

<b>Week 1</b>	<b>3<sup>rd</sup> - 7<sup>th</sup> January</b>	
<b>Monday 3<sup>rd</sup></b>	<b>Bank Holiday</b>	
<b>Tuesday 4<sup>th</sup></b>	<b>Bank Holiday</b>	
<b>Wednesday 5<sup>th</sup></b>	<b>Doggie Scavenger Hunt</b> 11am <b>Contact Eleanor Brown</b>	
<b>Thursday 6<sup>th</sup></b>	<b>Carers Drop In</b> 11am – 12pm <b>Contact Lesley Hellon</b>	<b>Activity Afternoon</b> 2pm <b>Contact Karen Black</b>
<b>Friday 7<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane Smith</b>	

<b>Week 2</b>		<b>10<sup>th</sup> – 14<sup>th</sup> January</b>	
<b>Monday 10<sup>th</sup></b>	<b>Making Music</b> 3.15pm <b>Contact Diane Smith</b>		
<b>Tuesday 11<sup>th</sup></b>	<b>Quiz Afternoon</b> 4pm <b>Contact Karen Black</b>		
<b>Wednesday 12<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Eleanor Brown</b>	<b>Music Memories</b> <b>Contact Hayley Lyons</b>	
<b>Thursday 13<sup>th</sup></b>	<b>Carers Drop In</b> 11am – 12pm <b>Contact Lesley Hellon</b>	<b>Activity Afternoon</b> 2pm <b>Contact Diane Smith</b>	
<b>Friday 14<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane Smith</b>		

<b>Week 3</b>		<b>17<sup>th</sup> – 21<sup>st</sup> January</b>	
<b>Monday 17<sup>th</sup></b>	<b>Highland Wide Carer's Group</b> <i>- for people caring for a person with dementia who is in long term care</i> 10.30am <b>Contact Karen Black</b>	<b>Making Music</b> 3.15pm <b>Contact Diane Smith</b>	
<b>Tuesday 18<sup>th</sup></b>	<b>Quiz Afternoon</b> 4pm <b>Contact Karen Black</b>		
<b>Wednesday 19<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Eleanor Brown</b>	<b>Gaelic Songs and Conversation with Anne Martin</b> 2pm <b>Contact Diane Smith</b>	
<b>Thursday 20<sup>th</sup></b>	<b>Carers Drop In</b> 11am – 12pm <b>Contact Lesley Hellon</b>	<b>We'll Meet Again Café</b> 2pm <b>Contact Diane Smith or Karen Black</b>	
<b>Friday 21<sup>st</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane Smith</b>		

<b>Week 4</b>		<b>24<sup>th</sup> – 28<sup>th</sup> January</b>	
<b>Monday 24<sup>th</sup></b>	<b>Making Music</b> 3.15pm Contact Diane Smith		
<b>Tuesday 25<sup>th</sup></b>	<b>Highland Early Onset Group</b> 11am Contact Lesley Hellon	<b>Quiz Afternoon</b> 4pm Contact Karen Black	
<b>Wednesday 26<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am Contact Eleanor Brown	<b>Music Memories</b> 11am Contact Hayley Lyons	<b>Gaelic Conversation with Margaret Nicolson</b> 2pm Contact Diane Smith
<b>Thursday 27<sup>th</sup></b>	<b>Carers Drop In</b> 11am – 12pm Contact Lesley Hellon		<b>Activity Afternoon</b> 2pm Contact Eleanor Brown
<b>Friday 28<sup>th</sup></b>	<b>Online Ceilidh</b> 11am Contact Diane Smith		

<b>Week 5</b>	<b>31<sup>st</sup> January</b>
<b>Monday 31<sup>st</sup></b>	<b>Making Music</b> 3.15pm <b>Contact Diane Smith</b>

## More about our Activities:

On the following pages is a brief description of each group and after that the contact details for all of the group organisers if you want to get more information about anything.

- **Activities Afternoon** - People living with Dementia and carers are welcome to join us for online activities, including quizzes, music, reminiscence and a chance to chat to each other. Check the calendar to see who is leading this group each week.
- **Carer's Drop In** - For people caring for someone living with Dementia, join us for a virtual cuppa and a chat with peers. This group is continuing as a West Highland only group and will be led by Lesley Hellon, our West Highland Dementia Adviser.
- **Making Music** - Join us for some music and song. You can sing along at home or just listen. Contact Diane for more info about this group.
- **Reminiscence Bingo and Doggie Bingo/Scavenger Hunt** – Every week we have a different theme and on the first Wednesday of the month we are joined by the Dementia Dogs project for a game of bingo or a scavenger hunt. This month we have a scavenger hunt.
- **Online Ceilidh** - 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. Check the calendar to see who is leading this group each week.
- **We'll Meet Again Café** - A great get together with friends from Glasgow and across the Highlands. Check the calendar to see who is leading this group.

## What's On in West Highland in January 2022

- **Gaelic Conversation Group with Margaret Nicolson** again for chat and reminiscence. The children from Bun-sgoil Ghàidhlig Phort Rìgh will also join us for some songs. Contact Diane Smith, Community Activities Organiser for more information about this group.
- **Gaelic Songs and Conversation with Anne Martin** - Anne Martin is a well-known Gaelic singer from the Isle of Skye. She will be singing some Gaelic songs for us and telling us about them in Gaelic and English. This session is for people who are fluent Gaelic speakers, learners and those with no Gaelic at all. All welcome! Contact Diane Smith, Community Activities Organiser for more information about this group.
- **Highland Wide Carers 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. Contact Lesley Hellon, Dementia Advisor, for more information about this group.
- **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. Contact Lesley Hellon, Dementia Advisor, for more information about this group.
- **Juke Box Days and Screen Memories**— For people living with Dementia and Carers, share memories of music, culture, television and movies. Run by Michael White of Screen Memories a partner organisation of Alzheimer Scotland. We don't have dates for these yet but they will be running again in January and we'll let you know when we have more information.
- **Quiz Afternoon** - Test your general knowledge each week. Check the calendar to see who is leading this group each week.
- **We'll Meet Again Café** - A gathering of friends from the Highlands and Glasgow. All welcome for chat, quizzes and fun. Contact Diane Smith or Karen Black for more information.

## How to contact us here in West Highland:

Eleanor Brown, Community Activities Organiser for Lochaber

[EBrown@alzscot.org](mailto:EBrown@alzscot.org) or 07920 868848

Lesley Hellon – Dementia Advisor

[LHellon@alzscot.org](mailto:LHellon@alzscot.org) or 07825 975557

Diane Smith, Community Activities Organiser for Skye & Lochalsh

[DianeSmith@alzscot.org](mailto:DianeSmith@alzscot.org) or 07825 608057

## Contacts for North Highland

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

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

## Contacts for South Highland

Karen Black: [KarenBlack@alzscot.org](mailto:KarenBlack@alzscot.org) or 07585 669654



## Find us on Facebook – [Alzheimer Scotland – West Highland Highland](#)

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 Just Giving page:

<https://www.justgiving.com/fundraising/westhighland1>