

Week 1	30th - 31st May and 1st – 3rd June	
Monday 30th		
Tuesday 31st	SEALL @ Home Concert With Ewen and Megan Henderson 2pm Contact Diane Smith	
Wednesday 1st	Doggie Bingo 11am Contact Diane Smith or Eleanor Brown	Singing and Conversation with Anne Martin 2pm Contact Diane Smith
Thursday 2nd	Activity Afternoon 2pm Contact Eleanor brown	
Friday 3rd	Online Ceilidh 11am Contact Lesley Hellon	

Week 2		6th – 10th June	
Monday 6th	Making Music 3.15pm Contact Diane Smith		
Tuesday 7th	Quiz Afternoon 4pm Contact Karen Black		
Wednesday 8th	Reminiscence Bingo 11am Contact Diane Smith or Eleanor Brown	Music Memories 11am Contact Hayley Lyons	
Thursday 9th	Activity Afternoon 2pm Contact Karen Black	SEALL @ Home Concert Kate & John Masson 2pm Contact Diane Smith	
Friday 10th	Online Ceilidh 11am Contact Diane Smith		

Week 3		13th – 17th June	
Monday 13th			
Tuesday 14th		SEALL @ Home Concert Angus MacKenzie & Murdo Cameron 2pm Contact Diane Smith	Quiz Afternoon 4pm Contact Karen Black
Wednesday 15th		Reminiscence Bingo 11am Contact Diane Smith	Gaelic Conversation with Margaret Nicolson 2pm Contact Diane Smith
Thursday 16th		We'll Meet Again Café 2pm Contact Diane Smith or Lesley Hellon	
Friday 17th		Online Ceilidh 11am Contact Diane Smith	

Week 4		20th – 24th June	
Monday 20th	Highland Wide Carer's Group 10.30am <i>- for people caring for a person with dementia who is in long term care</i> Contact Lesley Hellon	Highland Dementia Working Group 2pm For more information about this group please contact Karen Black	Making Music – Join us for songs and tunes. 3.15pm Contact Diane Smith
Tuesday 21st	Quiz Afternoon 4pm Contact Karen Black		
Wednesday 22nd	Reminiscence Bingo 11am Contact Diane Smith	Music Memories 11am Contact Hayley Lyons	
Thursday 23rd	Activity Afternoon 2pm Contact Eleanor Brown	SEALL @ Home Sing Along With Iseabail and Donald 2pm Contact Diane Smith	
Friday 24th	Online Ceilidh 11am Contact Diane Smith		

Week 5		27th June – 1st July	
Monday 27th	Making Music – Join us for songs and tunes. 3.15pm Contact Diane Smith		
Tuesday 28th	Highland Younger Onset Group 11am Contact Lesley Hellon	Screen Memories 11am Contact Diane Smith or Eleanor Brown	Quiz Afternoon 4pm Contact Karen Black
Wednesday 29th	Reminiscence Bingo 11am Contact Eleanor Brown	Music Memories 11am Contact Hayley Lyons	
Thursday 30th	Activity Afternoon 2pm Contact Diane Smith		
Friday 1st	Online Ceilidh 11am Contact Diane Smith		

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.*
- **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. This group is supported by Bòrd Na Ghàidhlig and Highland Council.*
- **Highland Dementia Working Group** - This group is for people with a diagnosis of dementia and aims to:
 - Support and share experiences of living with dementia.
 - Raise awareness to influence and change attitudes towards people with dementia.
 - Influence relevant policy and campaign for better services.
 - Take part in consultations and social research

This is an active working group rather than a therapeutic or social group and is a mix of online and in person. If you would like to find out more about it, please contact Karen Black.

- **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.*
- **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.*

What's Online in West Highland in June 2022

- **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.*
- **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 bingo with Webb the dog.*
- **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. The sessions are now being held on the last Tuesday of each month.*
- **SEALL @ Home Concerts** - *these concerts are provided by the Skye based Arts Organisation SEALL and are organised by Iseabail Strachan. They are for older people, people with additional support needs and people living with dementia. Enjoy music and songs by local musicians in the comfort of your own home.*
- **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 great get together with friends from Glasgow and across the Highlands. Check the calendar to see who is leading this group.*



Dementia Awareness Week this year is from 30th May – 5th June.

The aim of the week is to raise awareness of dementia and help improve the lives of people with dementia, their families and carers. This year's theme is 'Let's Prevent, Care, Cure dementia together!'

Find out how to get involved at:

www.alzscot.org/DAW2022

How to contact us here in West Highland:

Eleanor Brown, Community Activities Organiser for Lochaber
EBrown@alzscot.org or 07920 868848

Lesley Hellon – Dementia Advisor
LHellon@alzscot.org or 07825 975557

Diane Smith, Community Activities Organiser for Skye & Lochalsh
DianeSmith@alzscot.org or 07825 608057

Contacts for North Highland

Hayley Lyons: HLyons@alzscot.org or 07554 408479

Sarah Fraser: SFraser@alzscot.org or 07774 849697

Contacts for South Highland

Karen Black: KarenBlack@alzscot.org or 07585 669654

Find us on the web:

<https://www.alzscot.org/westhighland>

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>



Looking across to Ardnamurchan from Sleat on Skye at sunset.