



Activities & Events in December 2022 and the first week of January 2023

Welcome to our What's On Guide for December. 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.

We have lots going on in the lead up to Christmas and we hope you'll be able to join us online or in person. Our offices will be closed from Monday 26th December and open again on Wednesday 4th January. You can still join the online ceilidh on 30th December.

If you need urgent help or support over the period, our 24 Dementia Helpline is always open.

Best wishes for the Festive Season from all of us at West Highland.



24 HOUR
Dementia
Helpline



**Alzheimer
Scotland**
Action on Dementia

Freephone 0808 808 3000
Email helpline@alzscot.org



Online Groups

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

Week 1		5th – 9th December	
Monday 5th	Making Music - TBC 3.15pm Contact Diane		
Tuesday 6th	Quiz Afternoon 3pm Contact Louise		
Wednesday 7th	Doggie Bingo – Christmas Colour by Numbers 11am Contact Diane or Eleanor	Online Music Memories 11am Contact Hayley	Gaelic Songs & Conversation with Anne Martin 2pm Contact Diane
Thursday 8th			
Friday 9th	Online Ceilidh 11am Contact Diane		

Week 2		12th – 16th December	
Monday 12th			
Tuesday 13th			
Wednesday 14th	Reminiscence Bingo 11am Contact Diane or Eleanor	Gaelic Songs & Conversation with Margaret Nicolson 2pm Contact Diane	
Thursday 15th			
Friday 16th	Online Ceilidh 11am Contact Diane		

Week 3		19th – 23rd December	
Monday 19th	Making Music 3.15pm Contact Diane		
Tuesday 20th			
Wednesday 21st	Reminiscence Bingo 11am Contact Diane or Eleanor	Online Music Memories 11am Contact Hayley	
Thursday 22nd			
Friday 23rd	Online Ceilidh 11am Contact Diane		

Week 4		26th – 30th December	
Monday 26th	BANK HOLIDAY		
Tuesday 27th	BANK HOLIDAY		
Wednesday 28th			
Thursday 29th			
Friday 30th	Online Ceilidh 11am Contact Diane		

		2nd - 6th January 2023	
Monday 2nd	BANK HOLIDAY		
Tuesday 3rd	BANK HOLIDAY		
Wednesday 4th	Doggie Bingo 11am Contact Diane or Eleanor	Online Music Memories 11am Contact Hayley	
Thursday 5th			
Friday 6th	Online Ceilidh 11am Contact Diane		

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 and dates for this group
- **Quiz Afternoon** - Test your general knowledge.
Contact Louise for more info about this group

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 or 07554 408479

Louise MacDonald

Community Activities Organiser, South Highland

LMacDonald@alzscot.org or 07823 556869

Find us on the web:

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

Covid Safe Guidance

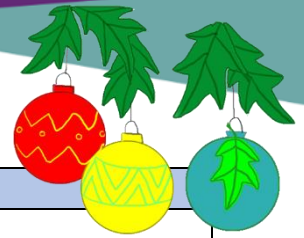
Please do not attend any in person groups if you are feeling unwell.

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.

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.

What's on in Lochaber in December

Support & Social Activities for people living with dementia or memory loss, their family, carers and friends.



Tuesday December 6th
Storytelling at 2pm in Fort William Library
Wednesday December 7th
Christmas Crafts at 2pm in An Drochaid
Thursday December 8th
Dementia Café at 2pm in An Drochaid – and the chance to meet Lesley Hellon, Dementia Advisor
Tuesday December 13th
Wild and Woolly at 3pm in Caol Library followed by Storytelling at 4pm
Wednesday December 14th
Christmas Lunch at 1.30pm at Lochaber Rural Education Trust
Thursday December 15th
Dementia Café at 2pm in Ballachulish Village Hall
Tuesday December 20th
Storytelling at 2pm in Fort William Library
Wednesday December 21st
Christmas Bingo at 2pm in An Drochaid
Thursday December 22nd
Christmas Movies in An Drochaid at 2pm
Thursday January 5th
Drop In Dementia Café at 1.30pm – 3.30pm in An Drochaid – and the chance to meet Lesley Hellon, Dementia Advisor



Please contact Eleanor Brown for more information about any of our groups – Tel 07920 868848 or EBrown@Alzscot.org

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



Please note that transport is not provided for any of these activities. We also have some online groups that can be attended from home with a laptop, PC, tablet or phone. Contact us for more information.

What's on in Skye & Lochalsh in December

Support & Social Activities for people living with dementia or memory loss, their family, carers and friends.



Friday 2nd 2pm -3.30pm	Strùpag & Chat in Tigh na Drochaid, Portree <i>Join us for chat and tea/coffee, information/activities.</i>
Saturday 3rd 11am -2pm	Christmas Cafe at Portree Library, The Fingal Centre, Portree <i>Join us for Christmas baking, chat and tea/coffee and information and help us raise some funds. Open to everyone.</i>
Wednesday 7th 2pm – 3pm	Gaelic Songs & Conversation with Anne Martin – join online from your own home or come to Tigh Na Drochaid and join online from there.
Friday 9th 2pm – 3.30pm	Strùpag & Chat in Tigh na Drochaid, Portree <i>Join us for chat and tea/coffee, information/activities.</i>
Monday 12th 1pm – 3pm	Strùpag and Chat at The Lighthouse Coffee, Kyle of Lochalsh <i>Join us for chat and tea/coffee, information/activities.</i>
Tuesday 13th 1pm – 3pm	Strùpag & Chat at Minginish Hall, Portnalong, Carbost <i>Join us for chat and tea/coffee, information/activities.</i>
Wednesday 14th 2pm – 3pm	Gaelic Songs & Conversation with Margaret Nicolson – join online from your own home or come to Tigh Na Drochaid and join online from there.
Friday 16th 2pm – 3.30pm	Cruinneachadh na Nollaige - Christmas Gathering at the Cuillin Hills Hotel, Portree <i>Join us for Christmas snacks and tea/coffee/support, chat, music and learn some seasonal Gaelic words.</i>
Wednesday 21st 1pm – 3pm	Christmas Strùpag & Chat at the Dunollie Hotel, Broadford <i>Join us for Christmas snacks and tea/coffee/support, chat, information and activities.</i>
Friday 23rd 2pm – 3.30pm	Strùpag & Chat in Tigh na Drochaid, Portree <i>Join us for chat and tea/coffee, information/activities.</i>
Friday 6th January 2pm – 3.30pm	Strùpag & Chat in Tigh na Drochaid, Portree <i>Join us for chat and tea/coffee/support and information/activities.</i>

Please contact Diane Smith for more information about any of the groups:
Tel 70825 608057 or email: DianeSmith@Alzscot.org

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



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