

What's on



March 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 4 th of March	Dornoch all Carers peer support Group <i>Royal Dornoch Golf Club</i>	11.00-12.30pm
	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	
Tuesday 5 th of March	Carer Education Course <i>Dingwall Brain Health and Dementia Resource Centre</i>	10.00-12.00pm
	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>	
Wednesday 6 th of March	Dingwall Activities Group <i>Dingwall Brain Health and Dementia Resource Centre</i>	11.00am – 12.30pm
	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>	

Wednesday 13 th of March	<p>Dingwall Dementia Café Dingwall Brain Health and Dementia Resource Centre</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>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	11.00am – 12.30pm
Tuesday 19 th of March	<p>Dingwall all Carers peer support Group Dingwall Brain Health and Dementia Resource Centre</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</p> <p>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	1.00pm – 2.30pm
Wednesday 20 th of March	<p>Dingwall Activities Group Dingwall Brain Health and Dementia Resource Centre</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</p> <p>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	11.00am – 12.30pm
Monday 25 th of March	<p>Dornoch Dementia Café Free Church, Dornoch</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>	10.30am-12.00pm
Wednesday 27 th of March	<p>Dingwall Dementia Café Dingwall Brain Health and Dementia Resource Centre</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>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</p>	11.00am – 12.30pm

In Person Group – Caithness & Sutherland		
Tuesday 5 th of March	<p>Gentle exercise class and Lunch Hub <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-13.00pm
Friday 8 th of March	<p>Carer Education Course <i>Pulteney Centre, Huddart Street, Wick</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 Isobel</p>	12.00-13.30pm
Tuesday 12 th of March	<p>Gentle exercise class and Lunch Hub Ormlie Community Centre, Thurso</p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-13.00pm
Thursday 14 th of March	<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
Friday 15 th of March	<p>Carer Education Course <i>Pulteney Centre, Huddart Street, Wick</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 Isobel</p>	12.00-13.30pm
Tuesday 19 th of March	<p>Gentle exercise class and Lunch Hub <i>Ormlie Community Centre, Thurso</i></p> <p>Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel</p>	11.00-13.00pm
Tuesday 19 th of March	<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
Friday 22 nd of March	<p>Carer Education Course <i>Pulteney Centre, Huddart Street, Wick</i></p> <p>A 4-week carer education course, focusing on a different topic each week. Places are limited, please book in advance. We</p>	12.00-13.30pm

	recommend you attend all 4 sessions for full benefit. Contact Isobel	
Tuesday 26 th of March	Gentle exercise class and Lunch Hub <i>Ormlie Community Centre, Thurso</i> Join us for a chair based gentle exercise class, all abilities welcome. Contact Isobel	11.00-13.00pm
Wednesday 27 th of March	Thurso Carer Support Group <i>Thurso Library</i> All carers welcome to meet others in similar situations over a cuppa. Contact Isobel	2.00pm–3.00pm
Thursday 28 th of March	Thurso Activity Group <i>Caithness Rugby Club, Millbank Road, Thurso</i> Join us for some activities and a chance to meet others in similar situations for both people living with Dementia and Carers. Contact Isobel	2.00-3.30pm
Friday 29 th of March	Carer Education Course <i>Pulteney Centre, Huddart Street, Wick</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 Isobel	12.00-13.30pm

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 18 th of 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. Contact Hayley	10.30am-11.30am
Monday 11 th & 25 th of March	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 5 th & 19 th of March	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 6 th of March	Doggie Bingo We will be joined by Imke and her dog Webb for a game of bingo. Contact Diane	11.00am-12.00pm

Contact Diane	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 13 th , 20 th & 27 th of March	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 7 th , 14 th , 21 st & 28 th of March	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am
Friday 8 th , 15 th , 22 nd & 29 th of March	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>


Alzheimer Scotland
Action on Dementia

24 HOUR
Dementia Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org