

## Can you help? – Fundraising Race Night

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Friday 21 February at 7pm in the Raigmore Motel.

We are looking for companies to sponsor the races. It will cost £25 to sponsor a race, the company will get a mention on the night as well as on the facebook page of the organisers (OddsOn Race Nights).

We are also looking for people to “buy” a horse for £5. If you “own” a winning horse, you will win a prize on the night.

**If you'd like more information or to get involved, please contact Michael or call the Inverness Dementia Resource Centre on 01463 711707.**



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.

# What's on in Inverness, Nairn, Badenoch & Strathspey

February 2020

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



Wed 5 Feb 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>
Wed 5 Feb 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 Karen for more information.</b>
Thurs 6 Feb 10am-11.30am	<b>Masterminds</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>
Mon 10 Feb 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 Karen for more information.</b>
Tues 11 Feb 10.45am	<b>Health walk</b> With the support of Partnerships for Wellbeing we will meet at the Dementia Resource Centre and go for a walk together. We expect to return to the Dementia Resource Centre around 1pm but this will depend on the walk. Inverness Dementia Resource Centre. <b>Please contact Karen for more information.</b>
Tues 11 Feb 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>
	<b>WAGS</b> Carers support group that meets at the same time but in a separate room. Inverness Dementia Resource Centre. <b>Please contact Karen for more information.</b>
Thurs 13 Feb 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>

Tues 18 Feb 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>
Fri 21 Feb 7pm	<b>Fundraising Race Night</b> A fantastic night at the races, including fun games and fab music. Entry is £3 which includes food and a programme. See overleaf for more information. Raigmore Motel, Inverness <b>Please contact Michael for more information.</b>
Tues 25 Feb 10.45am	<b>Health walk</b> With the support of Partnerships for Wellbeing we will meet at the Dementia Resource Centre and go for a walk together. We expect to return to the Dementia Resource Centre around 2pm but this will depend on the walk. Inverness Dementia Resource Centre. <b>Please contact Karen for more information</b>
Wed 26 Febr 2pm	<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 27 Feb 1pm-3pm	<b>D-caff (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. Suggested donation £2. Inverness Dementia Resource Centre. <b>Please contact Karen for more information</b>
Fri 28 Feb 1pm-3pm	<b>Carers Inc</b> Carers support group. Inverness Dementia Resource Centre. <b>Please contact Karen for more information</b>
6pm-8pm	<b>Supper Club</b> An informal get together over dinner on a Friday night for people with dementia, families and friends. <b>Please contact Karen for more information</b>

**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)  
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