

## 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.

Welcome to our What's On Guide for March. First you will find the In Person Groups for Lochaber and then In Person Groups for Skye and Lochalsh and after that all of the Online Groups for the Highlands.

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.

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 are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

Lesley Hellon, Dementia Advisor for all of West Highland	Email: <a href="mailto:Lhellon@alzscot.org">Lhellon@alzscot.org</a>	Phone: 07825 975557
Diane Smith, Community Activities Organiser for Skye & Lochalsh	Email: <a href="mailto:DianeSmith@alzscot.org">DianeSmith@alzscot.org</a>	Phone: 07825 608057
Eleanor Brown, Community Activities Organiser for Lochaber	Email: <a href="mailto:EBrown@alzscot.org">EBrown@alzscot.org</a>	Phone: 07920 868848

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.

## In Person Groups – Lochaber – March 2023

Contact Eleanor Brown for more information about any of the groups on in the Lochaber area.

Email: [ebrown@alzscot.org](mailto:ebrown@alzscot.org)

Phone: 07920 868848

Dates & Times	Activity	Venue
Wednesday 1 <sup>st</sup> 2pm	<b>Crafts</b> - <i>this month we are starting work on our new 'Gift Tags' project.</i>	An Drochaid, Fort William
Thursday 2 <sup>nd</sup> 1.30pm	<b>Drop in Café with Dementia Advisor</b> - <i>our Dementia Advisor will be available for a one to one chat about any issue concerning you.</i>	An Drochaid, Fort William
Tuesday 7 <sup>th</sup> 3pm	<b>Wild and Woolly</b> - <i>Bring along your own woolly project or join in with the group. Followed by Storytelling at 4pm.</i>	Caol Library
Wednesday 8 <sup>th</sup> 2pm	<b>D-Caff Café</b> - <i>We will be looking back at some "legendary" entertainers from the 40s/50s and 60s.</i>	An Drochaid, Fort William
Thursday 9 <sup>th</sup> 2pm	<b>Games</b> - <i>Come along and join in a game of seated tennis with balloons – should be fun!</i>	An Drochaid, Fort William
Tuesday 14 <sup>th</sup> 2pm	<b>Storytelling</b> - <i>Sally Hughes will be reading excerpts from books which we will the chat about over a cuppa</i>	Caol Library
Wednesday 15 <sup>th</sup> 2pm	<b>D-Caff Café</b> - <i>We will be looking back at early videos of the Slate Quarry in Ballachulish</i>	Ballachulish Village Hall
Tuesday 21 <sup>st</sup> 3pm	<b>Wild and Woolly</b> - <i>Bring along your own woolly project or join in with the group. Followed by Storytelling at 4pm.</i>	Caol Library
Wednesday 22 <sup>nd</sup> 2pm	<b>Gardening</b> - <i>We are looking into the possibility of setting up a gardening group, more information to follow.</i>	Venue to be confirmed
Tuesday 28 <sup>th</sup> 11am	<b>Storytelling</b> - <i>Storytelling with Judi and also a little crafting – make paper flowers, followed by a cuppa and chocolate biscuit.</i>	Mallaig Library
Tuesday 28 <sup>th</sup> 2pm	<b>Storytelling</b> - <i>Sally Hughes will be reading excerpts from books which we will the chat about over a cuppa</i>	Fort William Library
Wednesday 29 <sup>th</sup> 2pm	<b>Music and Movement</b> - <i>Our brilliant Music Therapist Clare Reynolds will be with us for songs and a chance to play some instruments</i>	An Drochaid, Fort William
Thursday 30 <sup>th</sup> 2pm	<b>Movies</b> - <i>If you have a favourite DVD you can bring it along for the whole group to watch or we can choose one we have here.</i>	An Drochaid, Fort William

## In Person Groups- Skye & Lochalsh – March 2023

Dates & Times	Activity	Venue	Contact Details
Friday 3 <sup>rd</sup> 2pm -3.30pm	<b>Strùpag &amp; Chat</b> – join us for a cuppa, a chat and maybe some games, activities or crafts. We can sit out on the garden if the weather is nice.	<b>Tigh Na Drochaid, Portree</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Thursday 9 <sup>th</sup> 1pm – 3pm	<b>Drop In - our Community Activities Organiser</b> will be available for chat, advice and information.	<b>Portree Library</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Friday 10 <sup>th</sup> 2pm – 3.30pm	<b>Strùpag &amp; Chat</b> – join us for a cuppa, a chat and maybe some games, activities or crafts. We can sit out on the garden if the weather is nice.	<b>Tigh Na Drochaid, Portree</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Tuesday 14 <sup>th</sup> 1pm – 3pm	<b>Strùpag &amp; Chat</b> - join us for a cuppa, a chat and maybe some games, activities or crafts	<b>Minginish Hall, Carbost</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Thursday 16 <sup>th</sup> 2pm – 3.30pm	<b>Drop In - our Community Activities Organiser</b> will be available for chat, advice and information.	<b>Glendale Hall, Glendale</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Friday 17 <sup>th</sup> 2pm – 3.30pm	<b>Strùpag &amp; Chat</b> - join us for a cuppa, a chat and maybe some games, activities or crafts. We can sit out on the garden if the weather is nice.	<b>Tigh Na Drochaid, Portree</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Wednesday 22 <sup>nd</sup> 11am – 1pm	<b>Drop In - our Dementia Advisor</b> will be available for chat, advice and information.	<b>Broadford Library</b>	Lesley Hellon Email: <a href="mailto:LHellon@azscot.org">LHellon@azscot.org</a> Phone: 07825 975557
Thursday 23 <sup>rd</sup> 1pm – 3pm	<b>Drop In - our Dementia Advisor and Community Activities Organiser</b> will be available for chat, advice and information	<b>The Lighthouse, Kyle of Lochalsh</b>	Lesley Hellon Email: <a href="mailto:LHellon@azscot.org">LHellon@azscot.org</a> Phone: 07825 975557
Friday 24 <sup>th</sup> 2pm – 3.30pm	<b>Strùpag &amp; Chat</b> - join us for a cuppa, a chat and maybe some games, activities or crafts. We can sit out on the garden if the weather is nice.	<b>Tigh Na Drochaid, Portree</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057
Friday 31 <sup>st</sup> 2pm – 3.30pm	<b>Strùpag is Cabadaich A Cuppa and a Chat</b>	<b>Taigh-Òsta Cuillin Hills, Port Rìgh Cuillin Hills Hotel, Portree</b>	Diane Smith Email: <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> Phone: 07825608057

## Online Groups – March 2023

For those times when you cannot make it to one of our venues, or wish to attend some groups in person, and some online.

Please contact the person listed beside the activity and they will send you the link to join. All our online groups use Microsoft Teams. We can help you get connected if you would like to try out an online group.

Dates & Times Week 1	Activity	Contact Details
Wednesday 1 <sup>st</sup> 11am	Doggie Bingo	Eleanor Brown <a href="mailto:ebrown@alzscot.org">ebrown@alzscot.org</a> 07920 868848
Friday 3 <sup>rd</sup> 11am	Online Ceilidh	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
Dates & Times Week 2	Activity	Contact Details
Tuesday 7 <sup>th</sup> 2pm	<b>Seanchas</b> <i>Conversation and song group from the Western Isles for Gaelic speakers.</i>	Donald Angus MacInnes <a href="mailto:DMacInnes@alzscot.org">DMacInnes@alzscot.org</a> 07748 502607
Wednesday 8 <sup>th</sup> 11am	Reminiscence Bingo	Eleanor Brown <a href="mailto:ebrown@alzscot.org">ebrown@alzscot.org</a> 07920 868848
Friday 10 <sup>th</sup> 11am	Online Ceilidh	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
Dates & Times Week 3	Activity	Contact Details
Monday 13 <sup>th</sup> 3pm	Making Music	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
Wednesday 15 <sup>th</sup> 11am	Reminiscence Bingo	Eleanor Brown <a href="mailto:ebrown@alzscot.org">ebrown@alzscot.org</a> 07920 868848
Friday 17 <sup>th</sup> 11am	Online Ceilidh	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
Dates & Times Week 4	Activity	Contact Details
Monday 20 <sup>th</sup> 10.30am	<b>Online Carers support for people in long term care</b> - with Hayley Lyons, Dementia Advisor for North Highland	Hayley Lyons <a href="mailto:HLyons@alzscot.org">HLyons@alzscot.org</a> 07554 408479

<b>Wednesday 22<sup>nd</sup> 11am</b>	<b>Reminiscence Bingo</b>	Eleanor Brown <a href="mailto:ebrown@alzscot.org">ebrown@alzscot.org</a> 07920 868848
<b>Wednesday 22<sup>nd</sup> 2pm</b>	<b>Gaelic Conversation and songs with Margaret Nicolson</b>  <b>Còmhradh Gàidhlig agus Òrain le Mairead NicNeacail</b>	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
<b>Friday 24<sup>th</sup> 11am</b>	<b>Online Ceilidh</b>	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
<b>Dates &amp; Times Week 5</b>	<b>Activity</b>	<b>Contact Details</b>
<b>Monday 27<sup>th</sup> 3pm</b>	<b>Making Music</b>	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
<b>Tuesday 28<sup>th</sup> 11am</b>	<b>Highland Younger Onset Group</b>	Lesley Hellon <a href="mailto:LHellon@alzscot.org">LHellon@alzscot.org</a> 07825 975557
<b>Wednesday 29<sup>th</sup> 11am</b>	<b>Reminiscence Bingo</b>	Eleanor Brown <a href="mailto:ebrown@alzscot.org">ebrown@alzscot.org</a> 07920 868848
<b>Wednesday 29<sup>th</sup> 2pm</b>	<b>Gaelic Conversation and songs with Anne Martin</b>  <b>Còmhradh Gàidhlig agus Òrain le Anna Mhàrtainn</b>	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057
<b>Friday 31<sup>st</sup> 11am</b>	<b>Online Ceilidh</b>	Diane Smith <a href="mailto:dianesmith@alzscot.org">dianesmith@alzscot.org</a> 07825608057

### [More about our online activities](#)

### [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.

### [Gaelic Conversation and Songs with Anne Martin or Margaret Nicolson](#)

Come along for chat in Gaelic and enjoy listening or singing along at home to some Gaelic songs. Sometimes we are joined by children from Gaelic Primary schools in West Highland. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. This group is supported by Bòrd Na Gàidhlig.

### [Còmhradh is Òrain Ghàidhlig le Anna Mhàrtainn neo Mairead NicNeacail](#)

Thigibh ann airson cabadaich sa Ghàidhlig agus mealadh an t-seinn. Uaireannan bidh clann bho bhun-sgoiltean Gàidhlig taobh an iar na Gàidhealtachd còmhla rinn. Thigibh ann ma tha Gàidhlig agaibh neo is toil leibh cànan is òrain Ghàidhlig. Tha a' bhuidheann seo a' faighinn taic bho Bhòrd na Gàidhlig

### 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.

### Making Music

Join us for some music and song from guest musicians. You can sing along at home or just listen.

### 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.

### Reminiscence Bingo and Doggie Bingo

Join us for a fun game of bingo with a different theme each week. We will be joined by Imke and her dog Webb for a game of bingo with Webb choosing the numbers on the first Wednesday of the month.

### Seanchas

Conversation and song group from the Western Isles for Gaelic speakers.

**Our support and activities are only possible thanks to the donations we gratefully receive.**

**There are many ways to support our groups, please speak to any member of staff detailed above for more details.**

**To make a donation, please consider donating to our local Just Giving page:**

**<https://www.justgiving.com/fundraising/westhighland1>**

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