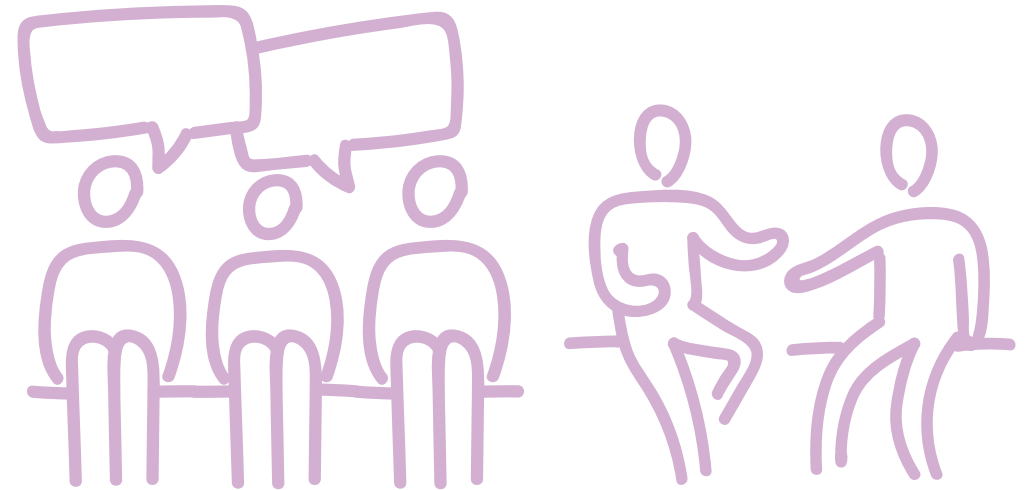
Gillian Councill on 07795 257141 or GCouncill@Alzscot.org

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

Whats on in Inverness, Nairn, Badenoch & Strathspey April 2019



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.



24 HOUR
Dementia Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org

Mon 1 2pm-4pm	Technology class Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen for more information.
Wed 3 10.30am-11.30am	Bacon Butty Morning Inverness Dementia Resource Centre. A chance to come along for a bite to eat and have a chat. Suggested donation £1. Please contact Karen for more information.
2.30-4pm	Carers Inc Support Group- Aviemore Carers support group. Lounge Room of Youth Hostel, Aviemore. Please contact Gillian for more information.
Thurs 4 2pm-3.30pm	Arts and Crafts Inverness Dementia Resource Centre. Either bring along your own project or an activity will be available. This month we are looking at memories from photographs, if you'd like to bring along a photograph that means something to you, we will make something from it. Please contact Karen for more information.
Mon 8 2pm-4pm	Technology class Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen for more information.
Tues 9 2pm-3.30pm	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. Please contact Kenny or Karen for more information.
	WAGS Inverness Dementia Resource Centre. Carers support group that meets at the same time but in a separate room. Please contact Gillian for more information.
Wed 10 2pm	Talk Spot- U3A (University of the third age) Inverness Dementia Resource Centre. We have a monthly "talk spot" with external speakers. This month we are welcoming U3A. All family and friends welcome to come along. Please contact Karen for more information.

Thurs 11 12pm-2pm	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. Please contact Karen for more information.
Mon 15 10.30am-1pm	Highland Dementia Working Group Inverness Dementia Resource Centre. People living with dementia are invited to join others in a similar situation. Please contact Gillian for more information.
Mon 15 2pm-4pm	Technology class Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen for more information.
Tues 16 2pm	Movie afternoon then fish and chips Inverness Dementia Resource Centre. Come along and watch a movie, then we will order in fish and chips to eat together (there will be a small charge for the fish and chips). Please contact Karen for more information.
Thurs 18 10am-12pm	Easter Coffee Morning Inverness Dementia Resource Centre. Join us for coffee and cake and some fun Easter activities. Suggested donation £2. Please contact Karen for more information.
Mon 22 2pm-4pm	Technology class Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen for more information.
Tues 23 11am-2pm	Forest Activity Group Glenmore, Near Aviemore. Please contact Gillian for more information.
Wed 24 2pm	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. Please contact Karen for more information.

All contact details are on the back page of this leaflet