

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

For further details please contact:

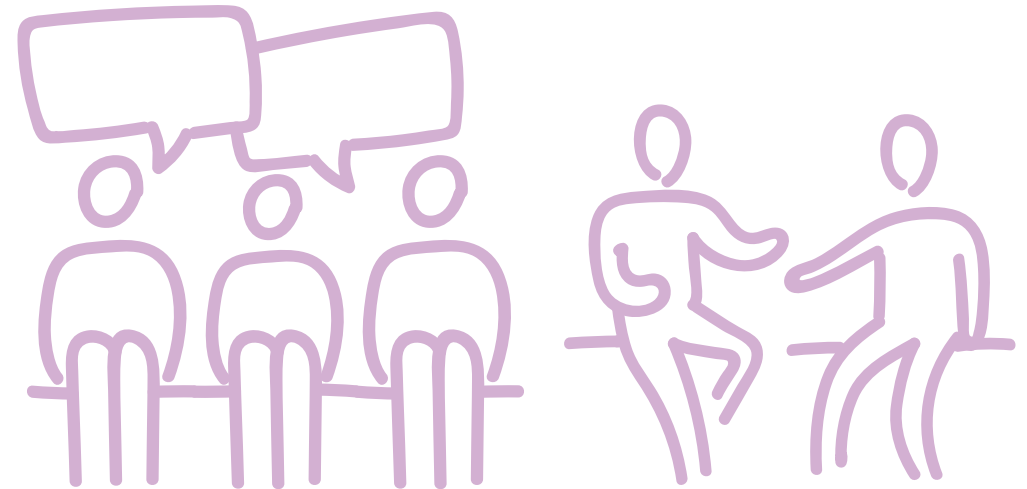
Gillian Councill on 07795 257141 or GCouncill@Alzscot.org

Karen Black on 07585 669654 or karenblack@alzscot.org

Kenny Wright on kwright@alzscot.org



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.



Wed 3 10.30– 11.30am	Bacon Butty Morning Inverness DRC. 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 Lounge Room of Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR. Carers support group. Please contact Gillian for more information.
Thurs 4 2pm	Talk Spot– Highland Print Studio Inverness DRC. We have a monthly “talk spot” where we invite external speakers to come along. This month we are hearing from the Highland Print Studio. All family and friends welcome to come along. Please contact Karen for more information.
Mon 8 10.30am– 1pm	Highland Dementia Working Group Inverness DRC. People living with dementia are invited to join others in a similar situation. Please contact Gillian for more information.
Tues 9 2–3.30pm	Football memories Inverness DRC. 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 for more information
2–3.30pm	WAGS Inverness DRC. Carers support group that meets at the same time but in a separate room. Please contact Gillian for more information.
Wed 10 10–11.30am	Try something different– Mastermind Inverness DRC. Activities focussing on mental stimulation, getting people’s minds active and engaged. Please contact Karen for more information.
Thurs 11 12pm–2pm	D-caff: Soup and bread lunch Inverness DRC. 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 2–3pm	Relaxation Inverness DRC. A chance to take some time out and do some guided relaxation. Please contact Karen for more information.
Wed 17 2–3.30pm	Arts and Crafts Inverness DRC. Either bring along your own project to work on or an activity will be available. Please contact Karen for more information.
Tues 23 11am–2pm	Forest Activity Group Glenmore, Near Aviemore. Please contact Gillian to book a place or for more information.
Wed 24 2pm	Baking group Inverness DRC. 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.
Thurs 25 1–3pm	D-caff, Around the World Dementia Café Inverness DRC. 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 Croatia. Suggested donation £2. Please contact Karen for more information.
Fri 26 1–3pm	Carers Inc Inverness DRC. 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 location details or more information.
Wed 31 10.30am	Cycling without age Inverness DRC. Cycling without age helps older people get back on a bike. Come along and have a chance to ride on the front of a trishaw. Please contact Karen for more information.