

West Highland Activities & Events in December 2020



Here is our list of online activities and support groups available across the Highlands for December organised by the teams in North, West and South Highland. Below you will find the dates and times for all the groups and the name and contact details for the person to get in touch with if you would like to get more information and join a group. Some of the groups have a limited number of spaces available and may need to be booked in advance.

We have some special Christmas events too such as our online Christmas Party with our friends in Glasgow on the 17th December and Christmas Carol singing with SEALL on the 18th of December.

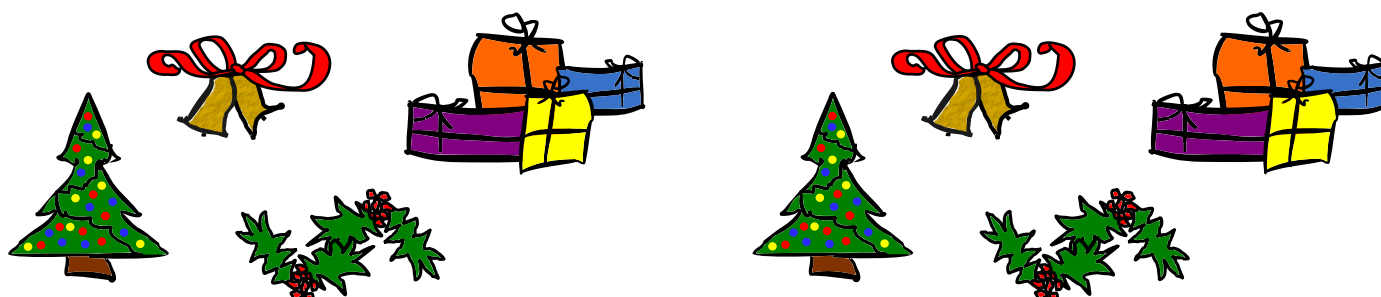
In West Highland there will be no service on Friday 25th and Monday 28th December and Friday 1st and Monday 4th of January. Between Christmas and New Year, you can leave a message on our answering service on 01478 613450 and someone from the West Highland team will get back to you as soon as possible. North Highland and South Highland will have their arrangements over the festive period listed on their page of the guide.

If you need support urgently our 24 hour helpline will be available every day including bank holidays throughout the festive season on 0808 808 3000

West Highland Digital Activities	Dates & Times	Contact Details
<p>Musical Memories <i>Join us and Home Farm Care Home on Skye for a sing along and tunes from guest musicians. On the 21st we'll join up with Morag Henriksen and other guests for Christmas carols and songs.</i></p>	<p>Monday 7th, 14th & 21st 3.15pm—4pm</p>	<p>Diane Smith DianeSmith@alzscot.org</p>
<p>West Highland Drop In Café <i>Everyone welcome to join us for a chat and an activity.</i></p>	<p>Tuesday 1st, 15th & 29th 2pm—3pm</p>	<p>Diane Smith DianeSmith@alzscot.org Eleanor Brown Ebrown@alzscot.org</p>
<p>Seall at Home Concert <i>Our partners SEALL are offering a musical session for your enjoyment. This session will be hosted by them using the ZOOM platform. If you would like to attend please get in touch with Diane for the link and more information.</i></p>	<p>Tuesday 8th 2pm—3pm</p>	<p>Diane Smith DianeSmith@alzscot.org</p>
<p>Online Bingo <i>We'll have Christmassy themes this month and on Wednesday 2nd we'll be joined by Billy the dog who'll be choosing numbers for us.</i></p>	<p>Wednesday 2nd, 9th, 16th, 23rd & 30th 11am-12pm</p>	<p>Eleanor Brown Ebrown@alzscot.org or Diane Smith DianeSmith@alzscot.org</p>
<p>Silver Lining <i>This month we'll be joined by Cameron Bauer to tell us about Lochaber Hope's 'Build a Skiff' project.</i></p>	<p>Wednesday 9th 2pm-3pm</p>	<p>Lesley Hellon LHellon@alzscot.org</p>

What's Online Highland

West Highland Digital Activities continued	Dates & Times	Contact Details
<p>We'll Meet Again Cafe <i>A great get together with friends from Glasgow and across the Highlands for an online Christmas party.</i></p>	<p>Thursday 17th 2pm-3pm</p>	<p>Eleanor Brown EBrown@alzscot.org DianeSmith@alzscot.org</p>
<p>Carers Education Sessions <i>These sessions are being delivered for us by Dementia Services Development Centre at Stirling University and there are limited places available. The sessions will be run again in January. For more information please contact Lesley Hellon.</i></p>	<p>Thursday 3rd, 10th, 17th 11am—12pm</p>	<p>Lesley Hellon LHellon@alzscot.org</p>
<p>Carers/Family Support Group <i>Informal support and chat. Please contact Lesley for more information.</i></p>	<p>Thursday 3rd, 10th, 17th -1pm – 2pm and 24th & 31st at 11am-12pm</p>	<p>Lesley Hellon LHellon@alzscot.org</p>
<p>Online Ceilidh <i>Join us for a great ceilidh. Sing along at home if you like or just sit back and enjoy the songs and tunes. All welcome to bring an instrument or sing a song.</i></p>	<p>Friday 4th, 11th & 18th 11am-12pm</p>	<p>Diane Smith DianeSmith@alzscot.org</p>
<p>Crafts Group <i>Our next activity will be making Christmas decorations with air drying clay. Please get in touch if you'd like to have a go and we will arrange to send out a kit for you.</i></p>	<p>Thursday December 10th 2pm-3pm</p>	<p>Diane Smith DianeSmith@alzscot.org Eleanor Brown EBrown@alzscot.org</p>
<p>SEALL at Home Christmas Carols <i>More singing for everyone to enjoy. This another session being offered by SEALL on Zoom and is open to other community groups as well as ourselves. Join the Christmas cheer! Please get in touch for more info and a link.</i></p>	<p>Friday 18th 2pm – 3pm</p>	<p>Diane Smith DianeSmith@alzscot.org</p>





North Highland Activities & Events in December 2020



North Highland staff will be on holiday from the 24th of December until January 5th 2021, if you need support or advice during this period please contact our helpline on 0808 808 300.”

North Highland Digital Activities	Dates & Times	Contact Details
North Highland Cafe <i>People living with Dementia and Carers welcome to join us for a digital cuppa and a chat with some activities. If you would like to virtually meet people in similar situations, please do get in touch.</i>	Monday 7 th , 14 th & 21 st 2pm—3pm	Hayley Lyons HLyons@alzscot.org
Carers Group <i>For people caring for someone living with Dementia, join us for a virtual cuppa and a chat with peers.</i>	Thursday 3 rd , 10 th & 17 th 10.30pm & 3pm	Hayley Lyons HLyons@alzscot.org
Activities Afternoon <i>People living with Dementia and carers are welcome to join us in an afternoon of digital activities, including quizzes, music and other therapeutic activities.</i>	Friday 4 th , 11 th & 18 th 1.30pm	Sarah Fraser SFraser@alzscot.org
Virtual Christmas Get Together <i>People living with Dementia and Carers are welcome to join us on Christmas eve for some Christmas fun online.</i>	Thursday 24 th 1pm – 2pm	Hayley Lyons HLyons@alzscot.org



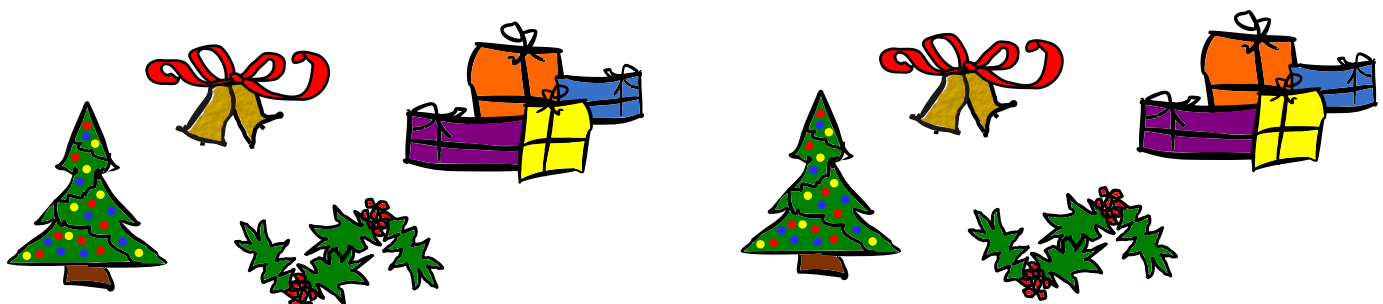


South Highland Activities & Events in December 2020



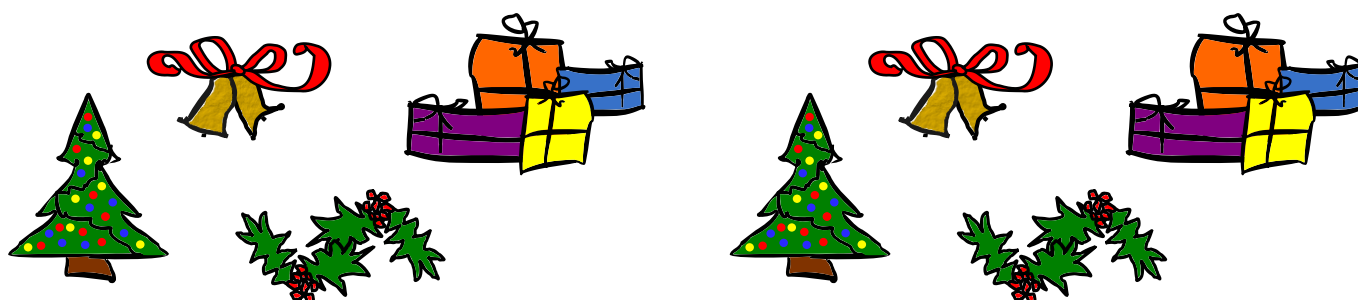
In South Highland there will be no service on Friday 25th and Monday 28th December and Friday 1st and Monday 4th of January. Between Christmas and New Year, please contact the helpline on 0808 808 3000 where skilled call handlers can offer support/advice or refer you to a member of the local team.

South Highland Digital Activities	Dates & Times	Contact Details
Quiz	Tuesday 4 th & 8 th at 4pm	Dorah Fraser DFraser@alzscot.org
Carers Group	Wednesday 2 nd & 16 th at 2pm	Karen Black, KarenBlack@alzscot.org
Dementia Cafe	Thursday 3 rd at 2pm	Karen Black, KarenBlack@alzscot.org
Christmas Crafts <i>Please let Karen know the week before if you'd like to attend so we can get the craft kit to you.</i>	Wednesday 9 th at 2pm	Karen Black, KarenBlack@alzscot.org
Christmas Carols and Christmas Songs	Thursday 10 th at 2pm	Karen Black, KarenBlack@alzscot.org
Carer's Education Session	Monday 14 th at 10am	Karen Black KarenBlack@alzscot.org
Christmas Stories	Monday 14 th at 2pm	Dorah Fraser DFraser@alzscot.org



What's Online Highland

South Highland Digital Activities continued	Dates & Times	Contact Details
Party with the Band	Tuesday 15 th at 2.30pm	Karen Black KarenBlack@alzscot.org
We'll Meet Again Christmas Café <i>Joint festive café with Glasgow & West Highland..</i>	Thursday 17 th at 2pm	Karen Black KarenBlack@alzscot.org
Dementia Dogs – Scavenger Hunt	Friday 18 th at 11am	Karen Black KarenBlack@alzscot.org
Time Out - Relaxation	Monday 21 st at 3pm	Karen Black KarenBlack@alzscot.org
Christmas Quiz	Tuesday 22 nd at 4pm	Dorah Fraser DFraser@alzscot.org



Our online support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland West Highland please consider donating via our Justgiving page: <https://www.justgiving.com/fundraising/westhighland1>

To support Alzheimer Scotland South Highland please consider donating via our Justgiving page: <https://www.justgiving.com/fundraising/inbs>

To support Alzheimer Scotland North Highland please consider donating via our Justgiving page: <https://www.justgiving.com/fundraising/northhighlandfundraising>

