

# North Highland Newsletter



Winter 2023

Welcome to our final Newsletter of 2023,

We have had a busy year here in North Highland, we would like to highlight some of the work we have been doing this past year for you and what is to come in the new year.

The North Highland Team has welcomed Beth into her new role as Day Opportunities Leader for Dingwall and Tain Day Service, many of you will know Beth as a support worker and a post diagnostic support link worker. We have also welcomed Emma as our newest support worker in our day services.

A very Happy Christmas to all of the people we support and all the people that support us from everyone here in the North Highland team. We hope it is a special time for you. We look forward to welcoming everyone back in 2024, a list of contact details will be included in this newsletter if you require support during our closures.

Merry  
Christmas  
and a  
Happy New  
Year



Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH  
Tel: 01349 808650 | Email: [northhighland@alzscot.org](mailto:northhighland@alzscot.org) | Website: [www.alzscot.org](http://www.alzscot.org)

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## Ross & Cromarty

Hayley has been busy with community groups in Ross-shire, we have our very popular Dementia Café and Activity groups running weekly in Dingwall. A big thank you to everyone who attends and welcomes new attendees each week. We have done lots of activities from musical bingo to Hayley's Big seasonal quizzes. We continue to receive wonderful feedback from our groups and the support that people receive from us at Alzheimer Scotland and from peers who also attend the groups. If you would like more information on these groups, please don't hesitate to contact Hayley.

Feedback from those who access our groups.

*"I look forward to meeting new people and learning new things."*

*"It's made all the difference, always very helpful."*

*"The company and this group means everything."*

We also have our monthly carers support groups hosted by Hayley, Maddy (Connecting Carers) and Lynne (Community Contacts), this group has been a much-needed group for the area providing a wide range of professional support and most importantly peer support. This group will continue into next year with more speakers and presentations planned to keep you well informed. Thank you to Lynne and Maddy for their support and dedication to the group.

In the new year Hayley is planning a carer education course in Dingwall running for 4 weeks starting in February, we have limited spaces so please get in touch for more information or to book your place. There will be more carer education courses planned throughout 2024.



## Caithness & Sutherland

In Caithness we have been busy with our chair-based exercise class for the Winter which has replaced our walking group until the weather improves. Our dementia café in Thurso remains busy with new people joining regularly. I have also started our carer education sessions which are now running monthly and have been very popular and have had great feedback so far. Also, we are continuing to run our carer support group for all carers not just dementia carers alongside connecting carers in Caithness which again is always well attended. In January we will be starting a new activities group in Thurso for people living with dementia to come along and meet with others and enjoy some activities and a catch up. Please contact Isobel for more information.

In Sutherland we welcomed back our Golspie Walking group, this has now paused for the winter, and we look forward to starting up again in the spring. We continue with our Dornoch café and are starting a new carers group in Dornoch in February 2024. This group will be for all unpaid carers in the area, not specifically Dementia carers. It will be run by myself and connecting carers, more information to follow. A special thank you to our wonderful volunteers in Sutherland, they do a lot to keep our groups going and encouraging new attendees along to groups. A lot of our work wouldn't be possible without their support. Please contact Hayley for more information.

Feedback from those who access our Dementia Advisors support.

*“We can ask her anything and she always has information, suggestions to help us with the current situation. It has been so beneficial to have DA's support on this dementia journey.”*

## Day Service

### Dingwall

We have had both a busy and exciting year in our Dingwall day services. We have welcomed a number of new faces to our groups and have enjoyed a wide range of activities. Celebrating a number of annual holidays from Robbie Burns to pancake day and more. We grew our own tomatoes and cucumbers in the greenhouse in spring and had sunflower growing competition in the Summer. We made and sent a congratulations card to King Charles and Camilla for their Coronation and received a lovely thank you card back. We've also had a few trips out from visiting the Dingwall Museum to enjoying some lovely ice creams at the Highland Farm Cafe. We made our own wreath for Remembrance Day, and it was displayed at Dingwall cenotaph. We have just celebrated the end of the year with our Christmas lunch. This year we visited The Storehouse of Foulis who delivered us a delicious Christmas dinner, that was thoroughly enjoyed by all who managed to come along and was a wonderful way to finish of a good year. We look forward to seeing everyone again in the new year and see what 2024 have



Tain day service have also had a busy and exciting year. We have celebrated a number of big birthdays this year and welcomed some new faces to our groups. We have continued to enjoy the visits from the nursery children throughout the year who join us every other week for crafts, music, dancing and fun. We got crafty this year making lots of different displays for the various celebrations and got our hand messy in the kitchen baking up lots of treats, from Aztec biscuits for Australia day to pancakes on Shrove Tuesday to countless birthday cakes. We have also been working on our physical health through CAPA (Care about physical activity), where we have been trying out different exercises and movements to help strengthen and stimulate our bodies. We have enjoyed a number of trips out and about this year, from Dornoch market to Invergordon harbour, Portmahomack, cafe trips and more, our groups have loved getting out and about in the local community. During the run up to the festivities we were lucky enough to be invited to our local nurseries Nativity play, which we thoroughly enjoyed as well as enjoying the local fiddle band that came to play us some Christmas carols. Lastly, we have celebrated the end of the year with our Christmas lunch at Mikele Ferry Station, where all who managed to come along enjoyed a delicious Christmas dinner. We look forward to seeing everyone next year and embracing all that 2024 has to bring.



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## Golspie Shop

The shop has been really busy over the Summer, a lot of visitors to the area have been in and were delighted with the selection on offer. Our shop sells a variety of different items; books, DVDs, clothes, shoes, children's toys, games, jewellery, crockery and linen. We also have some Alzheimer Scotland products available for sale. Unfortunately, we are no longer accepting donations of electrical items at present. Our shop is a cash only shop.

We have a lovely group of volunteers who cover the shop over the 4 days we are open.

**Tuesday** 10am – 2pm  
**Wednesday** 10am – 2pm  
**Thursday** 10am – 2pm  
**Friday** 10am – 2pm

Please feel free to pop in and have a browse around and you might pick up a bargain.

If you are interest in volunteering in our Golspie shop, please contact [northhighland@alzscot.org](mailto:northhighland@alzscot.org) or pop into the shop for an application.

## Winter Campaign 2023

This year's winter campaign is about Dementia research, the importance of research and the work that is currently been done. "Dementia research is crucial to making a difference for people living with dementia now, and in the future.

When you think about research, you might think it's just about white lab coats You might imagine research to be all about white coats and test tubes -and there is lots of that, just like in labs like this one at the University of Edinburgh.

Research happens in lots of ways, from completing surveys and joining focus groups, to taking cognitive tests, providing DNA samples, and much more". – **Professor Tara Spire-Jones**



**Together, we're  
the change –  
– are you in?**

Our 2023 winter  
fundraising campaign

For more information, please visit our website: <https://research.alzscot.org/>

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## Volunteering opportunities

Dingwall: Dementia Café and activity group Volunteer (2 hour commitment every Wednesday)

We are a national voluntary organisation whose mission is to campaign for the human rights of people living with dementia and their carers. Our vision is to **ensure that nobody faces dementia alone**. A Volunteer alongside a Dementia Advisor would ensure the smooth running of Alzheimer Scotland Cafes that operate within our Brain Health and Dementia Resource Centre. It is a popular group with more than 20 attendees

Are you;

- **Good with people and enjoy socialising**
- **Friendly and a good communicator**
- **Caring and empathetic**
- **Keen to work within a small team in a café setting**
- **Flexible and adaptable**
- **Wanting to volunteer and learn something new?**

If you are aged 16 and over and have some time to offer, Alzheimer Scotland wants to hear from you!

### Why Volunteer?

Being an Alzheimer Scotland Café Volunteer is a hugely rewarding experience and is also a great way to increase your employment or further-education opportunities. You will gain a good understanding of dementia, experience of working in the third-sector and become an integral part of a community of support networks. This is a great opportunity to meet new people and give something back.

**If you would like to volunteer at our Dingwall community groups please contact Hayley**

## Caithness Volunteers

If you would like to get involved in volunteering for our activities group in Caithness to support people with dementia in our community you will receive training and be involved in a great community cause. If you can give 2-4 hours a month or whatever you feel you can that would be great. **If you would like to volunteer in Thurso for our activity group please contact Isobel – [istevenson@alzscot.org](mailto:istevenson@alzscot.org)**

## Golspie Charity Shop Volunteers

We are looking for volunteers with a range of interests and skills to help with the varied roles in our charity shop. We'll give you training and support - and you can choose how much time you volunteer. Some volunteers give us two hours a week, others give us 20. They're all making a vital contribution to our work. We welcome young people as volunteers too – you just need to be 16 or over. **If you would like to volunteer at our Golspie Charity Shop please contact Sarah – [northhighland@alzscot.org](mailto:northhighland@alzscot.org)**

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## National Dementia Advisor Service

Telephone: 0300 373 5774

Email: [ndas@alzscot.org](mailto: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.

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).

## 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**

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## Local Contacts

Bethany Black

Day Opportunities Leader

[bblack@alzscot.org](mailto:bblack@alzscot.org)

07407 172600

Hayley Lyons

Dementia Advisor

[hlyons@alzscot.org](mailto:hlyons@alzscot.org)

07554 408479

Isobel Stevenson

Dementia Advisor

[istevenson@alzscot.org](mailto:istevenson@alzscot.org)

07818 538683

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## Dementia Helpline



Our 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals

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Our Online and in person support 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.



<https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

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