

What's on

April 2024



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 transportation options.

If you are unsure, or have questions about any of the groups listed below, or have an idea for a new group, please contact:

Ellie Donnelly (Dementia Advisor) Telephone: 07500762041 Email: edonnelly@alzscot.org

Angela Macleod (Dementia Advisor) Telephone: 07584607581 Email: amacleod@alzscot.org

In Person Group		
Monday 1 st April	Carers Group Café Golf Club, Stornoway (Downstairs) Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information or to book a place for the activity please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org	2pm
Friday 5 th April	Reminiscence Group (Residents Only) Trust Housing, Matheson Road. For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.	2pm – 3.30pm
Wednesday 10 th April	Tolsta Monthly Café Tigh Ceilidh, North Tolsta Please join us for a cuppa, chat and an activity! Please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607 for more information or to book a place for an activity.	2pm – 3.30pm
Friday 12 th April	Football Memories Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP Please join us for a cuppa, chat, and Football Memories Quiz! For more Information, please contact Donald MacInnes, Community Activities Organiser on dmacinnes@alzscot.org or leave a message on 07748502607.	4pm – 5pm

Wednesday 17th April	Bragar Drop In Café (See below for details) Community Room, Bragar Community Hub If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information and to book a place for an activity please contact edonnelly@alzscot.org or phone Ellie on 07500762041	1.30pm
Thursday 18th April	Carers Group Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information or to book a place for the activity please contact Ellie, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	1.30pm
Online Groups		
Every Friday	Online Ceilidh Online via Microsoft Teams Organised by our colleagues in West Highland, Join in 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! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	11am
Every 2nd Monday	Online Making Music Online via Microsoft Teams Organised by our colleagues in West Highland, join in for some music and song from great musicians. You can sing along at home or just listen. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	3pm
Tuesday 9th April	Digital Music for Memory Online via Microsoft Teams Join us online for a sing along, good chat and fun! Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	11am – 12pm
Wednesday 17th April	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	3pm – 3.30pm

<p>Tuesday 23rd April</p>	<p>Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. For more information, or if you would be interested in joining this group, please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	<p>1.30pm – 2.30pm</p>
<p>Tuesday 23rd April 2024 *NEW!</p>	<p>Carers Education – Session 1 – Dementia Basics (Delivered by The National Dementia Advisory Service, Alzheimer Scotland) Online via Microsoft Teams An informative overview of the impact and causes of dementia and approaches to help support. Sessions will open for booking from the last week in March. To book onto the session please visit our Virtual Resource Centre page www.alzscot.org/virtual-resource-centre-0 . Alternatively, Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org who will be happy to support you booking onto these sessions.</p>	<p>2pm – 3.30pm</p>
<p>Wednesday 24th April 2024</p>	<p>Comhradh agus Oran Gaidhlig (Online Gaelic Conversations & Song) Online via Microsoft Teams Organised by our colleagues in West Highland, come along for chat in Gaelic and enjoy listening or sensing along 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. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.</p>	<p>2pm – 3pm</p>
<p>Tuesday 30th April *NEW!</p>	<p>Carers Education – Session 2 – Focusing on Caring (Delivered by The National Dementia Advisory Service, Alzheimer Scotland) Online via Microsoft Teams A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Sessions will open for booking from the last week in March. To book onto the session please visit our Virtual Resource Centre page www.alzscot.org/virtual-resource-centre-0 . Alternatively, Please contact Catriona MacRitchie on 07824561305 or cmacritchie@alzscot.org who will be happy to support you booking onto these sessions.</p>	<p>2pm -3.30pm</p>

Other Partner Organisation Events Across the Western Isles

Every 3 rd Monday of the Month	<p>Seann Eolaich Bowling Club, Stornoway</p> <p>Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com</p>	2pm – 4pm
Most Tuesdays	<p>Western Isles Meeting Centre – Social Club Failte Centre, Stornoway</p> <p>Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192</p>	2-4pm
Wednesday 17 th April	<p>Eolas (Western Isles Community Care Forum) Crown Hotel, Stornoway</p> <p>Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588</p>	2.30pm – 4pm
Thursday 18 th April	<p>Eolas (Western Isles Community Care Forum) Harris Hotel, Tarbert</p> <p>Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588</p>	2.30pm – 4pm
Thursday 25 th April	<p>“Sounds Familiar” Community Singing Group Stornoway High Church. Matheson Road</p> <p>Let’s sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information, Please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	2.30 – 3.30pm
Thursday 25 th April	<p>Musical Memories Harris – In Person Ceilidh Talla na Mara café, Pairc, Niseaboist.</p> <p>Join us online for a sing along in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07503 724479 or by email: info@wiccf.co.uk for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: edonnelly@alzscot.org for the zoom link and more information.</p>	2pm – 3.30pm

Alzheimer Scotland Local Information and Contacts:

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You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



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>

