

These are dementia friendly activities organised by Alzheimer Scotland. We can also put you in touch with other dementia inclusive activities that we know of in your local area. If you want more information about any of our groups or other events in your area, please contact:

Diane Smith, Community Activities Organiser
Email: dianesmith@alzscot.org

Mags McGlynn, Dementia Link Worker
Email: mmcglynn@alzscot.org

Phone: 01478 613450



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 those unable to do so should come with a companion who can provide any support for them and share the experiences of the group.

We are unable to provide transport for these groups; therefore, it is your responsibility to get to and from this community activity, safely. We look forward to seeing you.



Skye & Lochalsh

Diary of Events December 2019



Alzheimer Scotland
Skye & Lochalsh Services, Tigh na Drochaid,
Bridge Road, Portree, Isle of Skye, IV51 9ER
Tel: 01478 613450

Welcome to the Diary of Events for December 2019.

It's the last month of the year and Christmas is fast approaching. Join us for a Christmas Musical Tea at the Rag Tag cabin in Broadford on Tuesday 3rd December. We'll be reminiscing about Christmas past and our favourite Christmas songs and carols over a cuppa and some festive snacks.

On Wednesday 4th, we are having our first ever Drop In Café in Aird Ferry Resource Centre, Dornie. Please come and join us and the Aird Ferry Day care for a cuppa, a chat and the chance to ask questions and get information and advice about dementia and about our services.

Knit and Natter will be on again in Tigh Na Drochaid on Wednesday the 11th of November—bring along your knitting our have ago at making a pom pom or a square for charity or try some machine knitting..

We also have our regular Drop In Cafes in Portree on Thursday 21st, and Dunvegan on Thursday 12th December. All welcome to drop in for a cuppa, a chat and information.

All of our groups are free to attend but donations towards running costs are always welcome. Suggested donation for cafes is £1.50.

You can find more information and support and keep up with what's happening locally and nationally with Alzheimer Scotland by visiting our website and Facebook page.

www.alzscot.org

www.facebook.com/AlzscotWestHighland

Please note that the office will be closed for 2 weeks over the festive period from Monday 23rd December. We will reopen on Monday 6th January. There may be someone in the office occasionally to pick up phone messages. The Dementia Helpline will remain open and can be contacted 24 hours a day on 0808 808 3000.



Tues 3rd Dec 2.30pm-4pm	Christmas Musical Tea Join us for an informal afternoon sharing musical memories with a Christmas theme. Have a chat, enjoy some seasonal refreshments, have a sing along and bring an instrument if you like. <i>Rag Tag Cabin, Broadford</i>
Wed 4th Dec 10.30am-12.00pm	Dornie Drop In Café All welcome to come along and join Alzheimer Scotland and the staff and attenders at Aird Ferry Resource Centre to find out more about what we do and enjoy a cuppa and a cake or biscuit and a chat. Let us know what activities or groups you'd like to be involved in. <i>Aird Ferry Resource Centre, Dornie</i>
Wed 11th Dec 1.15pm-3.15pm	Knit and Natter Bring along your knitting or crochet or just stop by for a cuppa and a chat. We are also making squares for charity blankets, pom poms and trying machine knitting. <i>Tigh Na Drochaid Resource Centre, Portree</i>
Thurs 12th Dec 2pm-3.30pm	Dunvegan Drop In Café A chance to meet up locally with others dealing with similar experiences as you and offer support and information in a relaxed café environment. <i>The Dunvegan</i>
Thurs 19th Dec 2pm-3.30pm	Portree Drop In Café A chance to meet up locally with others dealing with similar experiences as you and offer support and information in a relaxed café environment. <i>The Café Bar, Aros, Portree</i>