

# West Highland Newsletter

**Winter 2022 - 23**

## Gaelic Gathering – Cruinneachadh Gàidhlig - Lochcarron



Everyone enjoyed the Gaelic Gathering at the Howard Doris Centre in Lochcarron in November. There were Gaelic songs from Morag Henriksen, Mary Jane Campbell and Diane Smith, tunes on accordion from Donald Murdoch, rock and roll on the keyboard from Peter Hedley and also some pupils from Lochcarron Primary School came along and entertained us all with some songs.

We are hugely grateful to the Howard Doris Centre for being great hosts, to all the musicians and everyone who helped make it such a great day. Thanks also to Highland Council and Bòrd Na Gàidhlig for their support which enabled us to hold similar events in Portree and Fort William.

Tigh Na Drochaid Resource Centre, Bridge Road, Portree, Isle of Skye, IV51 9ER  
Tel: **01478 613450** | Email: [lhelloni@alzscot.org](mailto:lhelloni@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)

## Welcome to our Winter Newsletter

It has been a very busy year for us in West Highland and it has been great to be able to go back out into the community and meet up with people face to face again. We are still also continuing with online groups as these have been very helpful for connecting up people across our huge area who could not easily meet up in person. The online/digital groups, emails and telephone support will still be an important part of our service going forward.

## Online Groups

We still have lots going on online so hopefully something for everyone to take part in and enjoy. Contact one of the team for more information about any of the groups online or to find out about any in person groups.

### Musical Memories – every second Monday at 3.15pm

Join us and Home Farm Care Home on Skye for a sing along and tunes from guest musicians.



### Online Bingo and Doggie Bingo – every Wednesday at 11am

Every week we have a different theme and on the first Wednesday of the month we are joined by the Dementia Dogs project and one of the dogs will select the numbers for us or host a fun Scavenger Hunt game.



### Online Ceilidh – Every Friday at 11am

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, sing a song, recite a poem or tell a story.



### Gaelic Group – Cothrom cabadaich anns a' Ghàidhlig – We now

have two sessions a month. Usually the last and second last Wednesdays of the month- a chance for Gaelic speakers from West Highland and beyond to get together online for a chat. The first session in the month is led by Anne Martin, a lovely Gaelic singer from North Skye and Anne introduces her songs in English as well as chatting in Gaelic so this session is for learners, non Gaelic speakers as well as native speakers to enjoy. The second monthly session is led by Margaret Nicolson, who lives in Glasgow but has strong connections to Skye and the Western Isles. Margaret also sings and was in the band Na h-Òganaich. Sometimes children from the Gaelic schools in Portree and Lochaber join us too at the sessions for chat and songs and tunes. These groups are supported by Bòrd Na Gàidhlig and Highland Council.



## Festive Period 2022-2023

Our offices will be closed from Monday 26<sup>th</sup> December and open again on Wednesday 4<sup>th</sup> January. You can still join the online ceilidh on 30<sup>th</sup> December. If you need urgent help or support over the period, our 24 Dementia Helpline is always open. **24 hour Freephone Dementia Helpline: 0808 808 3000**

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

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## Highland Online Groups

As well as the groups organised by the West Highland team, there are also some online groups available from the teams in North and South Highland that you can join.

**Monthly Quiz Afternoon** - Test your general knowledge – contact Louise MacDonald - Community Activities Organiser based in Inverness for more information about this group. Phone: 07823 556869; Email: [LMacDonald@alzscot.org](mailto:LMacDonald@alzscot.org).

**Carers Support Group 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 – contact Hayley Lyons – Dementia Advisor based in Dingwall, Phone: 07554 408479; Email: [HLyons@alzscot.org](mailto:HLyons@alzscot.org).

As well as the above groups, we can also help you to join other sessions run by partner organisations.

**SEALL @ Home Concerts** - Skye based Arts project SEALL @ Home have regular concerts with local musicians available on Zoom. You can find out more about SEALL @ Home here: <https://www.seall.co.uk/what-we-do/community-work/> and we can forward the links to any of their events to you.



**Screen Memories** are a charity who create a fun and stimulating environment for all involved, using film clips, still images, memorabilia and audio. Their groups are inclusive and have shown to be beneficial to those living with dementia, as well as carers, people who are lonely, socially isolated or just enjoy getting involved with a community who have a shared interest. Screen memories and Juke Box Days are run on Zoom. You can find out more about Screen Memories here: <https://www.screenmemories.org.uk/> and we can forward the links for these events to you.



## Our Contact Information:

West Highland Office in Portree (diverted to Diane Smith) 01478 613450

Lesley Hellon, Dementia Adviser, email: [LHellon@alzscot.org](mailto:LHellon@alzscot.org), mobile: 07825 975557

Diane Smith, Community Activities Organiser based in Portree, email: [DianeSmith@alzscot.org](mailto:DianeSmith@alzscot.org), mobile: 07825 608057

Mags McGlynn, Dementia Link Worker for Skye and Lochalsh, email: [MBain@Alzscot.org](mailto:MBain@Alzscot.org), mobile: 07774 558406

Caroline Gordon, Dementia Link Worker for Lochaber, email: [CGordon@Alzscot.org](mailto:CGordon@Alzscot.org), mobile: 07788 294947

Eleanor Brown, Community Activities Organiser based in Lochaber, email: [EBrown@Alzscot.org](mailto:EBrown@Alzscot.org), mobile: 07920 868848

Christine McCallum, Dementia Link Worker for Wester Ross, email: [CMcCallum@Alzscot.org](mailto:CMcCallum@Alzscot.org), mobile: 07920816599

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## Helpline

Our 24 Hour Helpline is always available for advice, support and someone to talk to. Tel: 0808 808 3000 Email: [helpline@alzscot.org](mailto:helpline@alzscot.org)



## Action on Rights Team

The Action on Rights team works alongside colleagues, people living with dementia and their families and carers on some complex issues. The team can act as mediators, advocates, or provide guidance on interpreting legal frameworks.

The Action on Rights team will be available Monday-Friday from 8am-6pm and you can contact them by emailing them directly: [actiononrights@alzscot.org](mailto:actiononrights@alzscot.org) or calling the 24 hour Freephone Dementia Helpline on 0808 808 3000. The Helpline volunteer who answers your call will take your contact details and pass these directly to the Action on Rights team.

Read more: <http://www.alzscot.org/action-on-rights>



## Hello from Lochaber!

Hello from Lochaber, here's a quick look at some of the things we have been up to in recent months. If you'd like more information please call me on 07920 868848 or email me: [EBrown@Alzscot.org](mailto:EBrown@Alzscot.org).

## Gaelic Gathering, October 6<sup>TH</sup>

Despite the awful weather lots of people joined us at the Duncansburgh Church Hall for our Gaelic Gathering. We had musician from the Strathspey and Reel Society as well as songs from Emma Leitch and the children of Bun-Sgoil Loch Abar and our own Diane and her sister Fiona.



### Join the Club?

Just a line to say I'm living, that I'm not among the dead

Though I'm getting more forgetful, maybe mixed up in my head?

I've got used to my arthritis, to my dentures I'm resigned

I can cope with my bifocals, but oh dear I miss my mind.

Sometimes I can't remember when I'm standing by the stair

If I'm going up for something or have just come down from there?

And before the fridge so often I just find myself in doubt

Now have I just put some food away, or come to take some out?

And if it's not my turn to write yet, I trust you won't get sore

For I may have written twice today, and once the day before

Just remember that I love you and I wish that you lived near

But now it's time to post this – well then cheerio my dear

I stand beside the post box now, and WOW is my face RED!

Instead of posting this to you, I've opened it instead!!!!

Anonymous



## Music and Movement

Every month we have a fantastic session with Music Therapist Clare Reynolds. We sing and we laugh, we play instruments and we laugh, we have a cup of tea and we laugh!! Here's a photo of us in action, why don't you come along and join us?



## Wild and Woolly

This is our latest creation from the Wild and Woolly group. Made from hand crafted pom poms. We meet every second Tuesday in Caol Community Library at 3pm just before the Storytelling. Why don't you join us?

Hello from Caroline, Post Diagnostic Support worker in Lochaber. What a very mild spell we had in October/mid November, it does not feel at all 'natural', global warming?. We can think back to our childhoods and think of "skating" on small ponds or perhaps in my case frozen over large puddles. I wonder if I can find photographs of the snow and frozen ponds. Do you have some? As weather cools, we need to look after ourselves and keep warm which is more challenging with cost of energy crises, increased living costs impact us all. Here are some tips to keep well and prepared for winter months:

Happy Christmas all good wishes for 2023!



## Preparing for Winter

### Keeping Warm:

Have thermos filled with hot drink, covered heated water bottles, wheat bags (can be heated in microwave)

Hand warmers, gloves, thermal socks, extra layers

Heated scarfs and gilets: (scarfs from £8-£25) available at Amazon and Boots.



Alzheimer Scotland have a 'Time for You Winter Fund' grant of £50 available for things to help with cost of living, perhaps a new electric blanket, winter wear, travel costs, hot meals.

You can find the application form here:

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

Also you could check here to see what other help you may be able to get:

<https://benefits-calculator.turn2us.org.uk/>

### Get help from your power supplier - Priority Services Register

The Priority Services Register is a free support service that makes sure extra help is available to people in vulnerable situations.

Find out more here: <https://www.ofgem.gov.uk/get-help-your-supplier-priority-services-register>



DO YOU KNOW WHO TO CONTACT IF YOU HAVE A POWER CUT? **105 IS THE NUMBER TO CALL.**

It's free of charge and will put you through to your local network operator who can give you help and advice.

You can also visit the Ready Scotland website at:

<https://ready.scot/prepare> for advice on how to make sure you are prepared for any winter emergencies.



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## News From Wester Ross

Can you believe we are now into December. This year has passed so quickly and we've tried to pack as much in as we can after covid restrictions the previous years. This year Ullapool has seen new developments coming together.

We are experiencing a lot of disruption on Shore Street at the moment while the builders begin to extend the pier to create a lovely promenade which will accommodate space for wheelchair users with lovely benches to sit and eat delicious fish suppers and watch the cruise ships and yachts join the local fishing boats.

On the 1<sup>st</sup> of December we had our Christmas lights turned on. There was lots of excitement as Landward film crew came to film our famous creel tree going up. We are very proud of our bespoke tree, especially with the Crab on top!



Our dolphin Art project supporting People living with dementia are going to have an exhibition at the Ferry terminal on Friday the 9<sup>th</sup> Dec. 6.30-8.30.

The theme will be "Pearls of Wisdom" ..... inspired by the idea of giving your younger self advice....."don't put off tomorrow what you can do today!"

The group have made a beautiful thoughtful exhibition and all are warmly invited to join us for cake and fizz.

Over in Gairloch, the newly refurbished Museum has opened a state of the Art café and activities room overlooking the beach with stunning views.

Over the Winter they are running "Warm Winter Wednesdays" where anyone can go along and enjoy good company and lunch in a beautiful warm space. You can enjoy crafts, games and advice all for free. Recently I went along with a group of people living with dementia and their loved ones and we had great fun and stayed for the afternoon.

Together at Gairloch Museum

# Wednesday

Warm Winter Wednesdays

10.30am – 3pm

Come when you can and stay as long as you like. All our activities are accessible and dementia friendly. Everything is free, including the food!



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The Gairloch Community are also running Warm Mondays in their Hall along the same lines, warm, friendly and free.

In Lochcarron the Howard Doris Centre is beginning to open their wonderful daycare centre to the Community and have had some lovely events including a traditional Ceilidh promoting Gaelic organised by Alzheimer Scotland ladies from Skye which was a great success.

The Lochcarron Community Growing space group are getting together with the Strathcarron project, the Medical centre and The Barrels group to plan to develop a

polycrub to grow vegetables and bedding plants so they can run workshops for promoting health and wellbeing for the Community.



*Donald Murdock, Mary Jane Campbell and Morag Henriksen at the ceilidh at the Howard Doris Centre*

Wester Ross has really embraced their freedom this year and despite the cost of living increases we are all facing, these Communities are getting together, volunteering and sharing, and that is really heart-warming and makes me proud to live in this beautiful part of the world.

I would like to wish you all a very happy and healthy Christmas and all the very best for 2023.

With love from

Christine McCallum

Post Diagnostic Support Worker for Wester Ross.

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## Update on Nick Gardner

'Climbing the Munros in 1200 days starting from age 80 while raising money and awareness for Alzheimer's and Osteoporosis.'

In our last newsletter we introduced Nick Gardner to you. Nick, who lives in Wester Ross, has been climbing Munros to raise funds for Alzheimer Scotland and the Royal Osteoporosis Society. His wife has Alzheimer's and Osteoporosis and it was Nick's goal to all 282 Munros in 1200 days.

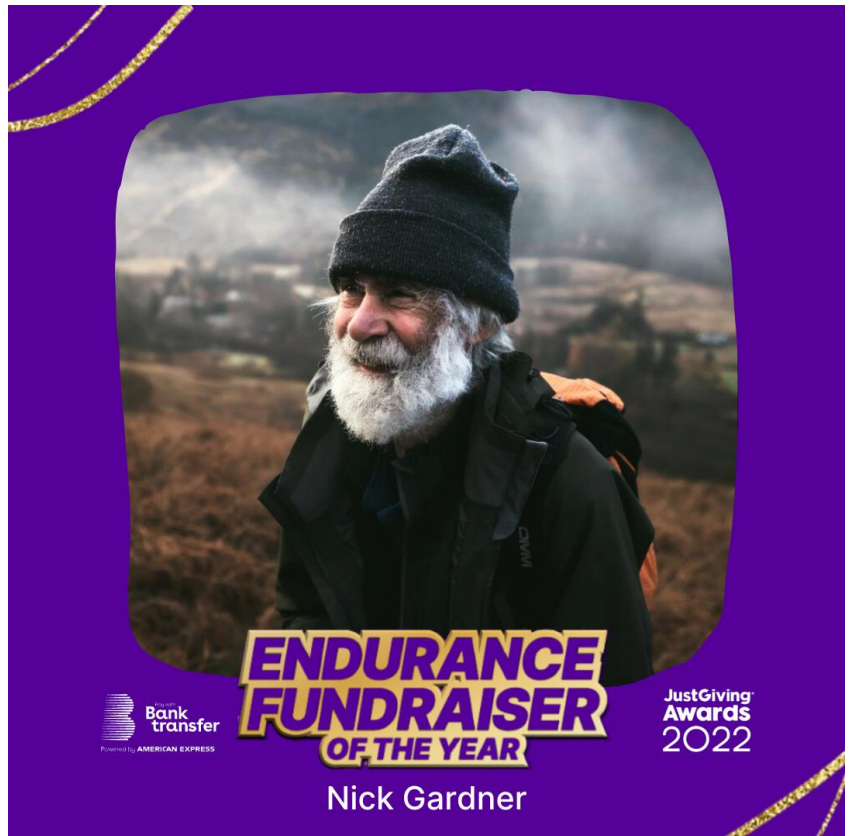
Nick is delighted to say that he has smashed both targets! He completed the challenge on 13th August 2022 (in less than 800 days) and has raised over £80,000.

Huge congratulations to Nick for winning endurance fundraiser of the year at the JustGiving Awards 2022!

Well deserved winner and we commend Nick in all his accomplishments to date and continued support ❤️

You can find out more about Nick's challenge on his JustGiving page here:

<https://www.justgiving.com/team/nicks-munro-challenge>



## Watch Out For Scammers

The Safer Communities, Safer Scotland booklet aims to bring together key security and safety advice in a handy and very usable A5 booklet. You can download and read a copy of the book here:

<https://www.neighbourhoodwatchscotland.co.uk/security-advice/our-safer-scotland-booklet/>



The booklet is packed with practical tips on how to keep you, your family and your community safe – from protecting your home and possessions to helping your children enjoy the benefits of the internet in safety.

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## News From Skye

As mentioned earlier in the newsletter we have had three Gaelic Gatherings this year in Lochaber, Lochcarron and Portree at the Cuillin Hills Hotel back in September. The event in Portree was a great success despite the weather being awful with heavy rain, wind, flooding and a landslip between Broadford and Portree preventing some people from attending! We enjoyed singing from pupils at Bun Sgoil Ghàidhlig Phort Rìgh, piping from Eilidh Beaton and some ceilidh music from Ceitidh Douglas and John Masson and also a great buffet from the hotel.

The feedback we received from all three events was fantastic, so much so, we all want to make it an annual event in all three areas.



We also recently visited Glendale and had a stall at the Christmas Craft Fair in the hall. It was great to get the chance to meet lots of lovely people within the area. Look out for us coming to visit the Reading Space in the new year!

We'll be dropping in to Portree Library more often too, hope to see you soon, pop in for a chat, when you see us.



Have a look at our webpage and find out more about what's on, when and where from this link:  
<https://www.alzscot.org/westhighland>

Our 24 Hour Helpline is also always available for advice and support out of hours and during the festive period.

**24 hour Freephone Dementia Helpline: 0808 808 3000**

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