

What's on

April 2024 –

South 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 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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

In Person Group		
Wednesday 3 April	<p>Dementia Advisor Drop-in <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>Are you concerned about your own brain health or that of someone close to you? Drop in and meet Julie, our local Dementia Advisor, who will be available to provide information and advice on the broad range of support available, as well as to answer any questions you may have during this informal and relaxed drop-in session. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	1-3pm (Drop-in)
Friday 5 April	<p>Brain Boost Cafe – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>Pop-in for refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to answer queries on protecting your brain health and hear your views. Great opportunity to try out our insightful Brain Health Quiz too. All welcome – light refreshments available. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	1-2.30pm (Drop-in)

<p>Tuesday 9 April</p>	<p>Connecting Carers: Funding Opportunities for Carers <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>Come and meet local Carer Link Worker Nikki from Connecting Carers to learn about sources of funding, receive advice for Carers, and gather information about how funding works during this informal and relaxed session. All welcome – light refreshments available. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>1.30-2.30pm</p>
<p>Wednesday 10 April</p>	<p>Virtual Resource Centre (VRC) – Community Introductory Session – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>Come along to learn about Alzheimer Scotland’s Virtual Resource Centre (VRC) at this informal guided session, which includes information on accessing digital support. The VRC is being developed as an online centre, available 24 hours a day and complements our current support on offer. All welcome – light refreshments available. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>1-2pm</p>
<p>Friday 12 April</p>	<p>Brain Boost Cafe – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>Pop-in for refreshment – relax and meet/get a blether with friends. Centre staff will be on hand to answer queries on protecting your brain health and hear your views. Great opportunity to try out our insightful Brain Health Quiz too. All welcome – light refreshments available. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>10:30-12pm (Drop-in)</p>
<p>Monday 15 April</p>	<p>Home Energy Scotland <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i></p> <p>The cost of living and the increase in energy prices worries us all. Come in and find out how Home Energy Scotland can help with free, impartial advice on saving energy and keeping warm at home. Light refreshments provided. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>2-3pm</p>

<p>Tuesday 16 April</p>	<p>Bitesize Brain Health – The importance of early detection of Alzheimer’s <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Guided watch and learn session. This short 30-minute session includes recorded footage of shared local personal experience of the diagnosis process, with centre staff on hand for discussion, support, and to answer questions. Light refreshments provided. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>12:45-1:15pm</p>
<p>Friday 19 April</p>	<p>Active Health – Dynamic Wellbeing with Highlife Highland – All welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Small changes to activity can make huge changes to your health. There will be something for everyone at this light session led by Highlife Highland’s specialist team. All welcome – social time with light refreshments after the session for those who wish to stay. <i>Date to be confirmed: Places are limited and <u>booking is required</u>. Please contact Nina or Lilian on 01463 711707 to book.</i></p>	<p>10:30-11:30am</p>
<p>Monday 22 April</p>	<p>Digital Health and Wellbeing Drop-in – All welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Pop in to speak with NHS Highland’s Technology Enabled Care Team to find out more about equipment that could support you, or someone you care for, to lead healthier, happier lives. This is a regular monthly drop-in session and will be held on different days and times each month. All welcome – light refreshments available. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p> <p>Carers support group <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. <i>Contact Julie for more information.</i></p> <p>Reminiscence Group <i>Inverness Brain Health and Dementia Resource Centre</i> A look back on photos, events, music and more. <i>Contact Michelle for more information.</i></p>	<p>1-2pm</p> <p>2-3pm</p> <p>2-3pm</p>

<p>Thursday 25 April</p>	<p>Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Fantastic opportunity to reduce worry through gentle/supported movement and breathing that can calm your mind and body for relaxation and better sleep. All welcome – social time with light refreshments after the session for those who wish to stay. <i>Places are limited and <u>booking is required</u>. Please contact Nina or Lilian on 01463 711707 to book.</i></p>	<p>2-3pm</p>
<p>Friday 26 April</p>	<p>Bitesize Brain Health – The importance of early detection of Alzheimer’s <i>Inverness Brain Health and Dementia Resource Centre, Strothers Lane</i> Guided watch and learn session. This short 30-minute session includes recorded footage of shared local personal experience of the diagnosis process, with centre staff on hand for discussion, support, and to answer questions. Light refreshments provided. <i>Any queries/for more information, please contact Lilian or Nina on 01463 711707</i></p>	<p>12:45-1:15pm</p>

Inverness – Woodlands, Culduthel Road

In Person Group		
Wednesday 3 April	<p>Gardening Woodlands, Culduthel Road, Inverness</p> <p>We are back in the Woodlands garden to get it ready for Spring. We have lots of jobs to get it thriving again. All welcome, green-fingered or not! Contact Michelle for more information</p>	2-3pm
Thursday 4 April	<p>Health Walk Contact us for the meeting point</p> <p>*Places for this group must be booked in advance*</p> <p>Join us for our monthly health walk in Inverness. The walks normally last about 1 hour and the pace is set by those attending. Contact Michelle for more information.</p>	10-11am
	<p>Music Group Woodlands, Culduthel Road, Inverness</p> <p>An opportunity to come along and take part in music-based activities. Contact Michelle for more information.</p>	2-3pm
Monday 8 April	<p>All Ability Cycling Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</p> <p>With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £5 charge for this activity, payable by cash or card on entry. Carers go free. Contact Julie for more information.</p>	2-3pm
Monday 15 April	<p>Soup Café Woodlands, Culduthel Road, Inverness</p> <p>Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2*</p> <p>Contact Michelle for more information.</p>	12.30-2pm
Wednesday 17 April	<p>Getting Crafty with Recycling Workshop Woodlands, Culduthel Road, Inverness</p> <p>Join us for an afternoon with Edna Rekhy showing us wonderful ways to get creative with our recycling. Please bring something from home to recycle, for example, a flat surfaced stone, milk carton, tub, plastic bottle or a box. Contact Michelle for more information.</p>	2-3pm
Thursday 18 April	<p>Gardening Woodlands, Culduthel Road, Inverness</p> <p>We are back in the Woodlands garden to get it ready for Spring. We have lots of jobs to get it thriving again. All welcome, green-fingered or not!</p>	10.30-11.30am
	<p>Seagull Trust Cruise Our very popular afternoon on the Seagull Trust Cruise is Back! Join us for a boat trip along the Caledonian canal. *Places are limited and must be booked in advance*</p> <p>Contact Lilian or Michelle for more information</p>	2-4pm

<p>Wednesday 24 April</p>	<p>Bacon Butty Morning <i>Woodlands, Culduthel Road, Inverness</i> Come along for a bacon butty and a chance to chat with others in a similar situation. *Suggested donation £1* <i>Contact Michelle for more information.</i></p> <p>Scottish Country Dancing <i>Woodlands, Culduthel Road, Inverness</i> Please come along and join Liz Mackenzie and her dance group for some wonderful Scottish Country dances that you all know and love. All abilities welcome. <i>Contact Michelle for more information</i></p>	<p>10.30- 11.30am</p> <p>2-3pm</p>
<p>Thursday 25 April</p>	<p>Story with group participation <i>Woodlands, Culduthel Road, Inverness</i> Let's tell a story together! A short story with the opportunity to take on a character and be given a very important line. Lots of fun whether listening or getting involved. <i>Contact Michelle for more information.</i></p>	<p>2-3pm</p>
<p>Monday 29 April</p>	<p>Coffee catch up Café with Music Entertainment <i>Woodlands, Culduthel Road, Inverness</i> A chance to meet and have a chat with others in a similar situation while enjoying some musical entertainment with music from all the decades. <i>Contact Michelle for more information.</i></p>	<p>2-3.30pm</p>

Nairn

In Person Group		
Monday 1 April	Easter Activities <i>Nairn Community and Arts Centre, IV12 4BQ</i> Easter activities and Easter treats. <i>Contact Veronica for more information.</i>	2-3.30pm
Tuesday 2 April	Dementia Advisor Drop In <i>Interview Room 4, Nairn Town and County Hospital,</i> <i>Cawdor Road, Nairn, IV12 5ED</i> Julie, Dementia Advisor, will be available for advice or support. Drop in for a chat. <i>Contact Julie for further details.</i>	10-12pm
Wednesday 3 April	Ping Pong Fun <i>Nairn Community and Arts Centre, IV12 4BQ</i> From bingo to three in a row, various games with ping pong balls. <i>Contact Veronica for more information.</i>	2-3.30pm
Friday 5 April	Soup Café <i>Seaman's Hall, Harbour St, IV12 4PH</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>Contact Veronica for more information.</i>	12.30-2pm
Monday 8 April	All Ability Cycling <i>Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</i> With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £5 charge for this activity, payable by cash or card on entry. Carers go free. <i>Contact Veronica for more information.</i>	2-3pm
Wednesday 10 April	Café <i>Nairn Community and Arts Centre, IV12 4BQ</i> Join us for a cuppa, cake and chat. <i>Contact Veronica for more information.</i>	2-3.30pm
Friday 12 April	Spring Walk <i>Seaman's Hall, Harbour St, IV12 4PH</i> Starting from the Seaman's Hall and wandering along to the Links to have a look at the amazing Post box Topper made by our very own Kirsty, then back to the Seaman's Hall for a cuppa and chat. <i>Contact Veronica for more information.</i>	2-3.30pm
Monday 15 April	Jobs <i>Nairn Community and Arts Centre, IV12 4BQ</i> From Accountants to Zoo Keepers, we can share all the details about our previous jobs. <i>Contact Veronica for more information.</i>	2-3.30pm
Wednesday 17 April	Music Request Show <i>Nairn Community and Arts Centre, IV12 4BQ</i>	2-3pm

	Sit back and relax listening to your very own requests from Elvis to Elton. <i>Contact Veronica for more information.</i>	
Friday 19 April	Skittles <i>Seaman's Hall, Harbour St, IV12 4PH</i> Skittles and other games all from the comfort of our seats. <i>Contact Veronica for more information.</i>	2-3.30pm
Monday 22 April	Never Have I Ever <i>Nairn Community and Arts Centre, IV12 4BQ</i> Have you jumped out of an aeroplane or petted a hippo? A fun set of questions, where there are only two answers I have or I have never. <i>Contact Veronica for more information.</i>	2-3.30pm
Wednesday 24 April	Arts and Crafts <i>Nairn Community and Arts Centre, IV12 4BQ</i> Pom pom making. <i>Contact Veronica for more information.</i>	
Friday 26 April	Gardening <i>Seaman's Hall, Harbour St, IV12 4PH</i> Spring is here, time to get out in the garden and spruce things up, then of course a cuppa. <i>Contact Veronica for more information.</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 2 April	<p>Wild Things <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Nature experts Wild Things run this activity which varies from month to month. Activities include discussing plants, animals and insects and going for a short walk in our beautiful surroundings. <i>Contact Andy for further details</i></p>	11am-1.30pm
Wednesdays 3, 10, 17, 24 April	<p>John Muir Award <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A series of 2 hour nature-focussed sessions involving discovering, exploring and conserving our local 'wild place' and sharing our experiences to achieve a special <i>John Muir Award</i>. With support from the Cairngorm National Park Volunteer Rangers. <i>Contact Andy for further details</i></p>	11am-1pm
Tuesday 9 April	<p>Get Creative with Nature <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Guided by local artist Alison, classes are designed with all abilities in mind. Assistance can be provided where necessary. We will be experimenting with pencil, paint and inks to create a professional style piece that you can take home at the end of the session. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i></p>	11.30am-1.30pm
Fridays 12, 19, 26 April	<p>Carers' Education Classes <i>Speyside Cafe, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> These will be facilitated by Alzheimer Scotland Dementia Advisor Julie Ferguson. Each session will be based on a particular theme however there will be lots of scope for tailoring the content to the individuals who attend and plenty time for questions and discussion. Running alongside the Carers' Education sessions will be a dementia-friendly green health activity at the Alzheimer Scotland base for the person you care which Kenny and Andy will be facilitating. <i>Contact Andy for further details</i></p>	11.30am-1pm
Friday 12 April	<p>Gardening <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Come along and get your hands dirty! We have lots of jobs to do and it's the perfect time of year to be pottering around the garden. All welcome, green-fingered or not! <i>Contact Andy for further details</i></p>	11.30am-1pm

Thursday 18 April	<p>All Ability Cycling <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> With a vast array of vehicles to suit almost every ability, a covered outdoor pitch to practice on and great paths around Badaguish to explore. <i>Contact Andy for further details</i></p>	11am-1pm
Friday 19 April	<p>Springtime Social <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A relaxed get-together with home-made soup, a wander in the wild and a chat about our natural surroundings. <i>Contact Andy for further details</i></p>	11.30am-1pm
Tuesday 23 April	<p>Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. <i>Contact Andy for further details</i></p>	11.30am-1pm
Friday 26 April	<p>Music Inspired by Nature <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Singing and playing music is proven to reduce stress and promote wellbeing. Expect some singing, some movement and some playing of percussion to boost those joyful feelings! <i>Contact Andy for further details</i></p>	11.30am-1pm

This winter the Outdoor Dementia Resource Centre will be adopting a flexible approach to community activities. As well as our scheduled activities (in the What's On guide above) we will arrange additional activities in response to local weather conditions. Contact Andy for further information.

Online Groups

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 15 April	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30–11.30am
Mondays 8 and 22 April	Online 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>	3–4pm
Mondays 15 and 29 April	Storytelling / Seanchas Online Come and join us online and we'll read some excerpts from books, have a chat and maybe listen to some tunes. <i>Contact Diane for more information.</i> <i>Contact Diane</i>	2–3pm
Tuesdays 16 and 30 April	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am–12pm
Wednesday 3 April	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. <i>Contact Diane or Eleanor</i>	11am–12pm
Wednesday 24 April	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 this link: https://www.alzscot.org/virtual-resource-centre-0 <i>or you can contact Diane for help with booking your place.</i>	2–3pm
Wednesdays 10, 17 and 24 April	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Eleanor or Diane</i>	11am–12pm
Fridays 12, 19 and 26 April	Online Ceilidh	11am–12pm

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

Coming soon

Tesco Ness-side Awareness and Fundraising

Find Alzheimer Scotland at Ness-side Tesco on the 6th of April from 10am to fundraise for the charity and raise awareness of our community groups at The Woodlands Centre and brain health schedule of activities offered at Strothers lane.

Recycling

We are starting a recycling group this month at The Woodlands Centre and would be really grateful for any recycled milk bottles, boxes, tubs etc for everyone to get creative with. Please pop to The Woodlands Centre to drop off if you manage to collect anything from home.

Thank you 😊

Intergenerational Group

We have a very exciting opportunity to create a small group of people living with dementia and children from Crown Primary School. We plan to work together on common interests and build relationships. If you are interested in becoming a member please contact Michelle for more information.

Pilot our Virtual Reality Headset

We are looking for people living with dementia to come along and have a shot of our virtual reality headset.

There are many things that can be done, for example, ticking things off your bucket list like visiting your favourite country, going on safari or underwater swimming!

If this is something you might be interested in please contact Michelle for more information.

Contact details for groups:

Lilian Stott, Receptionist/Administrator
Email: LStott@alzscot.org
Tel: 01463 711707

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711707
Mob: 07588 643659

Julie Ferguson, Dementia Advisor
for Inverness, Nairn, Badenoch & Strathspey
Email: JulieFerguson@alzscot.org
Tel: 07887 625982

Andy Miller, Community Activities Organiser
for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Michelle Newell, Community Activities
Organiser
for Inverness
Email: MNewell@alzscot.org
Tel: 07823 556869

Veronica Wilson, Community Activities
Organiser for Nairn
Email: VWilson@alzscot.org
Tel: 07932 120684

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

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

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

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

