

# What's Online North Highland – September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
		Music Memories 11am Contact Hayley	Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley	
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
North Highland Café 1.30pm Contact – Hayley		Music Memories 11am Contact Hayley	Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley	
13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>
North Highland Café 1.30pm Contact – Hayley		Music Memories 11am Contact Hayley  Technology Talk 2pm Contact Karen	Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley	
20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
Highland-wide Carers Group 10.30am Contact Hayley  North Highland Café 1.30pm Contact – Hayley		Music Memories 11am Contact Hayley	Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley	
27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	
North Highland Café 1.30pm Contact – Hayley	Highland Early Onset Group 11am Contact Hayley	Juke Box Days 11am Contact Hayley	Carer's Group Group 1 - 10.30am Group 2 - 1.30pm Contact Hayley	

### More about our Activities:

- **Carer's Groups** - *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)*
- **Highland-wide Carer's Group** - *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*
- **Highland Early Onset Group** - *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. Your views on how the group can work for you are welcomed.*
- **Juke Box Days** - *For people living with Dementia and Carers, share memories of music, culture, television and movies. Run by Michael White*
- **Music Memories** - *Join us for a trip down musical lane for some quizzes, sharing your music favourites and having a boogie.*
- **North Highland Café** - *People living with Dementia and Carers welcome to join us for a digital cuppa and a chat with some activities.*
- **Technology Talk** - *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.*

### How to contact us here in North Highland:

Gail Goller – Locality Leader

[GGoller@alzscot.org](mailto:GGoller@alzscot.org) or 07970 784950

Hayley Lyons – Dementia Advisor

[HLyons@alzscot.org](mailto:HLyons@alzscot.org) or 07554 408479

Sarah Fraser – Practice Team Leader

[SFraser@alzscot.org](mailto:SFraser@alzscot.org) or 07774 849697

Find us on Facebook – [Alzheimer Scotland – Ross-shire](#)

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

To support Alzheimer Scotland – North Highland please consider donating via our [Just Giving page](#)

## What's Online Highland – September 2021



**South & West Highland Groups.** Please see next page for more information about the activities and for contact details.

Some in-person activities have now begun, please check your local What's On guides for these groups.

Monday	Tuesday	Wednesday 1 <sup>st</sup>	Thursday 2 <sup>nd</sup>	Friday 3 <sup>rd</sup>
		<b>12.30pm – LBGT+ Carers Group</b> <b>Contact Faye</b>	<b>11am- Carers drop in</b> <b>Contact Lesley</b>  <b>2pm- Activity Afternoon: Chat &amp; Games</b> <b>Contact Karen</b>	<b>11am- Online Ceilidh</b> <b>Contact Diane</b>
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
<b>3.15pm- Musical Memories</b> <b>Contact Diane</b>	<b>2pm - Activity Afternoon/SEALL Concert</b> <b>Contact Diane/Eleanor</b>  <b>4pm- Quiz afternoon</b> <b>Contact Karen</b>	<b>11am- Online Bingo</b> <b>Contact Eleanor</b>  <b>2pm – Silver Lining – Poetry</b> <b>Contact Lesley</b>	<b>10.30am - Art in the City</b> <b>Contact Eleanor</b>  <b>11am - Carers drop in</b> <b>Contact Lesley</b>  <b>2pm - Activity Afternoon: Show &amp; tell</b> <b>Contact Karen</b>	<b>11am- Online Ceilidh</b> <b>Contact Diane</b>
13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>
<b>3.15pm- Musical Memories</b> <b>Contact Diane</b>	<b>2pm - Activity Afternoon/SEALL Concert</b> <b>Contact Diane/Eleanor</b>  <b>4pm- Quiz afternoon</b> <b>Contact Karen</b>	<b>11am- Online Bingo</b> <b>Contact Eleanor</b>	<b>11am- Carers drop in</b> <b>Contact Lesley</b>  <b>2pm- “We’ll meet again” café</b> <b>Contact Karen, Eleanor or Diane</b>	<b>11am- Online Ceilidh</b> <b>Contact Diane</b>

## What's Online Highland – September 2021

Monday 20 <sup>th</sup>	Tuesday 21 <sup>st</sup>	Wednesday 22 <sup>nd</sup>	Thursday 23 <sup>rd</sup>	Friday 24 <sup>th</sup>
<b>3.15pm- Musical Memories</b> <b>Contact Diane</b>	<b>2pm - Activity Afternoon/SEALL Concert</b> <b>Contact Diane/Eleanor</b>  <b>4pm- Quiz afternoon</b> <b>Contact Karen</b>	<b>11am- Online Bingo</b> <b>Contact Eleanor</b>  <b>2pm – Silver Lining – NHS Telecare</b> <b>Contact Lesley</b>	<b>11am- Carers drop in</b> <b>Contact Lesley</b>  <b>2pm - Activity Afternoon: Music Afternoon</b> <b>Contact Karen</b>	<b>11am- Online Ceilidh</b> <b>Contact Diane</b>
27 <sup>th</sup>	28 <sup>th</sup>	29 <sup>th</sup>	30 <sup>th</sup>	
<b>3.15pm- Musical Memories</b> <b>Contact Diane</b>	<b>2pm - Activity Afternoon/SEALL Concert</b> <b>Contact Diane/Eleanor</b>  <b>4pm- Quiz afternoon</b> <b>Contact Karen</b>	<b>11am- Online Bingo</b> <b>Contact Eleanor</b>	<b>11am- Carers drop in</b> <b>Contact Lesley</b>  <b>2pm - Gaelic Conversation</b> <b>Contact Diane</b>  <b>2pm- Doggy Bingo</b> <b>Contact Karen</b>	

## More about the Activities:

- **Activity Afternoon – Chat & Games** - Join us for some fun, games, and laughter.
- **Activity Afternoon – Music afternoon** - Join us for some musical activities. We are hoping to have some live music too.
- **Activity Afternoon/SEALL Concert** - 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.
- **Activity afternoon: show & tell** - 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.
- **Art in the City:** 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!).
- **Carers Drop In:** Informal support, information, and chat with our Dementia Adviser
- **Doggie Bingo:** Join Dori and her dementia dog Guinness as they lead us in a game of bingo.
- **Gaelic Conversation:** Cothrom cabadaich anns a' Ghàidhlig

## What's Online Highland – September 2021

- **LGBT+ Carers Group:** *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.*
- **Musical Memories** - *Join us and Home Farm Care Home on Skye for a sing along and tunes from guest musicians.*
- **Online Bingo:** *Bingo with different themes each week.*
- **Online Ceilidh:** *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.*
- **Silver Lining – NHS Telecare** - *We will be joined by Mairi McIvor and Shona Gilfillan from the NHS to tell us the latest about Telecare*
- **Silver Lining – Poetry** - *This month we will be joined by John and Audrey from Highland Lit. Let us know your favourite poems and they will read them for us.*
- **Quiz Afternoon:** *Test your general knowledge each week.*
- **“We’ll meet again” Café:** *Another gathering of friends from West Highland, South Highland and Glasgow. All welcome!*

## Contact Details:

### West Highland:

- Diane Smith – [DianeSmith@alzscot.org](mailto:DianeSmith@alzscot.org)
- Eleanor Brown – [EBrown@alzscot.org](mailto:EBrown@alzscot.org)
- Lesley Hellon – [Lhellon@alzscot.org](mailto:Lhellon@alzscot.org)

### South Highland:

- Dorah Fraser: [DFraser@alzscot.org](mailto:DFraser@alzscot.org)
- Karen Black: [KarenBlack@alzscot.org](mailto:KarenBlack@alzscot.org)

Faye Smart: [FSmart@alzscot.org](mailto:FSmart@alzscot.org)



## Scotland's Memory Walk – 18-19<sup>th</sup> September 2021

Scotland's Memory Walk is back and this year it's your walk, your way!

Choose a location that's special to you and sign up for FREE today

[memorywalk.alzscot.org](http://memorywalk.alzscot.org)



## Alzheimer Scotland's Annual Conference

**Moving forward together** – what matters to people with dementia, families, carers & practitioners, now and in the future.

Our Annual Conference will take place on World Alzheimer's Day on Tuesday 21 September. This year's conference will be held digitally, and sessions will be recorded for access post-event. We will also be hosting a series of workshops, webinars and drop-in sessions between Wednesday 22 – Friday 24 September.

[Register Here](#)