

What's Online March Highland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1st Quiz – 4pm Contact Eleanor	2nd Doggie Colour by Numbers - 11am Contact Eleanor LGBT+ Carers Group 12.30 Contact Faye	3rd Carer's Group Group 1 - 10.30am Group 2 - 3.30pm Contact Hayley Activity Afternoon 2pm Contact Karen SEALL at home concert – 2pm Contact Diane	4th Online Ceilidh 11am Contact Diane
7th	8th	9th	10th	11th
Making Music 3.15pm Contact Diane	Quiz Afternoon 4pm Contact Karen SEALL at home concert – 2pm Contact Diane	Music Memories 11am Contact Hayley Reminiscence Bingo 11am Contact Eleanor	Carer's Group Group 1 - 10.30am Group 2 - 3.30pm Contact Hayley Activity Afternoon 2pm Contact Karen	Online Ceilidh 11am Contact Diane
14th	15th	16th	17th	18th
North Highland Café 1.30pm Contact – Hayley	Quiz Afternoon 4pm Contact Karen	Reminiscence Bingo 11am Contact Eleanor	Carer's Group Group 1 - 10.30am Group 2 - 3.30pm Contact Hayley Activity Afternoon	Online Ceilidh 11am Contact Diane

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<p>Making Music 3.15pm Contact Diane</p>		<p>Singing and conversation with Anne Martin 2pm Contact Diane</p>	<p>2pm Contact Eleanor</p>	
21st	22nd	23rd	24th	25th
<p>Carers support for people in long term care – 10.30 Contact Hayley</p> <p>Making Music 3.15pm Contact Diane</p>	<p>Highland Early Onset Group 11am Contact Hayley</p> <p>Quiz Afternoon 4pm Contact Karen</p>	<p>Music Memories 11am Contact Hayley</p> <p>Reminiscence Bingo 11am Contact Eleanor</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 3.30pm Contact Hayley</p> <p>Activity Afternoon – 2pm Contact Eleanor</p>	<p>Online Ceilidh 11am Contact Diane</p>
28th	29th	30th	31st	
<p>North Highland Café 1.30pm Contact – Hayley</p> <p>Making Music 3.15pm Contact Diane</p>	<p>Quiz Afternoon 4pm Contact Karen</p>	<p>Gaelic Conversations 2pm Contact Diane</p>	<p>Carer's Group Group 1 - 10.30am Group 2 - 3.30pm Contact Hayley</p> <p>Activity Afternoon 2pm Contact Eleanor</p>	

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More about our online Activities:

- **Activity Afternoon** - Join us for some online activities, including games, reminiscence and a chance to chat to each other.
- **Carer's Groups** - For people caring for someone living with Dementia in the North Highland area, join us for a virtual cuppa and a chat with peers (**note**: there are 2 individual groups running on the same day)
- **Doggie Colour by Numbers** - This month, we'll be joined by Imke and her dog Webb. We will be trying a new colour by numbers game. Webb will choose the numbers and we will colour in a picture of a dog.
- **Gaelic Conversation** - Cothrom cabadaich anns a' Ghàidhlig. Reminiscence and songs in Gaelic with Margaret Nicolson. For Gaelic speakers.
- **Highland Dementia Circle** – A chance to come along and find out about joining a group to review products that may help people living with Dementia
- **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.
- **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
- **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.
- **Making Music** - Join us for some music and song from guest musicians. You can sing along at home or just listen.
- **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.
- **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.
- **Quiz Afternoon** - Test your general knowledge each week.
- **Reminiscence Bingo** - Every week we have a fun game of bingo with a different theme.
- **Singing & 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.
- **We'll Meet Again café** - A gathering of friends from the Highlands and Glasgow. All welcome

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How to contact us here in North Highland:

- ❖ Hayley Lyons – Dementia Advisor
HLyons@alzscot.org or 07554 408479
- ❖ Sarah Fraser – Locality Leader
SFraser@alzscot.org or 07774 849697

Contact Details for South & West Highland:

West Highland:

- Diane Smith – DianeSmith@alzscot.org
- Eleanor Brown – EBrown@alzscot.org
- Lesley Hellon – Lhellon@alzscot.org

South Highland:

- Karen Black: KarenBlack@alzscot.org

Faye Smart: FSmart@alzscot.org

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](#)

