

What's on

February 2024– 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		
Monday 5 th of February	<p>Dornoch all Carers peer support Group <i>Royal Dornoch Golf Club</i></p> <p>The group is hosted by Dementia Advisor Hayley and Malcolm from Connecting Carers. All unpaid carers welcome to meet others in similar situations over a cuppa. Contact Hayley</p>	11.00-12.30pm
Tuesday 6 th of February	<p>Carer Education Course (Understanding Dementia) <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>A 4-week carer education course, focusing on a different topic each week. Places are limited, please book in advance. We recommend you attend all 4 sessions for full benefit. 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></p>	10.00-12.00pm
Wednesday 7 th of February	<p>Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>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></p>	11.00am – 12.30pm

<p>Tuesday 13th of February</p>	<p>Carer Education Course (Communication and Dementia) <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>A 4-week carer education course, focusing on a different topic each week. Places are limited, please book in advance. We recommend you attend all 4 sessions for full benefit. 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></p>	<p>10.00-12.00pm</p>
<p>Wednesday 14th of February</p>	<p>Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p><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.</p>	<p>11.00am – 12.30pm</p>
<p>Tuesday 20th of February</p>	<p>Carer Education Course (Support daily living routine) <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>A 4-week carer education course, focusing on a different topic each week. Places are limited, please book in advance. We recommend you attend all 4 sessions for full benefit. 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></p>	<p>10.00-12.00pm</p>
<p>Tuesday 20th of February</p>	<p>Dingwall all Carers peer support Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>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 Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	<p>1.00pm – 2.30pm</p>
	<p>Continued on the next page.</p>	

<p>Wednesday 21st of February</p>	<p>Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Hayley Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	<p>11.00am – 12.30pm</p>
<p>Monday 26th of February</p>	<p>Dornoch Dementia Café <i>Free Church, Dornoch</i></p> <p>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</p>	<p>10.30am-12.00pm</p>
<p>Tuesday 27th of February</p>	<p>Carer Education Course (Meaningful activity) <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p><i>A 4-week carer education course, focusing on a different topic each week. Places are limited, please book in advance. We recommend you attend all 4 sessions for full benefit. Contact Hayley</i></p> <p>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	<p>10.00-12.00pm</p>
<p>Wednesday 28th of February</p>	<p>Dingwall Dementia Café <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p><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></p> <p>Please note this group is being help upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	<p>11.00am – 12.30pm</p>

In Person Group – Caithness & Sutherland		
Tuesday 6 th of February	<p>Gentle exercise class <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-12.00pm
Tuesday 13 th of February	<p>Gentle exercise class Ormlie Community Centre, Thurso</p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-12.00
Thursday 15 th of February	<p>Thurso Activity Group <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Isobel</p>	2.00-3.30pm
Tuesday 20 th of February	<p>Gentle exercise class <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-12.00
Tuesday 20 th of February	<p>Thurso Dementia Café <i>Community Café Thurso Harbour</i></p> <p>A chance to meet over coffee and have a chat with others in a similar situation. Contact Isobel</p>	2.00pm-3.00pm
Tuesday 27 th of February	<p>Gentle exercise class <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-12.00
Wednesday 28 th of February	<p>Thurso Carer Support Group <i>Thurso Library</i></p> <p>All carers welcome to meet others in similar situations over a cuppa. Contact Isobel</p>	2.00pm–3.00pm
Thursday 29 th of February	<p>Thurso Activity Group <i>Caithness Rugby Club, Millbank Road, Thurso</i></p> <p>Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Isobel</p>	2.00-3.30pm

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 19 th of February	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 12 th & 26 th of February	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
Tuesday 6 th & 20 th of February	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
Wednesday 7 th of February	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm
Wednesday 21 st of February	Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation & Songs) 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. Contact Diane	2.00pm-3.00pm
Wednesday 14 th , 21 st & 28 th of February	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Eleanor or Diane	11.00am-12.00pm
Thursday 8 th , 15 th , 22 nd & 29 th	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Friday 2 nd , 9 th , 16 th , 23 rd	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 – Ross & Cromarty and Sutherland

Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson

Dementia Advisor – Caithness & Sutherland

Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith

Community Activities Organiser – West Highland (Skye)

Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown

Community Activities Organiser – West Highland (Lochaber)

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>

