

# Whats on in Inverness, Nairn, Badenoch & Strathspey

June 2019



<p><b>Mon 24</b> 2pm - 3.30pm</p>	<p><b>Arts and Crafts</b> Inverness Dementia Resource Centre. Either bring along your own project to work on or an activity will be available. This month we are looking at memories from photographs, so 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.</p>
<p><b>Tues 25</b> 2pm</p>	<p><b>Talk Spot- Telecare</b> Inverness Dementia Resource Centre. We have a monthly "talk spot" where we invite external speakers to come along. This month we are finding out about telecare and how this can support people in their home. All family and friends welcome to come along. Please contact Karen for more information.</p>
<p><b>Wed 26</b> 2pm</p>	<p><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. Please contact Karen for more information.</p>
<p><b>Thurs 27</b> 1pm-3pm</p>	<p><b>D-caff: Around the World Dementia Café</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. This month we will be visiting USA. Suggested donation £2. Please contact Karen for more information.</p>
<p><b>Fri 28</b> 1pm-3pm  6pm-8pm</p>	<p><b>Carers Inc</b> Inverness Dementia Resource Centre. Carers support group. Please contact Gillian for more information.</p> <hr/> <p><b>Supper Club</b> Inverness Dementia Resource Centre. An informal get together over dinner on a Friday night for people with dementia, families and friends. Please contact Gillian for more information.</p>

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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**For further details please contact:**

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

Mon 3 1pm-3pm	<b>Bacon Butty Afternoon</b> Inverness Dementia Resource Centre. A chance to come along for a bite to eat and have a chat. Suggested donation £1. Please contact Gillian or Lilian for more information.
Wed 5 10am-12noon	<b>Cognitive Stimulation Therapy</b> Inverness Dementia Resource Centre. Places for these classes must be booked. Please contact Karen or Gillian for more information.
2.30pm-4pm	<b>Carers Inc Support Group- Aviemore</b> Carers support group. Lounge Room of Youth Hostel 25 Grampian Road, Aviemore, PH22 1PR. Please contact Gillian for more information.
10am-12noon	<b>Coffee Morning</b> Nairn Community Centre. Tea, coffee and cakes and find out about what Alzheimer Scotland offers in Nairn. Everyone welcome. Please contact Dorah for more information.
Thurs 6 2pm- 4pm	<b>Afternoon Dance</b> Inverness Dementia Resource Centre. Dust off your dancing shoes and join us for a wee ceilidh with a live band. Please contact Karen for more information.
Fri 7 10am - 4pm	<b>Information Stall</b> Falcon Square, Inverness. Come along to our stall in Falcon Square to find out more about Alzheimer Scotland and how we can support you. Please contact Wendy for more information.
11am-3pm	<b>Open Day</b> Inverness Dementia Resource Centre. A chance to have a look around our dementia resource centre and meet members of the team. Please contact Lilian for more information.
Mon 10 10.30am - 1pm	<b>Highland Dementia Working Group</b> Inverness Dementia Resource Centre. People living with dementia are invited to join others in a similar situation. Please contact Gillian for more information.
Tues 11 2pm - 3.30pm	<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. Please contact Kenny or Karen for more information.

Tues 11 2pm - 3.30pm	<b>WAGS</b> 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 12 10am - 12noon	<b>Cognitive Stimulation Therapy</b> Inverness Dementia Resource Centre. A 6 week course for people with dementia, focussing on mental stimulation, getting people's minds active and engaged. Places for these classes must be booked. Please contact Karen or Gillian for more information
Thurs 13 12 noon - 2pm	<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. Please contact Karen for more information.
Mon 17 2pm-3pm	<b>Relaxation</b> Inverness Dementia Resource Centre. A chance to take some time out and do some guided relaxation. Please contact Karen for more information.
Tues 18 11am - 2pm	<b>Forest Activity Group</b> Glenmore, near Aviemore. Please contact us to book a place. Please contact Gillian or Kenny for more information.
Wed 19 10am - 12 noon	<b>Cognitive Stimulation Therapy</b> Inverness Dementia Resource Centre. A 6 week course for people with dementia, focussing on mental stimulation, getting people's minds active and engaged. Places for these classes must be booked. Please contact Karen or Gillian for more information.
1.30pm	<b>Movie afternoon then Fish and Chips</b> 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 20 10.30am - 11.30am	<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. Please contact Karen for more information.