

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:

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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 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 November 2019



Alzheimer Scotland
Skye & Lochalsh Services, Tigh na Drochaid,
Bridge Road, Portree, Isle of Skye, IV51 9ER
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Welcome to the Diary of Events for November 2019.

This month we have events and activities happening throughout Skye and Lochalsh. We have our first Pop Up Café in Elgol as well as the regular cafes in Portree and Dunvegan. Please come and join us 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 the 20th of November—bring along your knitting or have a go at making a square for charity.

We are also joining Café Chat again at Kyleakin Connections for a musical afternoon, there will be a Music Quiz at Aird Ferry Resource Centre in Dornie and another musical get together in Tigh Na Drochaid, Portree. The Carers Support Group is on in Tigh Na Drochaid in Portree on the 13th of November.

All of our groups are free to attend but donations towards running costs are always welcome.

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

Wed 6th Nov 1pm-3pm	Elgol Pop Up 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. Suggested donation £1.50. <i>Elgol Village Hall.</i>
Mon 11th Nov 1.30pm-3.30pm	Musical Tea with Café Chat Join us at Café Chat for an informal afternoon sharing musical memories, have a sing along and bring an instrument if you like. <i>Kyleakin Connections, Kyleakin</i>

Wed 13th Nov 1pm–2.30pm	Carers Group A chance for carers to get together, share experiences, and get support and advice. <i>Tigh Na Drochaid Resource Centre, Portree</i>
Thurs 14th Nov 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. Suggested donation £1.50. <i>The Dunvegan</i>
Wed 20th Nov 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. <i>Tigh Na Drochaid Resource Centre, Portree</i>
Thurs 21st Nov 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. Suggested donation £1.50. <i>The Café Bar, Aros, Portree</i>
Fri 22nd Nov 1pm—3pm	Music Quiz Come along and join us and Aird Ferry Day Care for a fun music quiz. Open to anyone with dementia or memory problems, their family, carers and friends. <i>Aird Ferry Resource Centre, Dornie</i>
Thurs 28th Nov 1.30pm-3.30pm	Musical Chat and more Join us for an informal afternoon sharing musical memories, have a sing along and bring an instrument if you like. <i>Tigh Na Drochaid Resource Centre, Portree</i>