

What's on



April 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		
Tues 2 April	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Fri 5 April	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us in Tigh Na Drochaid for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Tues 9 April	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.	1.30pm – 3pm
Thurs 11 April	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 12 April	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
Sat 13	Dementia Friends Workshop <i>Raasay Community Hall, Raasay</i> Come along to this free session delivered by our Dementia Advisor and learn a bit about dementia and how you can be a dementia friend. <i>Contact Lesley for more information.</i>	12.30pm – 1.45pm

Mon 15 April	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions have to be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i>	1.15pm -2pm
Tues 16 April	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i>	1pm - 3pm
Wed 17 April	Carer Support Group <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> New support group for anyone caring for someone living with dementia or memory loss. <i>Contact Lesley for more information.</i>	1pm - 2pm
Fri 19 April	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 22 April	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions must be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i>	1.15pm -2pm
Tues 23 April	Reminiscence and Chat at An Acarsaid <i>An Acarsaid, Liveras Park, Broadford, IV49 9AW</i> An Acarsaid is welcoming people living with dementia and their family, friends and carers, in to join from the community for this activity along with the residents. <i>Contact Diane for more information.</i>	1.30- 3pm
Thurs 25 April	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 26 April	Strùpag is Cabadaich – A Cuppa & a Chat <i>The Cuillin Hills Hotel, Portree</i> Thig còmhla rinn airson cupa is sgoaichean 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 
Mon 29 April	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Diane will be going along if you would like to join her for some exercise. Sessions must be booked in advance and you will need to book and pay for your place. <i>Contact Diane for more information.</i>	1.15pm -2pm

Tues 30 April	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat, games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Wed 1 May	Stall at Made in Minginish Craft Fair <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Information stall and a selection of crafts made by supporters and people living with dementia available for donations. Pop along and have a chat with us. We'd love to see you there! Tea, coffee, soup, scones and cakes available at the craft fair too. <i>Contact Diane for more information.</i>	11am – 4pm


In person groups – Lochaber

Tues 2 April	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
Wed 3 April	Floor Games at An Drochaid Come along and try your hand at seated tennis and 10 pin bowls and maybe even Twister with a twist.	2pm – 3pm
Thurs 4 April	Drop in at Morrisons Cafe Come along and meet me and chat about what we can offer you.	10.30am – 12noon
Tues 9 April	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa.	2pm – 3.30pm
Wed 10 April	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us.	2pm – 3pm
Thurs 11 April	Ballachulish Village Hall Pop into the Hall and have a cuppa and a chat and maybe an activity too.	2pm – 3pm
Tues 16 April	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
Wed 17 April	D Caff in Caol Youth Café Come along and join in the café and take part in an activity. with us	2pm – 3pm
Thurs 18 April	Drop in at Morrisons Cafe Come along and meet me and chat about what we can offer you.	10.30am – 12noon
Tues 23 April	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wed 24 April	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
Tues 30 April	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

Tues 30 April	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
Contact	For more information please contact Eleanor Brown: Phone: 07920 868848 Email: 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		
Tues 2 April	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 3 April	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 5 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 8 April	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 10 April	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 12 April	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 15 April	Storytelling / Seanchas Online Come and join us online and we'll read some excerpts from books, have a cuppa and a chat. <i>Contact Diane for more information.</i>	3pm – 4pm
Mon 15 April	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 16 April	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon
Wed 17 April	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

Friday 19 April	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 22 April	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 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 the link below <i>or</i> you can contact Diane and she can book your place	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig 
Friday 26 April	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 29 April	Storytelling / Seanchas Online Come and join us online and we'll read some excerpts from books, have a cuppa and a chat. <i>Contact Diane for more information.</i>	3pm – 3pm
Tues 30 April	Young Onset Group Peer support group for people with a young onset dementia. <i>Contact Lesley</i>	11.00am – 12noon

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>

