

# North Highland Newsletter



Spring 2024

Welcome to our Spring Newsletter 2024,

We have had a busy few months in North Highland, we want to thank everyone for their continued support. We hope you enjoy having a look through everything we have been doing. If you require support or advice please don't hesitate to contact us, contact details can be found on the last page.



Dementia Awareness Week 2024; The theme this year is *“Your voice, your choice, your future”* Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.

Each person living with dementia has their own unique story, and their needs, preferences and aspirations are as diverse as they are. At Alzheimer Scotland, we advocate for care approach that enables people with dementia to live as well as they can for as long as they can. We care about your care. We believe that good care respects and embraces diversity, giving people the power and control to make choices that reflect who they are and what matters most to them - now and in the future. Good care looks different for everyone, and the best care is one that is tailored to the individual - your voice, your choice and your future. Dementia Awareness week this year is from May 27<sup>th</sup> until the 2<sup>nd</sup> of June, please keep an eye out for local events during this week.

**Alzheimer Scotland DRC, Athole Court, Dingwall, IV15 9SH**  
Tel: **01349 808650** | Email: **northhighland@alzscot.org** | Website: **www.alzscot.org**

## Ross & Cromarty

We had a lovely Valentine's Day at our Dementia Café in Dingwall. We did a photoshoot for everyone who attended, I think you'll agree they turned out great. Our groups are always expanding with a range of different activities offered. We run a Dementia Café or an activity group in Dingwall most Wednesdays.



In February we offered a carer education course in Dingwall, this was a 4-week course open to all carers. The group focuses on peer support with educational topics. We hope to offer more one-off carer education sessions across North Highland, if you have a topic you would like to learn more about, please let Hayley know.

We jointly host a carers support group every month alongside Connecting Carers and Community Contacts. This group offers welcoming peer support and a wide range of professional support, please contact Hayley for more information.

## Dingwall Garden Project 2024

Our garden in Dingwall has unfortunately suffered due to the pandemic, we want to get it back to what it once was this year. Hayley has plans to start a gardening group. Everyone is welcome, we would appreciate people who have a good knowledge of gardening to direct us. All help greatly received and appreciated. Please check our what's on guides for more information on joining this group.



## Caithness & Sutherland

Here in Caithness, we are holding a gentle exercise class weekly with a lunch hub afterwards which is always good fun. We also have a memory café in Thurso every fortnight to get together for a cup of tea and a chat with some music and activities too. This group is well attended and always a new face joining which is great.

For carers we have a small group in our carers peer support group which is held monthly in Thurso library jointly run by Alzheimer Scotland and Connecting Carers.

We continue to host a monthly Dementia Café in Dornoch, it is a small intimate group. This year we also reintroduced our monthly carers peer support group in Dornoch. This is a joint group with Connecting Carers, it is open to all carers in the area to seek support from each other and professionals. Please contact Hayley for more information on any of our Sutherland groups.

## Day Service

### Dingwall

We have a fun and busy start to our year here in Dingwall. We have been keeping ourselves busy with plenty of crafts, music, dancing and quizzing. In January we celebrated Robbie Burns and enjoyed some of our favourite poems while also learning the facts and history of Burns. Then in February we set our sights on Valentines Day and started getting organised for that. We made some lovely gifts for our loved one – Fingerprint love heart magnets, cards and our own bunches of flowers. We also got adventurous and tried some new foods that we hadn't tried before, this consisted of different types of biscuits and exotic fruits, from dragon fruit to kumquats. This went down a treat with some being yummiier than others. We have also been keeping our brains busy with quizzes, puzzles and board games, scrabble and dominos being a firm favourite with the gentleman. We have been sticking with our CAPA (care about physical activity) exercises and incorporating this into different games, music and dancing to keep it fun, everyone has been a great sport and enjoying keeping active. March has come and welcomed us into spring and has got us thinking about our garden and what we can do with it to brighten the place up. We are excited to see what the garden project will bring and getting stuck in. While the rain pours, we have been brightening the indoors with spring artwork and pictures. We are looking forward to the summer months rolling in and what adventure we will get up to. We have our Seagull Boat tour trip coming up in May which we are all looking forward to, an exciting day out on the water.



## Tain

We have had a great and busy start to the year here in Tain, starting off with our New Year and Robbie Burns celebrations. We celebrated with ceilidh music and dances, which always goes down a treat. To making and decorating our Robbie Burns display wall, with our tartans and our favourite Burns poems. We also got the baking bug, making shortbread and cupcakes. For February we had our sights set on valentines Day and what we could make for our loved ones. Our groups came up with a number of wonderful ideas, such as hand painted trinket boxes, fingerprint love heart magnets and handmade bunches of flowers. Then to pancake day where we celebrated with some yummy pancakes and a variety of tasty toppings. We were also lucky enough to get out to watch an incredible display from the Red Arrows down at Inver Bay which was thoroughly enjoyed despite the bitter winds. March started us off with some lovely weather, and we wanted to make the most of it, so we managed to get out for some lovely walks, which ties in nicely with keeping up with our CAPA (care about physical activity) exercise programme we also enjoyed some picnics, down by the Rose gardens. We also did a trip to the local library and even down to Strom glass the local glass blowing factory and was lucky enough to get a demonstration. We are looking forward to the summer months rolling in and what adventure we will get up to. We have our Seagull Boat tour trip coming up in May which we are all looking forward to, an exciting day out on the water.



## Some Feedback from our most recent questionnaire:

The daycare service, allows me free time, knowing my husband is in a safe, caring, atmosphere, and one he really enjoys.

A place where I can go and feel comfortable. It gives me a chance to get practical helpful advice I can trust.

The support we receive is fantastic. We know mum is safe and well with all her needs being met. Which gives us as carers peace of mind so we can have some much needed time to ourselves. All the staff at the centre as so approachable and willing to listen and help in any way.

## Golspie Shop

Our shop sells a variety of different items; books, DVDs, clothes, shoes, children's toys, games, jewellery, crockery and linen. We also have some Alzheimer Scotland products available for sale. Unfortunately, we are no longer accepting donations of electrical items at present. Our shop is a cash only shop.

We have a lovely group of volunteers who cover the shop over the 4 days we are open.

**Tuesday 10am – 2pm**  
**Wednesday 10am – 2pm**  
**Thursday 10am – 2pm**  
**Friday 10am – 2pm**

Please feel free to pop in and have a browse around and you might pick up a bargain.

If you are interest in volunteering in our Golspie shop, please contact [northhighland@alzscot.org](mailto:northhighland@alzscot.org) or pop into the shop for an application.

## Volunteering opportunities

Dingwall: Dementia Café and activity group Volunteer (2 hour commitment every Wednesday)

We are a national voluntary organisation whose mission is to campaign for the human rights of people living with dementia and their carers. Our vision is to **ensure that nobody faces dementia alone**. A Volunteer alongside a Dementia Advisor would ensure the smooth running of Alzheimer Scotland Cafes that operate within our Brain Health and Dementia Resource Centre. It is a popular group with more than 20 attendees

Are you;

- Good with people and enjoy socialising
- Friendly and a good communicator
- Caring and empathetic
- Keen to work within a small team in a café setting
- Flexible and adaptable
- Wanting to volunteer and learn something new?

If you are aged 16 and over and have some time to offer, Alzheimer Scotland wants to hear from you!

## Why Volunteer?

Being an Alzheimer Scotland Café Volunteer is a hugely rewarding experience and is also a great way to increase your employment or further-education opportunities. You will gain a good understanding of dementia, experience of working in the third-sector and become an integral part of a community of support networks. This is a great opportunity to meet new people and give something back.

If you would like to volunteer at our Dingwall community groups please contact Hayley

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### Caithness Volunteers

If you would like to get involved in volunteering for our activities group in Caithness to support people with dementia in our community, you will receive training and be involved in a great community cause. If you can give 2-4 hours a month or whatever you feel you can that would be great. **If you would like to volunteer in Thurso for our activity group please contact Isobel – [istevenson@alzscot.org](mailto:istevenson@alzscot.org)**

### Golspie Charity Shop Volunteers

We are looking for volunteers with a range of interests and skills to help with the varied roles in our charity shop. We'll give you training and support - and you can choose how much time you volunteer. Some volunteers give us two hours a week, others give us 20. They're all making a vital contribution to our work. We welcome young people as volunteers too – you just need to be 16 or over. **If you would like to volunteer at our Golspie Charity Shop please contact Sarah – [northhighland@alzscot.org](mailto:northhighland@alzscot.org)**

## Local fundraising events

Coffee morning fundraiser hosted by supporters.

**Date: Saturday 25<sup>th</sup> of May**

**Time: 10.30am – 12.30pm**

**Venue: Balintore United Free Church, Balintore.**

If you are in the area, please pop along for a cuppa and support Alzheimer Scotland. Hosted by our kind supporters. Information leaflets will be available to take away on the day.



## Give & Take Day

**Date: Saturday 1<sup>st</sup> of June**

**Time: 10.30am – 2.30pm**

**Venue: Dingwall Brain Health and Dementia Resource Centre, Athole Court, IV159SH**

Join us for a fundraising event during Dementia Awareness week. We are opening our doors for a unique shopping experience. £10 entry fee and you can pick between 5-7 items to take away with you. We will have a range of women, men's, and children's clothing.



Come along and support Alzheimer Scotland whilst shopping for your summer wardrobe.

If you would like to donate any items prior to the event please get in touch with Hayley, Dementia Advisor on 07554 408479 or [hlyons@alzscot.org](mailto:hlyons@alzscot.org)

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## Local Contacts

Sarah Fraser

Commissioned  
Service Lead

[sfraser@alzscot.org](mailto:sfraser@alzscot.org)

07774 849697

Bethany Black

Day Opportunities  
Leader

[bblack@alzscot.org](mailto:bblack@alzscot.org)

07407 172600

Hayley Lyons

Dementia Advisor

[hlyons@alzscot.org](mailto:hlyons@alzscot.org)

07554 408479

Isobel Stevenson

Dementia Advisor

[istevenson@alzscot.org](mailto:istevenson@alzscot.org)

07818 538683

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## Dementia Helpline



Our 24 hour Freephone Dementia Helpline provides information, signposting and emotional support to people with the illness, their families, friends and professionals

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Our Online and in person support activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland – North Highland please consider donating via our Just Giving page.



<https://www.justgiving.com/fundraising/alzheimer-scotland-north-highland1>

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