

What's on



March 2024 – West 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 provide 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 Groups – Skye & Lochalsh		
Mon 4 March	Storytelling / Seanchas at Portree Library <i>Viewfield Road IV51 9ET Portree</i> Come and join us in the library and we'll read some excerpts from books, have a cuppa and a chat. This group will be on every second Monday. This group is also available online if you are unable to get along to the library. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Tues 5 March	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat and maybe some games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Thurs 7 March	Glendale Drop In <i>Glendale Hall, Glendale, IV55 8WJ</i> Drop into the hall for a chat and a cuppa and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 8 March	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. <i>Contact Diane for more information.</i>	1pm – 3pm
Thurs 14 March	Kyle of Lochalsh Drop In <i>The Lighthouse Coffee, Kyle of Lochalsh, IV40 8AE</i> Drop into the hall for a chat and a cuppa and an activity. <i>Contact Diane for more information.</i>	12noon– 2pm
Fri 15 March	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. <i>Contact Diane for more information.</i>	1pm – 3pm

Mon 18 March	Storytelling / Seanchas at Portree Library <i>Viewfield Road IV51 9ET Portree</i> Come and join us in the library and we'll read some excerpts from books, have a cuppa and a chat. This group will be on every second Monday. This group is also available online if you are unable to get along to the library. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Tues 19 March	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat and maybe some games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Fri 22 March	Strùpag is Cabadaich – A Cuppa & a Chat <i>Taigh-Òsta Chuiltheann, Port Rìgh – The Cuillin Hills Hotel, Portree</i> Thig còmhla rinn airson cupa is sgonachan is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd. Join us for a cuppa and a scone and craic and maybe some music and singing too. Gaelic speakers and everyone with an interest the Gaelic language and song welcome to join us. <i>Contact Diane or Lesley for more information.</i>	2pm – 3.30pm Le taic bho Bhòrd na Gàidhlig 
Tues 26 March	NEW GROUP Dornie Drop in <i>Aird Ferry Resource Centre, Dornie</i> A new group in Dornie. Come along and join the attendees at the day centre for some company, a cuppa, a chat and an activity. Everyone welcome – people living with dementia or memory loss, their family friends and those who care for them. Diane Smith, our Community Activities Organiser will be there to chat to and Lesley Hellon, our Dementia Advisor, will be there to offer advice and support. <i>Contact Diane for more information.</i>	2pm – 4pm
Wed 27 March	Raasay Community Drop In Cafe <i>at Raasay Community Hall</i> Come and join us at Raasay Hall. Bring your own lunch. Tea and coffee and home baking provided. Donations of home baking welcome too! A great opportunity to bring the community together and support each other.	12noon – 2pm
Thurs 28 March	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 29 March	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. <i>Contact Lesley for more information.</i>	1pm – 3pm

In person groups – Lochaber		
Tuesday 5 March	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group	3pm – 4pm 4pm – 4.30pm
Wednesday 6 March	D Caff at Caol Youth Café We will be doing some easy crafts	2pm – 3pm
Thursday 7 March	Drop in at Morrisons Cafe Come along and meet me and chat about what we can offer you	10.30am – 12noon
Thurs 7 Mar	D Caff in Ballachulish Village Hall Come along and have a chat and perhaps a fun activity.	2pm – 3pm
Tuesday 12 March	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wednesday 13 March	D Caff in Caol Youth Café Colin MacInnes from Alienergy will be coming along with tips on how to save money on your electricity bills.	2pm – 3pm
Tuesday 19 March	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group.	3pm – 4pm 4pm – 4.30pm
Wednesday 20 March	Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun	2pm – 3pm
Thursday 21 March	Drop in at Morrisons Cafe Come along and meet me and chat about what we can offer you.	10.30am – 12 noon
Tuesday 26 March	Storytelling in Mallaig Library Library Staff will be reading excerpts from books which we will chat about over a cuppa and maybe a fun activity	11am – 12 noon
Tuesday 26 March	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Contact	For more information please contact Eleanor Brown	07920 868848 EBrown@Alzscot.org

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 Groups		
Mon 4 March	Storytelling / Seanchas Online and at Portree Library <i>Viewfield Road IV51 9ET Portree</i> Come and join us in the library and we'll read some excerpts from books, have a cuppa and a chat. This group will be on every second Monday. This group is also available online if you are unable to get along to the library. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Tues 5 March	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 6 March	Doggie Bingo Join us and Imke and Webb the dog for a fun game of bingo with Webb choosing the numbers for us. <i>Contact Diane or Eleanor</i>	11.00am – 12noon
Fri 8 March	Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i>	11.00am – 12.00noon
Mon 11 March	Making Music Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	3.00pm – 4.00pm
Wed 13 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Eleanor or Diane</i>	11.00am – 12noon
Fri 15 March	Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i>	11.00am – 12.00noon
Mon 18 March	Storytelling / Seanchas Online and at Portree Library <i>Viewfield Road IV51 9ET Portree</i> Come and join us in the library and we'll read some excerpts from books, have a cuppa and a chat. This group will be on every second Monday. This group is also available online if you are unable to get along to the library. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Mon 18 March	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. <i>Contact Hayley</i>	10.30am– 11.30am
Tues 19 March	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 20 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week.. <i>Contact Diane or Eleanor</i>	11.00am – 12noon

Wed 20 March	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. You can now book onto the group from our Virtual Dementia Resource Centre at the link below or you can contact Diane and she can book your place https://calendly.com/sberesford-lwq/comhradh-agus-orain-gaidhlig-2?month=2024-03	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig 
Friday 22 March	Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i>	11.00am – 12.00noon
Mon 25 March	Making Music Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	3.00pm – 4.00pm
Friday 29 March	Online Ceilidh – Cèilidh Air Loidhne Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane</i>	11.00am – 12.00noon

Contact details for groups:

Diane Smith, Community Activities Organiser for Skye & Lochalsh
 Email: dianesmith@alzscot.org Tel: 07825 608057

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

Eleanor Brown, Community Activities Organiser for Lochaber
 Email: e.brown@alzscot.org Tel: 07920 868848

Online Carers support for people in long term care:
Hayley Lyons, Dementia Advisor for North Highland
 Email: HLyons@alzscot.org Tel: 07554 408479

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 at the link below or by scanning the QR code above. <https://www.justgiving.com/fundraising/westhighland1>

