

# West Highland Newsletter



Summer 2023

## Lochaber Tea & Blether



We had a wonderful Tea & Blether afternoon for **Dementia Awareness Week** on Thursday 1<sup>st</sup> June in Caol Community Centre. We discussed Brain Health and Caroline Gordon, our Post Diagnostic Support Worker did the Brain Health Quiz with one of our lovely carers. Lesley Hellon, our Dementia Advisor was also there to meet everyone. If you would like to speak to Lesley for advice on any aspect of dementia or find out more about brain health, Lesley is available by phone or email and also has regular Drop In sessions around West Highland.

Contact Lesley – Phone: 07825 975557      Email: [LHellon@alzscot.org](mailto:LHellon@alzscot.org)

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## Lochaber Update

The Music Therapy group has been brilliant fun and it's been a year since we started working with our brilliant Music Therapist Clare Reynolds so we decided to have a cake to celebrate!

Earlier in the year we made these lovely Easter baskets and also our Wild and Woolly group have been at it again so beware dinosaurs lurking in the greenery :)



We've also been enjoying a great games afternoon in Caol Community Centre with bowling and balloon tennis! If you'd like to join in with any of our activities in Lochaber then please get in touch with Eleanor Brown, our Community Activities Organiser for Lochaber. There are groups on in Mallaig and Ballachulish as well as in Fort William.

Contact Eleanor - Phone: 07920 868848 Email: [EBrown@alzscot.org](mailto:EBrown@alzscot.org)

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## News from Wester Ross

**Latest update from Nick Gardner**, incredible carer, mountain climber and fundraiser from Wester Ross.

Nick says 'When my dear wife, Janet, was diagnosed with Alzheimer's Disease and Osteoporosis, I wanted to do something to benefit sufferers and carers everywhere.

I was 80 in April 2020 and my challenge was to raise £50,000 for Alzheimer Scotland and the Royal Osteoporosis Society by climbing the 282 Munros (Scottish mountains over 3000 feet) in 1200 days.

Sadly Janet passed away in December 2022.

Fortunately I was able to complete my challenge and surpass my fundraising target. I completed the challenge on 13th August 2022 (in less than 800 days) and raised over £80,000.

I was delighted to win the Just Giving Fundraised of the Year 2022 in the Endurance category.

I also hold the Guinness World Record for the Oldest Person to Bag the Munros.'

Christine McCallum, Post Diagnostic Support Link Worker also sent us more news about Nick. 'I thought I'd share this news from Nick.

It's another award!!!! This time for the film makers in Fort William who made the film 'Moving Mountains' telling Nick's incredible story.'

"Moving Mountains" directed by Aoife McKibbin won the People's Choice Award, as chosen by the crowd at the International Film Night in February this year. So far, Nick's JustGiving page has raised £84,252 for Alzheimer Scotland and the Royal Osteoporosis Society.

You can still donate at: <https://www.justgiving.com/team/nicks-munro-challenge>



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If you are in the Gairloch area, the fabulous 'Whatever the Weather Wednesdays' will be starting up again on Wednesday 16<sup>th</sup> August. Below are all the dates for the rest of this year.

### Whatever the Weather Wednesday

#### Holiday dates



The last session before the **summer break** will be on Wednesday 28<sup>th</sup> June and we will start again on Wednesday 16<sup>th</sup> August.

The last session before the **autumn break** will be on Wednesday 4<sup>th</sup> October and we will start again on Wednesday 25<sup>th</sup> October.



The last session before the **Christmas break** will be on Wednesday 20<sup>th</sup> December and we will start again on Wednesday 10<sup>th</sup> January.

For more [information](mailto:events@gairlochmuseum.org) please contact Sarah on [events@gairlochmuseum.org](mailto:events@gairlochmuseum.org)



Together at Gairloch Museum

# Whatever the Weather Wednesdays

**Term-time Wednesdays from April 19<sup>th</sup>**

Come when you can and stay as long as you like.  
All our activities are accessible, dementia friendly and free.

Drop-in or, if you'd like to know more  
phone 01445 712287  
or Email Sarah on [events@gairlochmuseum.org](mailto:events@gairlochmuseum.org)

10.30am	<b>Morning tea/coffee</b>
11am-12.30pm	<b>Our lives, our stories</b> Sharing memories through crafts, story telling, music, poetry, object handling, photographs and much more.
12.30-1.30pm	<b>Bring your own packed lunch to enjoy with others in the activity room or buy your lunch in the café</b>
1.30-3.00pm	<b>Traditional games</b> Join in with some of the favourites – jigsaws, dominos, playing cards, ludo and bingo

**If you need a lift, we can arrange transport. Just give us a call or email us by Monday.**

Whatever the Weather Wednesdays have been made possible, thanks to financial support from GAMS and the Mental Health & Wellbeing Fund.

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## News from Skye & Lochalsh

Portree High School YPI pupils win for Alzheimer Scotland West Highland!

The Youth and Philanthropy Initiative (YPI) is a powerful programme, empowering young people to make a difference in their communities while developing a range of skills.

In February, the final of the YPI Scotland event was held in the High School, where 5 short-listed teams explained why their chosen local charity should benefit from a £3000 cheque to support local work. Congratulations to the winning team representing Alzheimer Scotland for their well-presented, thoughtful and insightful presentation about their involvement and the work that the team do for residents of Skye. We are delighted that the team chose us and we are working with them to make best use of the funds raised.

Already we have bought some new equipment and games for our Friday group at Tigh Na Drochaid and plans are being made for two boat trips and an exciting graffiti art project for people living with dementia and their carers.



## Dementia Awareness Week

**Tea & Blether at Tigh Na Drochaid garden –**

We were very lucky with the weather and enjoyed a lovely Tea and Blether for Dementia Awareness Week on Friday 2<sup>nd</sup> June. The Co-op in Portree were also very kind in allowing us to have an information stand in the store. Lesley, our Dementia Advisor had lots of conversations about dementia and about our work and we also received £110 in donations from customers.



For more support and information about dementia, caring and our services you can get in touch with Lesley Hellon, our Dementia Advisor covering the whole of West Highland.

Contact Lesley - Phone: 07825 975557 Email: [LHellon@alzscot.org](mailto:LHellon@alzscot.org)

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## A' fàs na Gàidhlig agus Cruinneachaidhean Gàidhlig

Tha sinn air a bhith fortanach gun d' fhuair sinn maoinneachadh a-rithist bho Bhòrd na Gàidhlig agus Comhairle na Gàidhealtachd airson na pròiseactan Gàidhlig againn airson bliadhna eile.

Tha sinn a' leantainn leis na Còmhraidhean is Òrain Gàidhlig air-loidhne, gach turas le diofar luchd-labhairt, sheinneadairean agus luchd-ciùil na Gàidhlig a' tighinn còmhla rinn airson cabadaich is ceòl. Tha sinn an dòchas gum bi a' chlann às na sgoiltean Gàidhlig a' tighinn còmhla rinn an-dràsta 's a-rithist.

Air an Dihaoine mu dheireadh gach mìos, tha sinn ann an Taigh-òsta Cuiltheann ann am Port Rìgh airson cabadaich, ceòl is tì, cofaidh is sgoanaichean le diofar luchd-labhairt is luchd-ciùil na Gàidhlig agus uaireannan sgeulachdan cuideachd.

Bidh Cruinneachaidhean Gàidhlig againn san Eilean Sgitheanach, Ros an Iar agus Loch Abar a-rithist. A-rithist bidh cuirmean againn le clann bho na sgoiltean Gàidhlig agus measgachadh math de luchd-ciùil – seinneadairean, fidheall, bogsa-ciùil agus pìob-mhòr. Bidh Cruinneachadh na Gàidhlig ann an Loch Abar air Diciadain 13 Sultain ann an Talla Duncansburgh sa Ghearasdan agus bidh fear Phort Rìgh ann an Taigh-òsta Cuiltheann Hills Dihaoine 29 Sultain. Tha fàilte air a h-uile duine ge bith a bheil Gàidhlig agaibh no nach eil!

Anns na dealbhan chì sibh an seinneadair Gàidhlig, Raibeart Iain Mac Aonghais agus an sgeulaiche Seòras Mac a' Phearsain agus an neach-ciùil Iseabail Strachan aig tachartasan againn aig an Taigh-òsta Cuiltheann.

Uaireannan bidh taic againn cuideachd bho SEALL@Home.

Airson tuilleadh fiosrachaidh mu na buidhnean agus tachartasan Gàidhlig cuir fios gu Diane Nic a' Ghobhainn, Eagraiche Gnìomhachdan Coimhearsnachd san Eilean Sgitheanach is Loch Aillse.

Cuir fios gu Diane - Fòn: 07825608057  
Post-d: [DianeSmith@alzscot.org](mailto:DianeSmith@alzscot.org)

## Growing Gaelic and Gaelic Gatherings

We have been fortunate to have received funding again from Bòrd Na Gàidhlig and Highland Council to continue with our Gaelic projects for another year.

We are carrying on with the Gaelic Conversations and Songs online with different Gaelic speakers, singers and musicians joining us to chat and entertain us and we hope to have the children from the Gaelic schools joining us to from time.

On the last Friday of each month, we'll be in the beautiful setting of the Cuillin Hills Hotel in Portree for chat, music and tea, coffee and scones again with different Gaelic speakers and entertainers and sometimes storytelling as well.

We are also holding Gaelic Gatherings in Skye, Wester Ross and Lochaber again. These were a great success last year with performances from children from the Gaelic schools and a great variety of musicians – singers, fiddle, accordion and bagpipes. The Gaelic Gathering in Lochaber will be on on Wednesday 13<sup>th</sup> September in the Duncansburgh Hall in Fort William and the Portree one will be at the Cuillin Hills Hotel on Friday 29<sup>th</sup> September.

All the Gaelic events are for everyone to enjoy, those who are Gaelic speakers and also to raise awareness and encourage participation from those who have no Gaelic.

In the pictures you can see Gaelic singer, Robert John MacInnes and storyteller George MacPherson and musician Iseabail Strachan at recent events at the Cuillin Hills.

Sometimes we also have support from SEALL@Home.

For more information about the Gaelic groups and events please contact Diane Smith, Community Activities Organiser for Skye & Lochalsh.

Contact Diane - Phone: 07825608057

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



Le taic bho Bhòrd na Gàidhlig agus Comhairle na Gàidhealtachd agus SEALL@Home



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Raibeart Iain MacAonghais a' seinn.  
Robert John MacInnes singing.



Seòras Mac a' phearsain ag innseadh  
sgeulachd.  
George Macperson telling a story.



Iseabail Strachan a' cluich am bogsa-ciùil.  
Iseabail Strachan playing the accordion.



Sgona bhlasta le sùbhan-làir, silidh agus uachdar.  
A tasty scone with strawberries, jam and cream.



## Dementia Friends

Lesley has been delivering lots of Dementia Friends sessions around the West Highland area. Here she is pictured with a group at SkyeLab in Portree who all became Dementia Friends back in January.



She has also been helping pupils at Plockton High School and Portree High School become Dementia Friends as well as delivering many more sessions to business and organisations such as Fort William Museum, Gairloch Museum, West Highland College, Fort William Library, Skye & Lochalsh Housing Association and many more.

Anybody can become a Scottish Dementia Friend. It's just about understanding a bit more about dementia and the small things you can do to help people living with dementia.

Find out more about how you can become a Scottish Dementia Friend here on our website: <https://www.alzscot.org/our-work/dementia-friendly-communities/dementia-friends-scotland>



## Alzheimer Scotland Annual Conference

Early bird tickets  
now available



Annual Conference 2023

Friday 15 September

Tickets are now available to book for our annual conference which will take place on Friday 15 September at the Edinburgh International Conference Centre. On the day you will hear from leading professionals and have your chance to put your questions to them yourself. There will also be time for group discussions on the topics presented and a chance to network and visit the marketplace exhibition.

We have launched early bird tickets for our members (£20) and general admissions (£40). As always people living with dementia, their partners and family carers are free to attend this event, tickets for them can be purchased by emailing [conference@alzscot.org](mailto:conference@alzscot.org) for their unique link.

## Scotland's Memory Walk

Every year we ask our supporters up and down the country to come together for our flagship fundraising event, Scotland's Memory Walk.

Scotland's Memory Walk is back! It takes place over the weekend 15-17 September and the idea is simple – Your Walk, Your Way. People can choose where they want to walk, who they want to walk with and who they want to walk for. Participants can opt for a route that has special meaning with family and friends or a challenge with colleagues.

Best of all, it's free to take part – although everyone is encouraged to raise as much as they can. Every penny raised from Scotland's Memory Walk will help Alzheimer Scotland to continue to fund the vital network of Dementia Advisors, Resource Centres and 24 hour Freephone Dementia Helpline (0808 808 3000), that are critical supports for people living with dementia, their families, friends and carers.

Find out more here:

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

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