

Week 1	1st – 5th August
Monday 1st	Making Music 3.15pm Contact Diane Smith
Tuesday 2nd	
Wednesday 3rd	Doggie Bingo 11am Contact Diane Smith
Thursday 4th	
Friday 5th	Online Ceilidh 11am Contact Diane Smith

Week 2	8th – 12th August
Monday 8th	Making Music 3.15pm Contact Diane Smith
Tuesday 9th	Quiz Afternoon 3pm Contact Louise MacDonald
Wednesday 10th	Music Memories 11am Contact Hayley Lyons
Thursday 11th	
Friday 12th	Online Ceilidh 11am Contact Diane Smith

Week 3		15th – 19th August	
Monday 15th	Highland Wide Carer's Group 10.30am <i>- for people caring for a person with dementia who is in long term care</i> Contact Hayley Lyons	Highland Dementia Working Group 2pm For more information about this group please contact Karen Black	
Tuesday 16th			
Wednesday 17th	Reminiscence Bingo 11am Contact Diane Smith or Eleanor Brown		
Thursday 18th	We'll Meet Again Café 2pm Contact Eleanor Brown or Diane Smith		
Friday 19th	Online Ceilidh 11am Contact Diane Smith		

Week 4		22nd – 26th August	
Monday 22nd	Making Music – Join us for songs and tunes. 3.15pm Contact Diane Smith		
Tuesday 23rd	Quiz Afternoon 3pm Contact Louise MacDonald		
Wednesday 24th	Music Memories 11am Contact Hayley Lyons	Gaelic Conversation with Margaret Nicolson 2pm Contact Diane Smith	
Thursday 25th			
Friday 26th	Online Ceilidh 11am Contact Diane Smith		

Week 5		29th August – 2nd September	
Monday 29th			
Tuesday 30th		Highland Younger Onset Group 11am Contact Lesley Hellon	
Wednesday 31st	Reminiscence Bingo 11am Contact Eleanor Brown	Music Memories 11am Contact Hayley Lyons	
Thursday 1st			
Friday 2nd	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.

- **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.*
- **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 second 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.*

What's Online in West Highland in August 2022

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.

- **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. Check the calendar to see who is leading this group.
- **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.

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
LLhaddon@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

Louise MacDonald LMacDonald@Alzscot.org

or 07823 556869

Julie Ferguson JulieFerguson@Alzscot.org

or 07887 625982

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>