

Activities & Events in March 2023

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.

We are here for you with a warm drink, food and company. We will be providing more tea & blether sessions, and coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you would be interested in an Audiology Clinic being run again, please contact Lilian on 01463 711707 to be added to the waiting list

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
Thursday 2nd March 2-3pm	Music Group <i>An opportunity to come along and take part in music-based activities.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Karen Black KarenBlack@alzscot.org or 01463 711707

Monday 6 th March 2-3pm	Coast Candles Workshop <i>We are collaborating with Coast Candles to produce our own 'Alzheimer Scotland' candle to be released for Dementia Awareness Week. This second session will involve a further sensory session, experimenting with more fragrances and learning more about the process.</i> *Please note change of location*	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Tuesday 7 th March 3-4pm	Dancing Group <i>Join us to try out some dancing! Suitable for all levels of ability and mobility – will be optional whether you sit or stand! We will be continuing to learn our 'Grease' mash up!</i> *Please note change of time*	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 8 th March 10.30-11.30am	Bacon Butty Morning <i>Come along for a bacon butty and a chance to chat with others in a similar situation.</i> *Suggested donation £1*	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 8 th March 2-3pm	Arts and Crafts <i>Join us for an afternoon of arts and crafts. We will have some things to work on or you can bring your own if you'd prefer.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Thursday 9 th March 2-3.30pm	Masterminds <i>A group for people living with dementia doing activities to stimulate the brain. This is a follow-on from our previous Cognitive Stimulation Therapy sessions, but you don't need to have attended that to come along.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Karen Black KarenBlack@alzscot.org or 01463 711707

Monday 13th March 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> <i>Please note, an appointment can be made to speak with Karen at any time so please don't feel you have to wait until this time if you need to speak to her.</i>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Karen Black KarenBlack@alzscot.org or 01463 711707
Tuesday 14 th March 11am-12pm	Digital Health and Wellbeing Drop-ins <i>Come along to speak to 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
Tuesday 14 th March 2-3pm	Carers Support Group <i>For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation.</i>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Karen Black KarenBlack@alzscot.org or 01463 711707
Tuesday 14 th March 2-3pm	Reminiscing Group <i>A look back on photos, events, music and more from our friendships in our youth.</i>	Dementia Resource Centre, Unit 2 Strothers Lane, Inverness, IV1 1LR	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 15 th March 2-3pm	Inverness Health Walk <i>*Places for this group must be booked in advance*</i> <i>Join us for a walk in Inverness. The walks normally last about 1 hour and the pace is set by those attending.</i>	In person – get in contact for details of the meeting point as it changes each month	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707

Monday 20th March 2-3.30pm	Highland Dementia Working Group <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	Karen Black KarenBlack@alzscot.org or 01463 711707
Tuesday 21 st March 12.30-2pm	Soup Café <i>Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2*</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 22nd March 11am-2pm	Wild Things <i>Bring something for your lunch! Nature gurus Wild Things run this activity which varies from month to month. Activities include making and building things which connect with nature and discussing interesting aspects of nature.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Monday 27th March 2-3.30pm	Coffee Catch-Up <i>A chance to meet and have a chat with others in a similar situation.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 29 th March 2-3.30pm	Football Memories <i>Join us to look over old photos, videos, books and more while we talk about our memories of football. With some half-time pie and Bovril! *Suggested donation £1*</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Louise MacDonald LMacDonald@alzscot.org or 07823 556869 or Lilian on 01463 711707
Wednesday 29 th March 2-3.30pm	WAGS <i>Carer's support group that meets at the same time as Football Memories, but in a separate room.</i>	Woodlands, 23a Culduthel Road, Inverness, IV2 4AN	Karen Black KarenBlack@alzscot.org or 01463 711707

Cognitive Stimulation Therapy

We will be running another course of Cognitive Stimulation Therapy. This is a course of activities to stimulate the brain, for people with a diagnosis of dementia. This is a set course with the same group of people attending each week which will run for 7 weeks. There is the option of doing this either online or in person.

Please contact Karen or Julie for more information and register your interest.

In Person Groups – Nairn

Dates & Times	Activity	Venue	Contact Details
Tuesday 21st March 1.30-3.30pm	Meet the team <i>An opportunity to meet the new activity team in Nairn and try out an activity. All welcome!</i>	Seaman's Hall Harbour St, Nairn IV12 4PH	Andy Miller AMiller@alzscot.org Or 07585 976356
Monday 6 th March 2-3pm	Health Walk <i>*Places for this group must be booked in advance*</i> <i>Join us for a walk in Nairn. The walk lasts about one hour, and the pace is set by those attending.</i>	Meet at Links Car Park	Julie Ferguson JulieFerguson@alzscot.org Or 07887 625982
Tuesday 7 th March 2-4pm	Dementia Advisor Drop-In <i>Julie, Dementia Advisor in Nairn, will be available for advice or support. Drop in for a chat.</i>	Interview room 4, Nairn Town and County Hospital, Cawdor Road, Nairn, IV12 5ED	Julie Ferguson JulieFerguson@alzscot.org Or 07887 625982

In Person Groups – Badenoch and Strathspey

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

Dates & Times	Activity	Contact Details
Wednesday 1 st 11am-2pm	Wild Things <i>Bring something for your lunch! Nature gurus Wild Things run this activity which varies from month to month. Activities include making and building things which connect with nature and discussing interesting aspects of nature.</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Thursday 2 nd 11am-2pm	Tipi on Tour* <i>Grantown-on-spey – Lynemore Care Home</i> Special guests – TBC <i>*Booking is required, please contact Andy</i>	Andy Miller AMiller@alzscot.org Or 07585 976356

Thursday 9 th 11am-2pm	Tipi on Tour* <i>Kingussie – Ardvonie Park</i> Special guests – TBC <i>*Booking is required, please contact Andy</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Tuesday 14 th 11.30am - 1pm	Singing in the Tipi <i>Ailsa will be guiding us in some outdoor singing fun.</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Wednesday 15 th March 10.30-11.30	Dementia Advisor Drop-In <i>Julie, Dementia Advisor in Badenoch and Strathspey, will be at Badenoch Library, Spey Street, Kingussie, PH21 1EH.</i> <i>Pop in for advice or support.</i>	Julie Ferguson JulieFerguson@alzscot.org Or 07887 625982
Wednesday 15 th March 3-5pm	Dementia Advisor Drop-In <i>Julie, Dementia Advisor in Badenoch and Strathspey, is available for support or advice.</i> Ian Charles Room, Badenoch and Strathspey Community Hospital, Cairnview Road, Silverglades, Aviemore, PH22 1AJ	Julie Ferguson JulieFerguson@alzscot.org Or 07887 625982
Thursday 16 th 11am-2pm	Tipi on Tour <i>Aviemore – Royal British Legion</i> Special guests – TBC <i>*Booking is required, please contact Andy</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Tuesday 21 st 11.30am-1pm	RSPB <i>Iona from RSPB will be with us for some bird-related banter!</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Wednesday 22 nd 11.30-2pm	Willow craft <i>A new-look willow craft session this month which will be one single session open to anyone, no booking required. We will be decorating willow frames for our garden. All welcome!</i>	Andy Miller AMiller@alzscot.org Or 07585 976356
Thursday 23 rd 11.30am-1pm	Nature Walk with Volunteer Rangers <i>We will go for a walk to suit the abilities of participants exploring the paths and trails around Badaguish. All welcome!</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
		1 st	2 nd	3 rd
		11am Doggie Bingo Contact Eleanor or Diane		11am Online Ceilidh Contact Diane
6 th	7 th	8 th	9 th	10 th
		11am Reminiscence bingo Contact Eleanor or Diane		11am Online Ceilidh Contact Diane
13 th	14 th	15 th	16 th	17 th
3.15pm Online Making Music Contact Diane		11am Reminiscence bingo Contact Eleanor or Diane		11am Online Ceilidh Contact Diane
20 th	21 st	22 nd	23 rd	24 th
10.30am Online Carers support for people in long term care Contact Hayley		11am Reminiscence bingo Contact Eleanor or Diane		11am Online Ceilidh Contact Diane
27 th	28 th	29 th	30 th	31 st
3.15pm Online Making Music Contact Diane	11am Highland Younger Onset Group Contact Lesley	11am Reminiscence bingo Contact Eleanor or Diane		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.

Tuesday online groups

Highland Younger 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.

Wednesday online groups

Doggie Bingo- We will be joined by Imke and her dog Webb for a game of bingo.

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

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 would like to join but you are unable to get online, we may be able to link you into 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.

