

## February 2023

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

Community activities and groups can provide the opportunity get out and to meet with others living with the same condition.

Participating in activities can increase and improve physical, mental and emotional wellbeing for people living with dementia and memory loss and their family and friends.

We hope that you will find something here that you can come along to and we look forward to meeting you in person or online.

### Online Groups

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

<b>Week 1</b>	<b>1st - 3<sup>rd</sup> February</b>		
<b>Wednesday 1<sup>st</sup></b>	<b>Doggie Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Online Music Memories</b> 11am <b>Contact Hayley</b>	<b>Gaelic Songs &amp; Conversation with Anne Martin - 2pm</b> <b>Contact Diane</b>
<b>Thursday 2<sup>nd</sup></b>	<b>SEALL@Home Concert - 2pm with Iseabail Strachan &amp; Archie MacFarlane on Zoom - songs and tunes on the box!</b> <b>Contact Diane</b>		
<b>Friday 3<sup>rd</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

<b>Week 2</b>	<b>6<sup>th</sup> – 10<sup>th</sup> February</b>	
<b>Monday 6<sup>th</sup></b>		
<b>Tuesday 7<sup>th</sup></b>	<b>Online Quiz - 3pm</b> <b>Contact Louise</b>	
<b>Wednesday 8<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Gaelic Songs &amp; Conversation with Margaret Nicolson - 2pm</b> <b>Contact Diane</b>
<b>Thursday 9<sup>th</sup></b>	<b>SEALL@Home Burns Sing-along - 2pm with Donald Livingstone and Keri Skye on Zoom</b> <b>Contact Diane for more info</b>	
<b>Friday 10<sup>th</sup></b>	<b>Online Ceilidh - 11am</b> <b>Contact Diane</b>	

<b>Week 3</b>		<b>13<sup>th</sup> – 17<sup>th</sup> January</b>	
<b>Monday 13<sup>th</sup></b>	<b>Making Music</b> 3.15pm <b>Contact Diane</b>		
<b>Tuesday 14<sup>st</sup></b>			
<b>Wednesday 15<sup>th</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Online Music Memories</b> 11am <b>Contact Hayley</b>	
<b>Thursday 16<sup>th</sup></b>			
<b>Friday 17<sup>th</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

<b>Week 4</b>		<b>20<sup>th</sup> - 24<sup>th</sup> February</b>	
<b>Monday 20<sup>th</sup></b>	<b>Online Carers Support for people in long term care</b> 10.30am <b>Contact Hayley</b>		
<b>Tuesday 21<sup>st</sup></b>			
<b>Wednesday 22<sup>nd</sup></b>	<b>Reminiscence Bingo</b> 11am <b>Contact Eleanor</b>		
<b>Thursday 23<sup>rd</sup></b>			
<b>Friday 24<sup>th</sup></b>	<b>Online Ceilidh for Gaelic Week with Gaelic songs – Cèilidh Air-loidhne airson Seachdain Na Gàidhlig le òrain Ghàidhlig -</b> 11am <b>Contact Diane</b>		

<b>Week 5</b>		<b>27<sup>th</sup> February – 3<sup>rd</sup> March</b>	
<b>Monday 27<sup>th</sup></b>	<b>Making Music</b> 3.15pm <b>Contact Diane</b>		
<b>Tuesday 28<sup>th</sup></b>	<b>Highland Younger Onset Group</b> 11am <b>Contact Lesley</b>		
<b>Wednesday 1<sup>st</sup></b>	<b>Doggie Bingo</b> 11am <b>Contact Diane or Eleanor</b>	<b>Online Music Memories</b> 11am <b>Contact Hayley</b>	
<b>Thursday 2<sup>nd</sup></b>			
<b>Friday 3<sup>rd</sup></b>	<b>Online Ceilidh</b> 11am <b>Contact Diane</b>		

## 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. We don't have any dates yet for 2023.  
**Contact Iseabail Strachan - [community@seall.co.uk](mailto:community@seall.co.uk) for more info.**
- **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](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>

### 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 February

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

Thursday February 2nd
Drop in Café at 1.30pm with Dementia Advisor
Tuesday February 7 <sup>th</sup>
Wild and Woolly at 3pm in Caol Library followed by Storytelling at 4pm
Wednesday February 8th
D-Caff Café at 2pm in An Drochaid
Thursday February 9th
Bingo at 2pm in An Drochaid
Tuesday February 14 <sup>th</sup>
Storytelling at 2pm in Fort William Library
Wednesday February 15th
D-Caff Café at 2pm in Ballachulish Village Hall
Thursday February 16th
Visit to West Highland Museum at 2pm
Tuesday February 21 <sup>st</sup>
Wild and Woolly at 3pm in Caol Library followed by Storytelling at 4pm
Wednesday February 22nd
Music and Movement at 2pm in An Drochaid
Thursday February 23rd
Movies in An Drochaid at 2pm
Tuesday February 28 <sup>th</sup>
Storytelling at 11am in Mallaig Library
Storytelling at 2pm in Fort William Library

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

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.

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

# What's on in Skye & Lochalsh in February

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

<b>Friday 3<sup>rd</sup></b> <b>2pm -3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee, information/activities.</i>
<b>Friday 10<sup>th</sup></b> <b>2pm -3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee, information/activities.</i>
<b>Monday 13<sup>th</sup></b> <b>11am – 1pm</b>	<b>Community Connections Lochcarron, The Howard Doris Centre</b> <i>Carers, family and friends and people living with dementia and or memory loss welcome to come and meet us for chat, support, information and activities. Stay for lunch available at the centre at 12pm – Lunch costs £6.</i>
<b>Tuesday 14<sup>th</sup></b> <b>1pm – 3pm</b>	<b>Strùpag &amp; Chat at Minginish Hall, Portnalong, Carbst</b> <i>Join us for chat and tea/coffee, information/activities.</i>
<b>Wednesday 15<sup>th</sup></b> <b>1pm -3pm</b>	<b>Drop In at The Lighthouse Coffee, Kyle of Lochalsh</b> <i>Come along and meet us for an informal chat, information and advice.</i>
<b>Thursday 16<sup>th</sup></b> <b>2pm – 3.30pm</b>	<b>Drop In at Glendale Hall, Glendale</b> <i>Come along and meet us for chat, information and advice and activities.</i>
<b>Friday 17<sup>th</sup></b> <b>2pm – 3.30pm</b>	<b>Strùpag &amp; Chat in Tigh na Drochaid, Portree</b> <i>Join us for chat and tea/coffee, information/activities.</i>
<b>Friday 24<sup>th</sup></b> <b>2pm – 3.30pm</b>	<b>Stùpag is Cabadaich aig Taigh-Òsta Cuillin Hills, Port Rìgh</b> <b>A Cuppa and a Chat at the Cuillin Hills Hotel, Portree</b> <i>Join us for chat and tea/coffee/support/information/activities – all welcome – learn a few words of Gaelic too!</i>

For more information about any of the groups, please contact:

Diane Smith, Community Activities Organiser:

Tel: 07825 608057 or email: [DianeSmith@Alzscot.org](mailto:DianeSmith@Alzscot.org)

or Lesley Hellon, Dementia Adviser:

Tel: 07825 975557 or email: [LHellon@Alzscot.org](mailto:LHellon@Alzscot.org)

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