

# What's on

## December 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		
Tuesday 5 <sup>th</sup> of December	<b>Highland Young onset Group (In Person)</b> <i>Inverness Brain Health and Dementia Resource Centre</i>  If you are 65 and under and have a diagnosis of Dementia, please join us for a cuppa and chat, peer and professional support. <b>Contact Lesley</b>	11.00-12.00
Wednesday 6 <sup>th</sup> of December	<b>Dingwall Dementia Café</b> <i>Dingwall Brain Health Dementia Resource Centre</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. <b>Contact Hayley</b>  <i><b>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</b></i>	11.00am – 12.30pm
Wednesday 13 <sup>th</sup> of December	<b>Dingwall Activities Group</b> <i>Dingwall Brain Health and Dementia Resource Centre</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><b>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</b></i>	11.00am – 12.30pm

Tuesday 19 <sup>th</sup> of December	<b>All Carers peer support Group (Christmas special)</b> <i>Dingwall Brain Health and Dementia Resource Centre</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. <b>Contact Hayley</b> <b><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></b>	1.00pm – 2.30pm
Wednesday 20 <sup>th</sup> of December	<b>Dingwall Dementia Café (Christmas Special)</b> <i>Dingwall Brain Health and Dementia Resource Centre</i>  <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> <b><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></b>	11.00am – 12.30pm
<b>In Person Group – Caithness &amp; Sutherland</b>		
Tuesday 5 <sup>th</sup> of December	<b>Gentle exercise class</b> <i>Ormlie Community Centre, Thurso</i>  <i>Join us for a chair based gentle exercise class, all abilities welcome. <b>Contact Isobel</b></i>	11.00-12.00pm
Tuesday 12 <sup>th</sup> of December	<b>Gentle exercise class</b> <b>Ormlie Community Centre, Thurso</b>  Join us for a chair based gentle exercise class, all abilities welcome. <b>Contact Isobel</b>	11.00-12.00
Tuesday 19 <sup>th</sup> of December	<b>Gentle exercise class</b> <i>Ormlie Community Centre, Thurso</i>  Join us for a chair based gentle exercise class, all abilities welcome. <b>Contact Isobel</b>	11.00-12.00
Tuesday 19 <sup>th</sup> of December	<b>Thurso Dementia Café</b> <i>Thurso Harbour</i> A chance to meet over coffee and have a chat with others in a similar situation. <b>Contact Isobel</b>	2.00pm-3.00pm
Wednesday 20 <sup>th</sup> December	<b>Thurso Carer Support Group</b> <i>Thurso Library</i> All carers welcome to meet others in similar situations over a cuppa. <b>Contact Isobel</b>	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		
Monday 18 <sup>th</sup> December	<b>Carers Support Group for people in long term care</b> If you care for a loved one who lives in a care home, please join us online for peer support and advice. <b>Contact Hayley</b>	10.30am-11.30am
Monday 4 <sup>th</sup> , 18 <sup>th</sup> December	<b>Online Making Music</b> Join us for some music and song from guest musicians. You can sing along at home. or just listen. <b>Contact Diane</b>	3pm-4pm
Tuesday 12 <sup>th</sup> of December	<b>Highland Young Onset online Group</b> 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. <b>Contact Lesley</b>	11.00am-12.00pm
Wednesday 6 <sup>th</sup> December	<b>Doggie Bingo</b> We will be joined by Imke and her dog Webb for a game of bingo. <b>Contact Diane</b>	11.00am-12.00pm
Wednesday 13 <sup>th</sup> December	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> Come along for chat in Gaelic and enjoy listening or singing along at home to some Gaelic songs. With Margaret Nicolson. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. <b>Contact Diane</b>	2.00pm-3.00pm
Wednesday 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <b>Contact Eleanor or Diane</b>	11.00am-12.00pm
Thursday 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup>	<b>Online Carers Support Group</b> Join us online to meet other carers in similar situations. <b>Contact Hayley</b>	10.30am-11.30am
Thursday 28 <sup>th</sup>	<b>Online Carers Support Group</b> Join us online to meet other carers in similar situations. <b>Contact Isobel</b>	10.30am-11.30am
Friday 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22nd, 29 <sup>th</sup>	<b>Online Ceilidh</b> 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. <b>Contact Diane</b>	11.00am-12.00pm

## Contact details for all groups:

Hayley Lyons

Dementia Advisor – Ross & Cromarty and Sutherland

Email: [hlyons@alzscot.org](mailto:hlyons@alzscot.org) Tel: 07554 408 479

Isobel Stevenson

Dementia Advisor – Caithness & Sutherland

Email: [istevenson@alzscot.org](mailto:istevenson@alzscot.org) Tel: 07818 538683

Diane Smith

Community Activities Organiser – West Highland (Skye)

Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

Eleanor Brown

Community Activities Organiser – West Highland (Lochaber)

Email: [ebrown@alzscot.org](mailto:ebrown@alzscot.org) Tel: 07920 868848

Lesley Hellon -

Dementia Advisor – West Highland

Email: [lhellon@alzscot.org](mailto: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>



## Christmas Closures

- Hayley will be out of office from the 22<sup>nd</sup> of December until the 8<sup>th</sup> of January 2024.
- Isobel will be out of office 25<sup>th</sup> & 26<sup>th</sup> of December and 1<sup>st</sup> and 2<sup>nd</sup> of January 2024.
- Dingwall Brain Health & Dementia Resource Centre and Day Service will close 22<sup>nd</sup> of December and reopen 4<sup>th</sup> of January 2024.
- Tain Brain Health & Dementia Resource Centre and Day Service will close 25<sup>th</sup> of December and reopen 3<sup>rd</sup> of January 2024.

If you need support during these times, please call our National Dementia Advisor line **0300 373 5774** (closed on public holidays) or our 24-hour Helpline, open every day. **0800 808 3000**