

Activities & Events in September 2021

We are now able to offer some “in person” groups as well as our online groups. The groups we are holding will have limited numbers due to the ongoing Covid-19 restrictions and places must be booked in advanced.

Dates & Times	Activity	Contact Details
Thursday 2 nd 2pm	Games and Chat Online <i>Join us for some fun, games and laughter.</i>	Karen Black KarenBlack@alzscot.org
Monday 6 th 2pm	Dementia Café - *places must be booked* In person at the Inverness Dementia Resource Centre. <i>A chance to meet and have a chat with others in a similar situation.</i>	Karen Black KarenBlack@alzscot.org
Tuesday 7 th 4pm	Quiz Online <i>Test your general knowledge each week.</i>	Dorah Fraser DFraser@alzscot.org or Karen Black KarenBlack@alzscot.org
Wednesday 8 th 11am	Health Walk - *places must be booked* In person <i>Join us for a walk in Inverness. The walks normally last about 1 hour and the pace is set by those attending. The walks are run in partnership with Partnerships for Wellbeing.</i>	Karen Black KarenBlack@alzscot.org

Thursday 9 th 2pm	Activity Afternoon: Show and Tell Online <i>We invite you to come along with a photo or an object that means something to you and we can share our stories with each other.</i>	Karen Black KarenBlack@alzscot.org
Tuesday 14 th 4pm	Quiz Online <i>Test your general knowledge each week.</i>	Dorah Fraser DFraser@alzscot.org or Karen Black KarenBlack@alzscot.org
Wednesday 15 th 2pm	Technology Talk Online <i>A chance to come and meet Katie and Rachel from our digital team to find out more about technology and how it can be used to help people living with dementia.</i>	Kenny Wright KWright@alzscot.org Karen Black KarenBlack@alzscot.org
Thursday 16 th 2pm	Activity Afternoon: We'll meet again café Online <i>A gathering of friends from West Highland, South Highland and Glasgow.</i>	Karen Black KarenBlack@alzscot.org
Saturday 18 th 11am	Memory Walk Weekend Health Walk In person *Places must be booked* <i>We are holding an extra Health Walk this month as part of Alzheimer Scotland's Memory Walk weekend. Join us for a walk which will take around 1 hour. The group is run in partnership with Partnerships for Wellbeing.</i>	Karen Black KarenBlack@alzscot.org
Monday 20 th 10.30am	Highland-wide Carers Group Online <i>For people caring for a person with dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations.</i>	Karen Black KarenBlack@alzscot.org

Monday 20 th 2pm	<p>Dementia Café - *places must be booked*</p> <p>In person at the Inverness Dementia Resource Centre.</p> <p><i>A chance to meet and have a chat with others in a similar situation.</i></p>	<p>Karen Black</p> <p>KarenBlack@alzscot.org or 07585 669654</p>
Tuesday 21 st 4pm	<p>Quiz</p> <p>Online</p> <p><i>Test your general knowledge each week.</i></p>	<p>Dorah Fraser</p> <p>DFraser@alzscot.org or Karen Black</p> <p>KarenBlack@alzscot.org</p>
Wednesday 22 nd 11am	<p>Health Walk - *places must be booked*</p> <p>In person</p> <p><i>Join us for a walk in Inverness. The walks normally last about 1 hour and the pace is set by those attending. The walks are run in partnership with Partnerships for Wellbeing.</i></p>	<p>Karen Black</p> <p>KarenBlack@alzscot.org</p>
Thursday 23 rd 2pm	<p>Music Afternoon</p> <p>Online</p> <p><i>Join us for some musical activities. We are hoping to have some live music too.</i></p>	<p>Karen Black</p> <p>KarenBlack@alzscot.org</p>
Friday 24 th 2pm	<p>Movie Afternoon - *places must be booked*</p> <p>In person at the Inverness Dementia Resource Centre.</p> <p><i>Join us for a chance to watch a film together. This month we will be watching Breakfast at Tiffany's.</i></p>	<p>Karen Black</p> <p>KarenBlack@alzscot.org</p>
Monday 27 th 1-2pm	<p>Carers Support Group - *places must be booked*</p> <p>In person at the Inverness Dementia Resource Centre.</p> <p><i>For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation.</i></p>	<p>Karen Black</p> <p>KarenBlack@alzscot.org</p>

Tuesday 28 th 11am	Highland Early Onset Group Online <i>Online group with access to professional and peer support for people diagnosed with dementia under the age of 65, family and carers living in the Highlands.</i>	Karen Black KarenBlack@alzscot.org
Tuesday 28 th 4pm	Quiz Online <i>Test your general knowledge each week.</i>	Dorah Fraser DFraser@alzscot.org or Karen Black KarenBlack@alzscot.org
Thursday 30 th 2pm	Activity Afternoon: Doggie Scavenger Hunt Online <i>Join Dori and her dementia dog Guinness who will lead us in a game of bingo.</i>	Karen Black KarenBlack@alzscot.org

As well as our groups detailed above, there will continue to be online groups run throughout Highland which anyone is welcome to join. The next pages give details about what is on offer.

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

To support Alzheimer Scotland South Highland please consider donating via our Justgiving page:

<https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>



Rest of Highlands

What's online

Monday	Tuesday	Wednesday	Thursday	Friday
		1st	2nd	3rd
		<p>Music Memories 11am – 12noon Contact Hayley Lyons</p> <p>11am- Doggie Bingo Contact Eleanor or Diane</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley Lyons</p> <p>11am- West Highland Carers drop in Contact Lesley</p>	<p>11am- Online Ceilidh Contact Diane or Lesley</p>
6th	7th	8th	9th	10th
<p>North Highland Café 1.30-2.30pm Contact – Hayley Lyons</p> <p>3.15pm- Musical Memories Contact Diane or Lesley</p>	<p>2pm- Activity Afternoon: Contact Eleanor or Diane</p>	<p>11am- Online Bingo Contact Eleanor or Diane</p> <p>Music Memories 11am – 12noon Contact Hayley Lyons</p> <p>2pm- Silver Lining Contact Lesley</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley Lyons</p> <p>10.30am- Art in the City Contact Eleanor</p> <p>11am- West Highland Carers drop in Contact Lesley</p>	<p>11am- Online Ceilidh Contact Diane or Lesley</p>

Monday	Tuesday	Wednesday	Thursday	Friday
13th	14th	15th	16th	17th
<p>North Highland Café 1.30-2.30pm Contact – Hayley Lyons</p> <p>3.15pm- Musical Memories Contact Diane or Lesley</p>	<p>2pm- Activity Afternoon: Contact Eleanor or Diane</p>	<p>11am- Online Bingo Contact Eleanor or Diane</p> <p>Music Memories 11am – 12noon Contact Hayley Lyons</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley Lyons</p> <p>11am- West Highland Carers drop in Contact Lesley</p>	<p>11am- Online Ceilidh Contact Diane or Lesley</p>
20th	21st	22nd	23rd	24th
<p>North Highland Café 1.30-2.30pm Contact – Hayley Lyons</p> <p>3.15pm- Musical Memories Contact Diane or Lesley</p>	<p>2pm- Activity Afternoon: Contact Eleanor or Diane</p>	<p>11am- Online Bingo Contact Eleanor or Diane</p> <p>Music Memories 11am – 12noon Contact Hayley Lyons</p> <p>2pm- Silver Lining Contact Lesley</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley Lyons</p> <p>11am- West Highland Carers drop in Contact Lesley</p>	<p>11am- Online Ceilidh Contact Diane or Lesley</p>
27th	28th	29th	30th	
<p>North Highland Café 1.30-2.30pm Contact – Hayley Lyons</p> <p>3.15pm- Musical Memories Contact Diane or Lesley</p>	<p>2pm- Activity Afternoon Contact Eleanor or Diane</p>	<p>Juke Box Days 11am-12noon Contact Hayley Lyons</p> <p>11am- Online Bingo Contact Eleanor or Diane</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley Lyons</p> <p>11am- West Highland Carers drop in Contact Lesley</p> <p>2pm- Gaelic conversation Contact Diane</p>	

More about our activities

North Highland Café (Mondays)- 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

Musical Memories (Mondays)- Join us and Home Farm Care Home on Skye for a sing along and tunes from guest musicians.

Activity Afternoon (Tuesdays)- Come along and join us for games, quizzes, reminiscence and chat. Some weeks we may join with SEALL at Home for some musical entertainment and some weeks we may try learning a little bit of Gaelic.

Music Memories (Wednesdays)- Join us for a trip down musical lane for some quizzes, sharing your music favourites and having a boogie.

Doggie Bingo (Wednesday 1st)- We'll be joined by Imke and her dog Webb for a fun game of bingo.

Online Bingo (Wednesdays)- Bingo with different themes each week.

Silver Lining (Wednesday 8th)- This month we'll be joined by John and Audrey from Highland Lit. Let us know your favourite poems and they will read them for us.

Silver Lining (Wednesday 22nd)- NHS telecare. We will be joined by Mairi McIvor and Shona Gilfillan from the NHS to tell us the latest about Telecare.

Juke Box Days (Wednesday 25th)- For people living with Dementia and Carers, share memories of music, culture, television and movies. Run by Michael White (replacing Musical Memories on the last session of the month)

Carer's Group (Thursdays)- For people caring for someone living with Dementia, join us for a virtual cuppa and a chat with peers (note: there are 2 individual groups running on the same day)

West Highland Carers drop in (Thursdays)- Informal support, information and chat with our Dementia Adviser.

Art in the City (Thursday 9th)- Claire will talk to us about artworks related to the visit of George IV to Edinburgh in 1822 (very timely as the 200th anniversary is coming up next year!)

Gaelic conversation (Thursday 30th)- Cothrom cabadaich anns a' Ghàidhlig. Chat with Margaret Nicolson.

Online Ceilidh (Fridays)- Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes. All welcome to bring an instrument or sing a song.

Contacts

South Highland

Karen Black: KarenBlack@alzscot.org or 07585 669654

Dorah Fraser: DFraser@alzscot.org

Kenny Wright: KWright@alzscot.org

North Highland

Gail Goller: GGoller@alzscot.org or 07970 784950

Hayley Lyons: HLyons@alzscot.org or 07554 408479

Sarah Fraser: SFraser@alzscot.org or 07774 849697

West Highland

Diane Smith: DianeSmith@alzscot.org

Eleanor Brown: EBrown@alzscot.org

Lesley Hellon: LHellon@alzscot.org

National groups and events

LGBT+ Carers group – First Wednesday of the month: Wednesday 1 September, 12.30-1.30pm.

LGBT+ carers for people with dementia face a broad range of challenges. The aim is to provide a safe, supportive, friendly online space for LGBT+ carers for people with dementia to meet with others in a similar position. Contact Faye Smart (FSmart@alzscot.org) or Janine Adair (JAdair@alzscot.org) to join.

Memory Walk Big Weekend – 18 and 19 September

This year we won't be having our usual big event however we are going to be having a health walk on Saturday 18th at 11am. There will be limited places available and they must be booked in advance by contacting Karen.

If you are unable to join our health walk, you can still take part in Memory Walk, either by walking your route, your way, or by making a donation. More information can be found at <https://memorywalk.alzscot.org/>

Alzheimer Scotland Annual Conference – Tuesday 21 September

Moving forward together - what matters to people with dementia, families, carers & practitioners, now and in the future. To register, or for more information and the opportunity to submit questions or share your experience visit: <https://www.alzscot.org/our-work/events/alzheimer-scotland-annual-conference-2021> or call us on 01463 711707.