

Activities & Events in March 2023

In Person Groups

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 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.

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

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.

Ross-shire & Sutherland

Dates & Times	Activity	Venue	Contact Details
Monday 6 th 11am-12.30pm	Dingwall Activities Morning <i>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers.</i>	Dingwall Dementia Resource Centre, Athole Court IV159SH <i>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	Hayley hlyons@alzscot.org or 07554 408479

Monday 13 th 1.30pm-2.30pm	Dingwall Carers Peer support group <i>The group is hosted by Lynne Paterson from Community contacts and Dementia Advisor Hayley Lyons.</i> <i>All carers welcome to meet others in similar situations over a cuppa.</i>	Dingwall Dementia Resource Centre, Athole Court IV159SH <i>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	Hayley hlyons@alzscot.org or 07554 408479
Wednesday 15 th 11am-12.30pm	Dingwall Dementia Café <i>A chance to meet over coffee and have a chat with others in a similar situation.</i>	Dingwall Dementia Resource Centre, Athole Court IV159SH <i>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	Hayley hlyons@alzscot.org or 07554 408479
Monday 20 th 2pm-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>	Inverness Dementia Resource Centre, Strothers Lane	Hayley hlyons@alzscot.org or 07554 408479
Tuesday 21 st 10am-11.30am	Dementia Advisor Drop in <i>Drop in for advice and support from the local Dementia Advisor, all welcome.</i>	Tain Dementia Resource Centre, Victoria Road	Hayley hlyons@alzscot.org or 07554 408479
Monday 27 th 10.30am-12pm	Dornoch Dementia Café <i>A chance to meet over coffee and have a chat with others in a similar situation.</i>	Dornoch Free Church	Hayley hlyons@alzscot.org or 07554 408479
Wednesday 29 th 11am-12.30pm	Dingwall Dementia Café <i>A chance to meet over coffee and have a chat with others in a similar situation.</i>	Dingwall Dementia Resource Centre, Athole Court IV159SH <i>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	Hayley hlyons@alzscot.org or 07554 408479

In Person Groups

Caithness

Dates & Times	Activity	Venue	Contact Details
Friday 10 th 2pm-3pm	Dementia Friendly Health Walks in Partnership with Paths for All Join us and Paths for All on a Dementia Friendly walk, the walk is set at the pace of participants. Please contact Isobel for more information.	Thurso Harbour Car Park	Isobel istevenson@alzscot.org or 07818 538683
Friday 17 th 2pm-3pm	Dementia Friendly Health Walks in Partnership with Paths for All Join us and Paths for All on a Dementia Friendly walk, the walk is set at the pace of participants. Please contact Isobel for more information.	Thurso Harbour Car Park	Isobel istevenson@alzscot.org or 07818 538683
Tuesday 21 st 2pm-3pm	Thurso Dementia Café <i>A chance to meet over coffee and have a chat with others in a similar situation.</i>	Thurso Community Café, Thurso Harbour	Isobel istevenson@alzscot.org or 07818 538683
Friday 24 th 2pm-3pm	Dementia Friendly Health Walks in Partnership with Paths for All Join us and Paths for All on a Dementia Friendly walk, the walk is set at the pace of participants. Please contact Isobel for more information.	Thurso Harbour Car Park	Isobel istevenson@alzscot.org or 07818 538683
Friday 31 st 2pm-3pm	Dementia Friendly Health Walks in Partnership with Paths for All Join us and Paths for All on a Dementia Friendly walk, the walk is set at the pace of participants. Please contact Isobel for more information.	Thurso Harbour Car Park	Isobel istevenson@alzscot.org or 07818 538683

Online Groups

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1st	2nd	3rd
		11am Doggie Bingo Contact Eleanor or Diane	10.30am Carer's Group Group 1 Contact Hayley 3.30pm Carers Group Group 2 Contact Isobel	11am Online Ceilidh Contact Diane
6th	7th	8th	9th	10th
			10.30am Carer's Group Group 1 Contact Hayley 3.30pm Carers Group Group 2 Contact Isobel	11am Online Ceilidh Contact Diane
13th	14th	15th	16th	17th
3.15pm Online Making Music Contact Diane		11am Reminiscence Bingo Contact Eleanor or Diane	10.30am Carer's Group Group 1 Contact Hayley 3.30pm Carers Group Group 2 Contact Isobel	11am Online Ceilidh Contact Diane
20th	21st	22nd	23rd	24th
10.30am Carers support for people in long term care Contact Hayley			10.30am Carer's Group Group 1 Contact Hayley	11am Online Ceilidh Contact Diane

			3.30pm Carers Group Group 2 Contact Isobel	
27th	28th	29th	30th	31st
3.15pm Online Making Music Contact Diane	11am Highland Younger Onset Group Contact Lesley		10.30am Carer's Group Group 1 Contact Hayley 3.30pm Carers Group Group 2 Contact Isobel	11am Online Ceilidh Contact Diane

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.

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/alzheimer-scotland-north-highland1>

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

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

How to contact us here in North Highland:

- ❖ Hayley Lyons – Dementia Advisor (Ross, Cromarty & Sutherland)

HLyons@alzscot.org or 07554 408479

- ❖ Isobel Stevenson – Dementia Advisor (Caithness)

IStevenson@alzscot.org or 07818 538683

Contact Details for South & West Highland:

West Highland:

- Diane Smith – DianeSmith@alzscot.org
- Eleanor Brown – EBrown@alzscot.org
- Lesley Hellon – Lhellon@alzscot.org

South Highland:

- Karen Black: KarenBlack@alzscot.org
- Julie Ferguson: Julieferguson@alzscot.org
- Louise MacDonald: LMacDonald@alzscot.org

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

To support Alzheimer Scotland – North Highland please consider donating via our [Just Giving page](#)

