

Tues 22 Oct 2pm-4pm	<b>Try something different: Playlist for Life</b> A chance to come along and find out more about Playlist for Life, using music to evoke memories, prompt conversations and strengthen relationships. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Thurs 24 Oct 1.45pm	<b>Cycling Without Age</b> Cycling without age helps older people get back on a bike. Come along and have a chance to ride on a trishaw. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Fri 25 Oct 1pm-3pm	<b>Carers Inc</b> Carers support group. Inverness Dementia Resource Centre <b>Please contact Gillian for more information.</b>
Tues 29 Oct 10.45am	<b>Health walk</b> With the support of Partnerships for Wellbeing we will meet at the DRC and go for a walk together. We expect to return to the DRC around 2pm but this will depend on the walk. Inverness Dementia Resource Centre <b>Please contact Karen or Gillian for more information.</b>
Tues 29 Oct 2.30pm	<b>Baking group</b> A chance to come along and do some baking which will be served at the D-caff the next day. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Thurs 31 Oct 10am-12pm	<b>Live Well- Carers information morning</b> Come along to meet representatives from local agencies and find out what support is available to you. It is aimed at people who are supporting a spouse, friend or family member living at home in the early to mid stages of dementia. Inverness Dementia Resource Centre <b>Please contact Gillian for more information.</b>
Thurs 31 Oct 1pm-3pm	<b>D-caff, Around the World Dementia Café</b> 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 Spain. Suggested donation £2. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>

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.



# Whats on in Inverness, Nairn, Badenoch & Strathspey October 2019

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



**For further details please contact:**

Gillian Council on 07795 257141 or [GCouncil@Alzscot.org](mailto:GCouncil@Alzscot.org)  
Karen Black on 07585 669654 or [karenblack@alzscot.org](mailto:karenblack@alzscot.org)  
Kenny Wright on [kwright@alzscot.org](mailto:kwright@alzscot.org)  
Michael Parkes on 07919 927646 or [MParkes@alzscot.org](mailto:MParkes@alzscot.org)

Wed 2 Oct 10.30am- 11.30am	<b>Bacon Butty Morning</b> A chance to come along for a bite to eat and have a chat. Suggested donation £1. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>	Tues 8 Oct 2pm-3.30pm	<b>WAGS</b> Carers support group that meets at the same time as the football memories group but in a separate room. Inverness Dementia Resource Centre. <b>Please contact Gillian for more information.</b>
Wed 2 Oct 2pm-3.30pm	<b>Games afternoon</b> A selection of games will be available to choose from. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>	Wed 9 Oct 10am-11.30am	<b>Mastermind</b> Activities focussing on mental stimulation, getting people's minds active and engaged. Inverness Dementia Resource Centre. <b>Please contact Karen for more information.</b>
Wed 2 Oct 2.30pm-4pm	<b>Carers Inc Support Group- Aviemore</b> Carers support group. Lounge Room of Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR <b>Please contact Gillian for more information.</b>	Thurs 10 Oct 12pm-2pm	<b>D-caff: Soup and bread lunch</b> 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. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Thurs 3 Oct 2pm-3pm	<b>Relaxation</b> A chance to take some time out and do some guided relaxation. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>	Mon 14 Oct 10.30am-1pm	<b>Highland Dementia Working Group</b> People living with dementia are invited to join others in a similar situation. Inverness Dementia Resource Centre. <b>Please contact Gillian for more information.</b>
Sat 5 Oct 12pm-2.30pm	<b>Woodlands soup and pudding lunch fundraiser</b> Come along and join us for a bowl of homemade soup and a delicious pudding and help us raise funds at the same time. Raffle and tombola, baking and craft stalls. Entrance £4.50. Woodlands, 23a Culduthel Road, Inverness <b>Please contact South Highland Services on 01463 713424 or email SouthHighland@alzscot.org</b>	Mon 14 Oct 2pm-4pm	<b>Technology class</b> For those who previously attended our technology class earlier this year, a chance to come along and ask any questions and go over what was learned. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Mon 7 Oct 2pm-4pm	<b>Technology class</b> For those who previously attended our technology class earlier this year, a chance to come along and ask any questions and go over what was learned. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>	Wed 16 Oct 1.30pm	<b>Movie afternoon then Fish and Chips</b> 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). Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Tues 8 Oct 10.45am	<b>Health walk</b> With the support of Partnerships for Wellbeing we will meet at the DRC and go for a walk together. We expect to return to the DRC around 1pm but this will depend on the walk. Inverness Dementia Resource Centre. <b>Please contact Karen or Gillian for more information.</b>	Thurs 17 Oct 2pm	<b>Talk Spot- Home Energy Scotland</b> We have a monthly "talk spot" where we invite external speakers to come along. This month we are hearing from Home Energy Scotland. All family and friends welcome to come along. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
Tues 8 Oct 2pm-3.30pm	<b>Football memories</b> A football reminiscence group for those with memory problems. Join us and share your favourite football memories as a player or a fan. Inverness Dementia Resource Centre. <b>Please contact Karen for more information.</b>	Mon 21 Oct 2pm-3.30pm	<b>Arts and Crafts</b> Either bring along your own project to work on or an activity will be available. Inverness Dementia Resource Centre <b>Please contact Karen for more information.</b>
		Tues 22 Oct 11am-2pm	<b>Tipi Project</b> Please contact us to book a place. Glenmore, Near Aviemore <b>Please contact Gillian or Kenny for more information.</b>