

What's on

November 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 1 st of November	Dingwall Activities Group <i>Dingwall Brain Health and 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 held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	11.00-12.30pm
Wednesday 8 th of November	Dingwall Dementia Café <i>Dingwall Brain Health 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 held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</i>	11.00am – 12.30pm
Monday 13 th of November	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. Please let Hayley know if you plan on attending.	11.00am-12.00pm

Wednesday 15 th of November	Dingwall Activities Group <i>Dingwall Brain Health and 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
Tuesday 21 st of November	All Carers peer support Group <i>Dingwall Brain Health and Dementia Resource Centre, Athole Court</i> The group is hosted by Lynne from Community contacts, Dementia Advisor Hayley and Maddy 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 22 nd of November	Dingwall Dementia Café <i>Dingwall Brain Health and 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 27 th of November	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
Tuesday 28 th of November	Tain Carers support group <i>Tain Brain Health and Dementia Resource centre, Victoria Rd</i> If you care for a person living with Dementia, please join us for a peer support group facilitated by a Dementia Advisor. Contact Hayley	10.30-11.30am
Wednesday 29 th of November	Dingwall Activities Group <i>Dingwall Brain Health and 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>	11.00-12.30pm

In Person Group – Caithness & Sutherland		
Friday 3 rd of November	Carer Education Course – Session 1: What is Dementia? <i>Thurso Library</i> We welcome you to join us for a 4-week Carer Education course, this course aims to help better understand Dementia and offer peer and professional support. Places are limited and booking is essential. For maximum benefit we recommend you attend all 4 sessions, please contact Isobel to book you place.	2.00-3.30pm
Tuesday 7 th of November	Gentle exercise class <i>Ormlie Community Centre, Thurso</i> <i>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</i>	11.00-12.00pm
Friday 10 th of November	Carer Education Course - Session 2: Communication, Stress & Distress <i>Thurso Library</i> We welcome you to join us for a 4-week Carer Education course, this course aims to help better understand Dementia and offer peer and professional support. Places are limited and booking is essential. For maximum benefit we recommend you attend all 4 sessions, please contact Isobel to book you place.	2.00-3.30pm
Tuesday 14 th of November	Gentle exercise class Ormlie Community Centre, Thurso Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel	11.00-12.00
Friday 17 th of November	Carer Education Course – Session 3: Money & Legal Matters <i>Thurso Library</i> We welcome you to join us for a 4-week Carer Education course, this course aims to help better understand Dementia and offer peer and professional support. Places are limited and booking is essential. For maximum benefit we recommend you attend all 4 sessions, please contact Isobel to book you place.	2.00-3.30pm
Tuesday 21 st of November	Gentle exercise class <i>Ormlie Community Centre, Thurso</i> Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel	11.00-12.00

Tuesday 21 st of November	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
Friday 24 th of November	Carer Education Course - Session 4: Activities & Meaningful Connections <i>Thurso Library</i> We welcome you to join us for a 4-week Carer Education course, this course aims to help better understand Dementia and offer peer and professional support. Places are limited and booking is essential. For maximum benefit we recommend you attend all 4 sessions, please contact Isobel to book you place.	2.00-3.30pm
Tuesday 28 th of November	Gentle exercise class <i>Ormlie Community Centre, Thurso</i> Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel	11.00-12.00
Wednesday 29 th of November	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 1 st of November	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Wednesday 8 th , 15 th , 22 nd & 29 th	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 20 th of November	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 6 th of November	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
Date tbc, please contact Diane for more info	Online Gaelic Group Songs and conversations with Margaret Nicolson. Contact Diane	2.00pm-3.00pm

Tuesday 14 th & 28 th of November	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 2 nd , 9 th , 16 th , 23 rd & 30 th	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Friday 3 rd , 17 th & 24 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>



Alzheimer Scotland North Highland and National Services

National Dementia Advisor Service

Telephone: **0300 373 5774**

Email: ndas@alzscot.org

Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia.

If you are:

- worried about your brain health
- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia

Alzheimer Scotland's team of highly skilled Dementia Advisors are here for you.

Our National Dementia Advisor Service can provide information and advice about:

- dementia
- caring for someone with dementia
- the rights of people with dementia and carers
- support available in your area
- navigating health and social care systems and accessing support
- complaints processes and challenging decisions
- issues arising with hospital admission, visiting and discharge
- issues relating to Power of Attorney and Guardianship and other relevant legal matters
- paying for care
- benefits and money issues
- human rights and equality issues
- information about brain health and risk reduction
- keeping safe in the community
- participating in dementia research

The service is available Monday to Friday, 9am-5pm. Outside these hours you will be given the option to leave your details for a call back from the National Dementia Advisor Service on the next working day, or to be connected to our 24-hour Freephone Dementia Helpline (0808 808 3000).