

Activities & Events in December 2022

Covid guidance

Please do not attend our groups if you are feeling unwell.
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 and friends. 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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no, SC022315

In Person Groups – Inverness

Dates & Times	Activity	Venue	Contact Details
Monday 5th 1.30pm (Film should finish approximately 3.30pm)	Christmas Movie Afternoon <i>Join us to watch 'Home Alone'. An eight-year-old troublemaker must protect his house from a pair of burglars when he is accidentally left home alone by his family during Christmas vacation.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Tuesday 6 th 2-4pm	Christmas Party!! <i>Come and join us to celebrate together with our band and festive activities! Don't forget your dancing shoes!</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707

Thursday 8th 2-4pm	Dementia Advisor Drop-In <i>Karen, Dementia Advisor in Inverness will be available for advice or support. Drop in for a cuppa and a chat.</i>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Karen Black KarenBlack@alzscot.org or 01463 711707
Monday 12th 11am-2.30pm	Wild Things <i>Bring something for your lunch! A chance to learn, socialise and reminisce! This month will be based in Woodlands and we will have the opportunity to use the grounds to collect items to make sustainable Christmas decorations!</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Tuesday 13th 1-2.30pm	Carers Support Group <i>For people caring for someone living with dementia. Join us for a chat with others in a similar situation. Including lunch with our Reminiscing group!</i> Please let us know by the 25th of November if you are able to attend for catering numbers.	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Karen Black KarenBlack@alzscot.org or 01463 711707
Tuesday 13th 1-2.30pm	Reminiscing Group <i>A look back on photos, events, music and more from Christmases when we were young. Including lunch with our Carers Support group!</i> Please let us know by the 25th of November if you are able to attend for catering numbers.	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 14th 11-12pm	Digital Health and Wellbeing Drop-ins <i>Come along to speak to the NHS Highland's Technology Enabled Care Team to find out more about equipment that could support you, or someone you care for, to lead healthier, happier lives. This is going to be a regular monthly drop-in session and will be held on different days and times each month.</i>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Karen Black KarenBlack@alzscot.org or 01463 711707 or Lilian on 01463 711707

Wednesday 14th 2-3.30pm	Christmas Catch Up <i>A chance to meet and have a chat with others in a similar situation. Join us for mulled wine and mince pies!</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Thursday 15th 2-3pm	Music Group <i>An opportunity to come along and take part in music-based activities. We will have some percussion instruments available to have a go at playing along with some songs. Suitable for those who have previously had experience playing instruments, or those who've never tried but want to give it a go.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Karen Black KarenBlack@alzscot.org or 01463 711707
Monday 19th 2-3.30pm	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>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Julie Ferguson JulieFerguson@alzscot.org or 01463 711707 or Hayley Lyons: HLyons@alzscot.org

In Person Groups – Nairn

Tuesday 13 th 10.30-11.30am	Nairn Library Mind Hub Nairn Library <i>Come along to Nairn Library to play some brain-stimulating games. Table-top games like Scrabble and jigsaws will be available, as well as the chance to try out some new brain-games on a tablet.</i>	Julie Ferguson JulieFerguson@alzscot.org or 01463 711707
Tuesday 20th 10-11am	Bread Dough Workshop <i>Fun with dough workshop. This is a simple, fun and playful experience with bread dough which is rooted in art therapy. Session facilitated by Sue Beveridge. Venue TBC at time of going to print - please get in touch with Julie if you want to attend.</i>	Julie Ferguson JulieFerguson@alzscot.org or 01463 711707

In Person Groups – Badenoch and Strathspey

Venue: Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD

Wednesday 7th 11-2.30pm	Wild Things <i>Bring something for your lunch! Nature gurus Wild Things run this activity which varies from month to month. Activities include exploring the surrounding forest, making and building things which connect with nature and discussing interesting aspects of nature.</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Thursday 8 th 1-2.30pm	Singing in Nature <i>Ailsa Villegas (Professional singer) will be leading us in some group singing in the tipi. all abilities welcome. Great for the brain and lungs as well as good fun.</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Tuesday 13th 11am-1pm	Adapted Cycling <i>Another chance to whizz around our site at Badaguish on specially designed adapted cycles and wheelchairs. There really is something to suit every ability here. You can simply come for a cup of tea, a biscuit and a look if you're not sure, these machines really are fascinating! All welcome!</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Wednesday 14th 10.30- 11.30am	Drop-In at Badenoch Library <i>Julie will be at Badenoch Library, Kingussie from 10.30-11.30. Pop past for a chat or to pick up information about our services in your area.</i>	Julie Ferguson JulieFerguson@alzscot.org or 01463 711707
Wednesday 21 st 11.30-1pm	Forest Bathing <i>Outdoor multi-sensory meditation with expert Cath.</i>	Andy Miller AMiller@alzscot.org Or 07585 976356

Online Groups

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1st	2nd
				11am Online Ceilidh Contact Diane
5th	6th	7th	8th	9th
3.15pm Online Making Music Contact Diane		11am Doggie Bingo Contact Eleanor or Diane 11am Online Music Memories Contact Hayley 3pm Online Christmas Quiz Contact Louise		11am Online Ceilidh Contact Diane
12th	13th	14th	15th	16th
				11am Online Ceilidh Contact Diane
19th	20th	21st	22nd	23rd
10.30am Online Carers support for people in long term care Contact Hayley 3.15pm Online Making Music Contact Diane		11am Reminiscence bingo Contact Eleanor or Diane 11am Online Music Memories Contact Hayley		11am Online Ceilidh Contact Diane
26th	27th	28th	29th	30th
				11am Online Ceilidh Contact Diane

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.

Wednesday online groups

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

Doggie Scavenger Hunt- We will be joined by Imke and her dog Webb for a Scavenger Hunt.

Reminiscence Bingo- Join us for a fun game of bingo with a different theme each month.

Quiz- test your general knowledge on a variety of subjects.

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.

Please note that if there is an in-person group that you would like to attend but are unable to get to, 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.

Contacts

South Highland:

Inverness Dementia Resource Centre: 01463 711707

Lilian Stott – Receptionist/Administrator: LStott@alzscot.org

Julie Ferguson - Dementia Advisor (Nairn, Badenoch & Strathspey): 07887 625982

- JulieFerguson@alzscot.org

Karen Black - Dementia Advisor (Inverness): 07585 669654 - KarenBlack@alzscot.org

Woodlands Centre: 23a Culduthel Road, Inverness, IV2 4AN

Louise MacDonald - Community Activities Organiser: 07823 556869 - LMacDonald@alzscot.org

Outdoor Dementia Resource Centre, Badaguish, Aviemore

Andy Miller – Outdoor Community Activities Organiser: AMiller@alzscot.org

Kenny Wright – Outdoor Resource Centre Co-ordinator : KWright@alzscot.org

Online Groups:

Diane Smith: DianeSmith@alzscot.org

Eleanor Brown: EBrown@alzscot.org

Hayley Lyons: HLyons@alzscot.org

Lesley Hellon: LHellon@alzscot.org

Louise MacDonald: LMacDonald@alzscot.org

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>**

or by putting money in our donation tins when you attend any of our groups.

