

## Activities & Events in November 2022

Welcome to our What's On Guide for November. First you will find all of the Online Groups for the Highlands, then the In Person Groups for Lochaber and then In Person Groups for Skye and Lochalsh.

### Online Groups

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

<b>Week 1</b>	<b>31<sup>st</sup> October – 4<sup>th</sup> November</b>	
<b>Monday 31<sup>st</sup></b>		
<b>Tuesday 1<sup>st</sup></b>	<b>SEALL@Home Concert with Archie MacFarlane &amp; Kirsteen Graham - box tunes &amp; Gaelic songs</b> 2pm <b>Contact Diane</b>	
<b>Wednesday 2<sup>nd</sup></b>	<b>Doggie Scavenger Hunt</b> 11am <b>Contact Diane or Eleanor</b>	<b>Online Music Memories</b> 11am <b>Contact Hayley</b>
<b>Thursday 3<sup>rd</sup></b>		
<b>Friday 4<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>	

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Please note that transport is not provided for any of these activities.

<b>Week 2</b>		<b>7<sup>th</sup> – 11<sup>th</sup> November</b>	
<b>Monday 7<sup>th</sup></b>	<b>Making Music</b> 3.15pm <b>Contact Diane</b>		
<b>Tuesday 8<sup>th</sup></b>			
<b>Wednesday 9<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane or Eleanor</b>		
<b>Thursday 10<sup>th</sup></b>	<b>SEALL@Home Concert with Kate &amp; John Masson - tunes &amp; songs on fiddle &amp; guitar</b> 2pm <b>Contact Diane</b>		
<b>Friday 11<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

<b>Week 3</b>		<b>14<sup>th</sup> – 18<sup>th</sup> November</b>	
<b>Monday 14<sup>th</sup></b>			
<b>Tuesday 15<sup>th</sup></b>	<b>Quiz Afternoon</b> 3pm <b>Contact Louise</b>		
<b>Wednesday 16<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Gaelic Songs &amp; Conversation with Anne Martin</b> 2pm <b>Contact Diane</b>	
<b>Thursday 17<sup>th</sup></b>			
<b>Friday 18<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

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<b>Week 4</b>		<b>21<sup>st</sup> – 25<sup>th</sup> November</b>	
<b>Monday 21<sup>st</sup></b>	<b>Online Carer's Support Group -</b> <i>for people in long term care</i> 10.30am <b>Contact Hayley</b>	<b>Making Music</b> 3.15pm <b>Contact Diane</b>	
<b>Tuesday 22<sup>nd</sup></b>			
<b>Wednesday 23<sup>rd</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Gaelic Songs &amp; Conversation with Margaret Nicolson</b> 2pm <b>Contact Diane</b>	
<b>Thursday 24<sup>th</sup></b>			
<b>Friday 25<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

<b>Week 5</b>		<b>28<sup>th</sup> November – 2<sup>nd</sup> December</b>	
<b>Monday 28<sup>th</sup></b>			
<b>Tuesday 29<sup>th</sup></b>	<b>Highland Younger Onset Group</b> 11am <b>Contact Lesley</b>		
<b>Wednesday 30<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane</b>	<b>Online Music Memories</b> 11am <b>Contact Hayley</b>	
<b>Thursday 1<sup>st</sup></b>			
<b>Friday 2<sup>nd</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

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## More about our Online 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 and Songs** with Anne Martin or Margaret Nicolson. *The children from Bun-sgoil Ghàidhlig Phort Rìgh will also join us for some songs. This group is supported by Bòrd Na Ghàidhlig and Highland Council.*  
**Contact Diane Smith 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 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 Carer's Support Group** - for people in long term care- Join us for a virtual cuppa and meet other people in similar situations.  
**Contact Lesley Hellon for more information 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.  
**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.  
**Contact Diane or Eleanor for more info about this group.**
- **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 on Zoom.  
**Contact Diane for more info about this group#**
- **Quiz Afternoon** - Test your general knowledge.  
**Contact Louise for more info about this group**

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## How to contact us:

### **Eleanor Brown**

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

### **Lesley Hellon**

Dementia Advisor, West Highland  
LHellon@alzscot.org or 07825 975557

### **Diane Smith,**

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

### **Hayley Lyons**

Dementia Advisor, North Highland  
[HLyons@alzscot.org](mailto:HLyons@alzscot.org) or 07554 408479

### **Louise MacDonald**

Community Activities Organiser, South Highland  
[LMacDonald@alzscot.org](mailto:LMacDonald@alzscot.org) or 07823 556869

### **Find us on the web:**

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

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families, friends and supporters in the community. All are welcome; people who can attend independently and/or for those unable to do so should come with a companion who can provide any support for them. We are unable to provide transport for any groups and therefore it is your responsibility to get to and from this community activity, safely.

#### Covid Safe Guidance

Please do not attend any in person groups if you are feeling unwell.

Please also be aware that 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.

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# What's on in Lochaber in November

## In-person Activities



Tuesday November 1st
Wild and Woolly at 3pm in Caol Library followed by Storytelling at 4pm
Wednesday November 2nd
Board Games at 2pm in An Drochaid
Thursday November 3rd
Christmas Crafts at 2pm in An Drochaid
Tuesday November 8th
Storytelling at 2pm in Fort William Library
Wednesday November 9th
Dementia Cafe at 2pm in Caol Community Centre
Tuesday November 15th
Wild and Woolly at 3pm in Caol Library followed by Storytelling at 4pm
Wednesday November 16th
Bingo at 2pm in An Drochaid
Thursday November 17th
Dementia Café in Ballachulish Village Hall
Tuesday November 22nd
Storytelling at 2pm in Fort William Library
Wednesday November 23rd
Music and Movement at 2pm in An Drochaid
Thursday November 24th
Movies in An Drochaid at 2pm

Please contact Eleanor Brown for more information about any of our groups – Tel 07920 868848 or [EBrown@Alzscot.org](mailto:EBrown@Alzscot.org)

**A small donation towards the cost of running the groups would be most appreciated**

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# What's on in Skye & Lochalsh in November

## In-person Activities

<b>Friday 4<sup>th</sup> – 2pm - 3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee chat and information/activities.</i>
<b>Friday 11<sup>th</sup> - 2pm – 3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee/support a chat and information/activities.</i>
<b>Wednesday 16<sup>th</sup> – 2pm – 3pm</b>	<b>Gaelic Songs &amp; Conversation with Anne Martin – join online from your own home or come to Tigh Na Drochaid and join online from there.</b>
<b>Friday 18<sup>th</sup> – 2pm – 3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee/support a chat and information/activities..</i>
<b>Wednesday 23<sup>rd</sup> – 2pm – 3pm</b>	<b>Gaelic Songs &amp; Conversation with Margaret Nicolson – join online from your own home or come to Tigh Na Drochaid and join online from there.</b>
<b>Friday 25<sup>th</sup> – 2pm – 3.30pm</b>	<b>Tea &amp; Shortbread / Tì is Aran Milis at the Cuillin Hills Hotel, Portree , Portree</b> <i>Join us for chat and tea/coffee/scones/support and information/activities and learn a little Gaelic.</i>
<b>Wednesday 30<sup>th</sup> – 1pm – 3pm</b>	<b>Strùpag &amp; Chat at the Dunollie Hotel, Broadford</b> <i>Join us for chat and tea/coffee/scones/support and information.</i>
<b>Friday 2<sup>nd</sup> December – 2pm – 3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee/support a chat and information/activities.</i>

Please contact Diane Smith for more information about any of the groups – Tel 70825 608057 or [DianeSmith@Alzscot.org](mailto:DianeSmith@Alzscot.org)

**A small donation towards the cost of running the groups would be most appreciated**

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