

What's on

October 2023 – North Highland



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 contact details are below.

In Person Group – Ross-shire & Sutherland		
Wednesday 4 th of October	Dingwall Activities Group <i>Dingwall Dementia Resource Centre, Athole Court</i> Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Hayley <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>	11.00am – 12.30pm
Monday 9 th of October	Golspie Walking Group <i>Golspie Shore</i> Carers and people living with Dementia welcome to join us on a walk along Golspie Shore. The walk pace is set depending on the group participants, it is an hour with options to shorten the walk if needed. Contact Hayley	11.00am-12.00pm
Wednesday 11 th of October	Dingwall Dementia Café <i>Dingwall Dementia Resource Centre, Athole Court</i> Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. Contact Hayley <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>	11.00am – 12.30pm
Tuesday 17 th of October	All Carers peer support Group <i>Dingwall Dementia Resource Centre, Athole Court</i> The group is hosted by Lynne from Community contacts, Dementia Advisor Hayley and Maddie from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa. Contact Hayley <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>	1.00pm – 2.30pm

Wednesday 18 th of October	Dingwall Activities Group <i>Dingwall Dementia Resource Centre, Athole Court</i> Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Hayley <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>	11.00am – 12.30pm
Wednesday 25 th of October	Dingwall Dementia Café <i>Dingwall Dementia Resource Centre, Athole Court</i> Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. Contact Hayley <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>	11.00am – 12.30pm
Monday 30 th of October	Dornoch Dementia Café <i>Free Church, Dornoch</i> Join us for a cuppa and a chance to meet other people living with dementia and carers. Hosted by your local Dementia Advisor for support and advice. Contact Hayley	10.30-12.00pm
In Person Group – Caithness & Sutherland		
Tuesday 17 th October	Thurso Dementia Café <i>Thurso Harbour</i> A chance to meet over coffee and have a chat with others in a similar situation. Contact Isobel	2.00pm-3.00pm
Wednesday 25 th October	Thurso Carer Support Group <i>Thurso Library</i> All carers welcome to meet others in similar situations over a cuppa. Contact Isobel	2.00pm – 3.00pm

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.

Online Group		
Wednesday 4 th October	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Wednesday 11 th , 17 th & 25 th October	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Eleanor or Diane	11.00am-12.00pm
Monday 16 th October	Carers Support Group for people in long term care If you care for a loved one who lives in a care home, please join us online for peer support and advice. Contact Hayley	10.30am-11.30am
Monday 16 th October	Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane	3pm-4pm
Wednesday 25 th October	Online Gaelic Group Songs and conversations with Margaret Nicolson. Contact Diane	2.00pm-3.00pm
Tuesday 31 st October	Highland Young Onset online Group If you are 65 years and under living with a diagnosis of Dementia, we invite you to join our online group to meet others in similar situations. Contact Lesley	11.00am-12.00pm
Thursday 5 th , 12 th , 19 th & 26 th October	Online Carers Support Group 1 Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Friday 6 th , 13 th , 20 th & 27 th	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. Contact Diane	11.00am-12.00pm

Contact details for all groups:

Hayley Lyons
Dementia Advisor – North Highland
Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson
Dementia Advisor – North Highland
Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith
Community Activities Organiser – West Highland
Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown
Community Activities Organiser – West Highland
Email: ebrown@alzscot.org Tel: 07920 868848

Lesley Hellon -
Dementia Advisor – West Highland
Email: lhellon@alzscot.org Tel: 07825 975557

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>

