

Tues 24 Sept
10.45am

Health walk

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.

Please contact Karen or Gillian for more information.

Wed 25 Sept
2pm

Baking group

A chance to come along and do some baking which will be served at the D-caff the next day.
Inverness Dementia Resource Centre

Please contact Karen for more information.

Thurs 26 Sept
1pm-3.30pm

D-caff, Around the World Dementia Café

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 Turkey. As it is BBC music day, there will be a sing along with Jim and his guitar from 2.30-3.30pm. Suggested donation £2.

Inverness Dementia Resource Centre

Please contact Karen for more information.

Fri 27 Sept
1pm-3pm

Carers Inc

Carers support group. Inverness Dementia Resource Centre

Please contact Gillian for more information.

Fri 27 Sept
6pm-8pm

Supper Club

An informal get together over dinner on a Friday night for people with dementia, families and friends.

Contact Gillian for more information and location details

Mon 30 Sept
2pm-4pm

Technology class

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

Please contact Karen for more information.

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.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315



Whats on in Inverness, Nairn, Badenoch & Strathspey September 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
Karen Black on 07585 669654 or karenblack@alzscot.org
Kenny Wright on kwright@alzscot.org
Michael Parkes on 07919 927646 or MParkes@alzscot.org

Sun 1 Sept 1pm	<p>Memory Walk We hope you're excited for the Inverness Memory Walk 2019 as much as we are! The walk starts at Whin Park then takes a gentle stroll out and back along the beautiful Caledonian Canal. You can sign up on the day from 12noon. If you'd like to volunteer, please get in touch with Jules Goodwin on 07769 366228 or email JGoodwin@alzscot.org, we'd love to have you along</p>	Wed 11 Sept 10am-11.30am	<p>Mastermind Activities focussing on mental stimulation, getting people's minds active and engaged. Inverness Dementia Resource Centre. Please contact Karen for more information.</p>
Mon 2 Sept 2pm-3pm	<p>Relaxation A chance to take some time out and do some guided relaxation. Inverness Dementia Resource Centre Please contact Karen for more information.</p>	Thurs 12 Sept 12pm-2pm	<p>D-caff: Soup and bread lunch 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. Please contact Karen for more information.</p>
Wed 4 Sept 10.30am-11.30am	<p>Bacon Butty Morning A chance to come along for a bite to eat and have a chat. Suggested donation £1. Inverness Dementia Resource Centre Please contact Karen for more information.</p>	Fri 13 Sept 2pm-3.30pm	<p>Arts and Crafts Either bring along your own project to work on or an activity will be available. Inverness Dementia Resource Centre. Please contact Karen for more information.</p>
Wed 4 Sept 2.30pm-4pm	<p>Carers Inc Support Group- Aviemore Carers support group. Lounge Room of Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR Please contact Gillian for more information.</p>	Fri 13 Sept 3pm-8pm	<p>Dementia Friends Tour The Dementia Friends Tour will visit Kinraig and there will be 2 dementia friends sessions: 3-4pm and 7-8pm. The memory bus will be there before and after the sessions for people to visit to get more information and chat to Gillian our local Dementia Advisor. Kinraig Community Centre Please contact Gillian for more information.</p>
Mon 9 Sept 10.30am-1pm	<p>Highland Dementia Working Group People living with dementia are invited to join others in a similar situation. Inverness Dementia Resource Centre Please contact Gillian for more information.</p>	Mon 16 Sept 2pm-3.30pm	<p>Games afternoon A selection of games will be available to choose from. Inverness Dementia Resource Centre. Please contact Karen for more information.</p>
Tues 10 Sept 10.45am	<p>Health walk 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 Please contact Karen or Gillian for more information.</p>	Tues 17 Sept 11am-2pm	<p>Tipi Project Please contact us to book a place. Glenmore. Near Aviemore Please contact Gillian or Kenny for more information.</p>
Tues 10 Sept 2pm-3.30pm	<p>Football memories 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 Please contact Karen for more information.</p>	Wed 18 Sept 2pm	<p>Talk Spot- Izzie Macdonald We have a monthly "talk spot" where we invite external speakers to come along. This month we are hearing from Izzie Macdonald about recycling. All family and friends welcome to come along. Inverness Dementia Resource Centre Please contact Karen for more information.</p>
Tues 10 Sept 2pm-3.30pm	<p>WAGS Carers support group that meets at the same time as Football memories but in a separate room. Inverness Dementia Resource Centre. Please contact Gillian for more information.</p>	Mon 23 Sept 2pm-4pm	<p>Technology class 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 Please contact Karen for more information.</p>