

Activities & Events in May 2022

Covid guidance changes

We no longer require people to book in advance to attend our In Person groups.

Please do not attend our groups if you are feeling unwell.

Please advise us if you feel unwell while attending a group.

Any of our In Person groups may be cancelled at short notice if the Government guidelines change or if staff members need to self-isolate.

Please let us know if you would feel more comfortable keeping a distance from others.

Groups in the Inverness Dementia Resource Centre

Dates & Times	Activity	Contact Details
Friday 6 th 1.30pm	Movie Afternoon In person at the Inverness Dementia Resource Centre. <i>Join us for a chance to watch a film together.</i>	Karen Black KarenBlack@alzscot.org or 01463 711707
Monday 9 th 2-3pm	Dementia Café 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 or 01463 711707
Wednesday 11 th 2-3pm	Arts and Crafts In person at the Inverness Dementia Resource Centre. <i>Join us for an afternoon of arts and crafts. We will have some things to work on or you can bring your own if you'd prefer.</i>	Karen Black KarenBlack@alzscot.org or 01463 711707
Friday 13 th 1-2pm	Carers Support Group In person at the Inverness Dementia Resource Centre. <i>For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation.</i>	Karen Black KarenBlack@alzscot.org or 01463 711707

Monday 16 th 2-3.30pm	<p>Highland Dementia Working Group In person at the Inverness Dementia Resource Centre. <i>This is an active working group rather than a therapeutic or social group, for people who have a diagnosis of dementia. If you would like to find out more about it, please contact us.</i></p>	Karen Black KarenBlack@alzscot.org or 01463 711707
Wednesday 18 th 10.30-11.30am	<p>Health walk In person <i>Join us for a walk at the Muirton basin. 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>	Karen Black KarenBlack@alzscot.org or 01463 711707
Friday 20 th 12.30-1.30pm	<p>Soup Café In person at the Inverness Dementia Resource Centre. <i>A chance to join others in a similar situation for a bowl of soup and a chat.</i></p>	Karen Black KarenBlack@alzscot.org or 01463 711707
Friday 27 th 10am-12noon	<p>Seagull Trust Cruise In person- meeting at the boat <i>Join us for a boat trip along the Caledonian canal.</i> <i>*Places are limited and must be booked in advance*</i></p>	Karen Black KarenBlack@alzscot.org or 01463 711707

Dementia Awareness Week 2022

Dementia Awareness week is 30 May – 5 June. We are planning a few activities to celebrate and will be sending out more information nearer the time.

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.

Online Groups

Please contact the person listed below the activity and they will send you the link to join.

Monday	Tuesday	Wednesday	Thursday	Friday
2nd	3rd	4th	5th	6th
	4pm Online Quiz Contact Karen	11am Online Scavenger Hunt Contact Eleanor or Diane 12.30-1.30pm LGBT+ Carers Group Contact Faye or Janine 2-3pm Silver Linings Contact Lesley	2pm Online Activity Afternoon Contact Diane	11am Online Ceilidh Contact Diane
9th	10th	11th	12th	13th
3.15pm Online Making Music Contact Diane	4pm Online Quiz Contact Karen	11am Online Reminiscence bingo Contact Eleanor 11am Online Music Memories Contact Hayley	2pm Online Activity Afternoon Contact Eleanor	11am Online Ceilidh Contact Diane

Monday	Tuesday	Wednesday	Thursday	Friday
16th	17th	18th	19th	20th
10.30am Online Carers support for people in long term care Contact Karen	4pm Online Quiz Contact Karen	11am Online Reminiscence bingo Contact Eleanor 2pm Online Gaelic conversation Contact Diane	2pm Online We'll meet again café Contact Diane or Eleanor	11am Online Ceilidh Contact Diane
23rd	24th	25th	26th	27th
3.15pm Online Making Music Contact Diane	4pm Online Quiz Contact Karen	11am Online Reminiscence bingo Contact Eleanor 11am Online Music Memories Contact Hayley	2pm Online Activity Afternoon Contact Karen	11am Online Ceilidh Contact Diane
30th	31st	1st June	2nd June	3rd June
Dementia Awareness Week				
<i>We are planning a few different things for Dementia Awareness Week this year. We will send out a full plan for the week nearer the time. For this week only, our usual weekly activities may be changed.</i>				

More about our activities

Monday online groups

Making Music- Join us for some music and song from guest musicians. You can sing along at home or just listen.

Carers support for people in long term care- 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.

Tuesday online groups

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.

Quiz- test your general knowledge each week.

Wednesday online groups

Doggie scavenger hunt- We'll be joined by Imke and her dog Webb for a fun scavenger hunt.

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.

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

Reminiscence Bingo- Every week we have a fun game of bingo with a different theme.

Gaelic conversation- Cothrom cabadaich anns a' Ghàidhlig. Reminiscence and songs in Gaelic with Margaret Nicolson. For Gaelic speakers. Sometimes we will also be joined by school children from the Gaelic schools in West Highland.

Silver Lining- Talk by the Scottish Dementia Working Group (SDWG). The SDWG is a national, member led campaigning and awareness raising group for people living with a diagnosis of dementia. Join us to learn more about the group.

Thursday online groups

Activity Afternoon- Join us for some online activities, including games, reminiscence and a chance to chat to each other.

We'll Meet Again café- A gathering of friends from the Highlands and Glasgow. All welcome.

Friday online groups

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.

Contacts

Inverness Dementia Resource Centre: 01463 711707

Diane Smith: DianeSmith@alzscot.org

Eleanor Brown: EBrown@alzscot.org

Faye Smart: FSmart@alzscot.org

Hayley Lyons: HLyons@alzscot.org

Janine Adair: JAdair@alzscot.org

Karen Black: KarenBlack@alzscot.org

Kenny Wright: KWright@alzscot.org

Lesley Hellon: LHellon@alzscot.org

Please note that if there is an in person group that you would like to attend but are unable to get to Inverness, please get in touch and we may be able to offer the chance to join it online. Similarly, if there is an online group you'd like to join but you are unable to get online, we may be able to link you in to the group from the Dementia Resource Centre.

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>

