

Help and support is available at other times too so if you need to speak to someone about dementia, please get in touch on 01349 808 650 (Dingwall), 01862 894 276 (Tain) or call the 24 hour Dementia Helpline 0808 808 3000.

Get in touch:

**Amanda Hay, Dementia Link Worker**

Easter Ross Community Mental Health Team

**Tel:** 01349 853 636 **Mobile:** 07584 010 815

**Email:** AHay@Alzscot.org

**Hayley Lyons, Dementia Advisor**

Dingwall Dementia Resource Centre,

Athole Court, Dingwall, IV15 9SH

**Tel:** 01349808653 **Mobile:** 07554 408 479

**Email:** HLyons@alzscot.org

**Frances Mackay, Dementia Link Worker**

Community Mental Health Team for Older Adults,

Lawson Memorial Hospital

**Tel:** 01408 664 087 **Mobile:** 07826 879 269

**Email:** FMackay@alzscot.org

**Gail Goller, Locality Leader**

Tain Dementia Resource Centre

Victoria Road, Tain, IV19 1AU

**Tel:** 01862 894276 **Mobile:** 07970 784950

**Email:** GGoller@alzscot.org



**24 HOUR**  
**Dementia Helpline**  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)

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Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends.

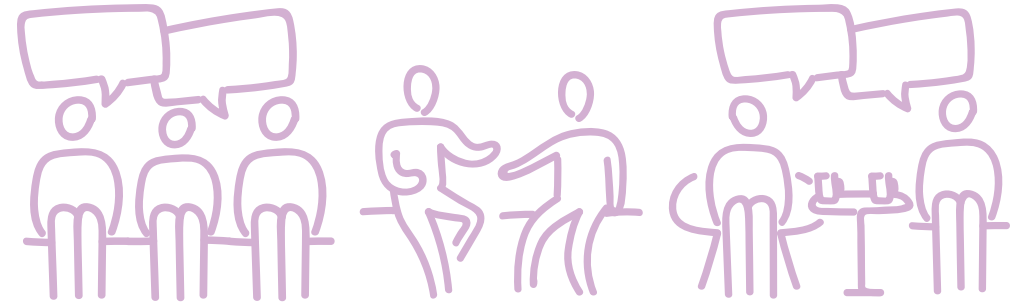
All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them.

We don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.



# Ross-Shire and Sutherland Services

## Diary of Events for December 2019



Making sure nobody faces dementia alone.

Tues 3 Dec 11am-1pm	<p><b>Kinlochbervie Café</b> If you are living with Dementia or caring for somebody with Dementia then please join us for a cuppa and an opportunity to make new friends. Ceilidh House, Kinlochbervie, Sutherland, IV27 4RP <b>Please get in touch with Frances Mackay*</b></p>
Thurs 5 Dec 1pm-2.30pm	<p><b>Choir</b> If you are living with dementia or caring for someone with dementia and enjoy singing then please join our Choir session. Tain Dementia Recource Centre, Victoria Road, IV19 1AU <b>Please get in touch with Frances Mackay*</b></p>
Mon 9 Dec 2pm-4pm	<p><b>Lochinver Café</b> If you are living with Dementia or caring for somebody with Dementia then please join us for a cuppa and an opportunity to make new friends. Drop in Centre, Main Street, Lochinver, <b>Please get in touch with Frances Mackay*</b></p>
Thurs 12 Dec 10.30am-12pm	<p><b>Dornoch Café</b> If you are living with Dementia or caring for somebody with Dementia then please join us for a cuppa and an opportunity to make new friends. Dornoch Free Church, Church Street, Dornoch, IV25 3LP <b>Please get in touch with Hayley Lyons*</b></p>
Wed 18 Dec 12pm-2.30pm	<p><b>Alness Interest Group</b> Christmas outing, please contact Amanda Hay if you wish to attend. Capstone Centre, Obsdale Road, Alness <b>Please get in touch with Amanda Hay*</b></p>



Thurs 19 Dec 10.30am-12pm	<p><b>Dornoch Carers/Golf Memories</b> Come and join us at the Royal Dornoch Golf Club to talk all things golf related and relive all of Dornoch's golfing memories with friends over a cup of tea. There will be a Carers support group running at the same time in the golf club so if you're caring for someone with dementia then please join us for a cup of tea and a chat. Royal Dornoch Golf Club IV25 3LW <b>Please get in touch with Hayley Lyons*</b></p>
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**\*Please find all contact details are on the back page**