

# What's on Western Isles!

## May 2024



**Alzheimer  
Scotland**  
Action on Dementia

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](mailto:edonnelly@alzscot.org)

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

In Person Group		
<b>Wednesday 8<sup>th</sup> May</b>	<b>Tolsta Monthly Café Tigh Ceilidh, North Tolsta</b> Please join us for a cuppa, chat and an activity! Please contact Donald MacInnes, Community Activities Organiser on <a href="mailto:dmacinnes@alzscot.org">dmacinnes@alzscot.org</a> or leave a message on 07748502607 for more information or to book a place for an activity.	<b>2pm – 3.30pm</b>
<b>Wednesday 8<sup>th</sup> May</b>	<b>Bragar Drop In Café (See below for details) Community Room, Bragar Community Hub</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> or phone Ellie on 07500762041	<b>1.30pm</b>
<b>Wednesday 8<sup>th</sup> May</b>  <b>NEW GROUP</b>	<b>Forget Me Not Café (Kindly funded by Point and Sandwich Trust) Café Roo, Aros an Rubha, Point</b> Come and join us for a cuppa and enjoy some live music from local artists. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a>	<b>2pm – 4pm</b>
<b>Friday 10<sup>th</sup> May</b>	<b>Reminiscence Group (Residents Only) Trust Housing, Matheson Road.</b> For more Information, please contact Donald MacInnes, Community Activities Organiser on <a href="mailto:dmacinnes@alzscot.org">dmacinnes@alzscot.org</a> or leave a message on 07748502607.	<b>2pm – 3.30pm</b>
<b>Tuesday 14<sup>th</sup> May</b>  <b>NEW GROUP</b>	<b>Forget Me Not Café Uig Community Centre</b> Come and join us for a cuppa and enjoy some live music from local artists. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a>	<b>2pm – 4pm</b>
<b>Tuesday 21<sup>st</sup> May</b>  <b>NEW GROUP</b>	<b>Forget Me Not Café The Space, Library, Stornoway</b> Come and join us for a cuppa and enjoy some live music from local artists. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a>	<b>11am – 1pm</b>

## YOUR VOICE. YOUR CHOICE. YOUR FUTURE.

We'll be out and out in your local community throughout Dementia Awareness Week. Come say hello and find out more about Dementia Awareness Week, Brain Health, Carers Support, and your local service



Monday 27 <sup>th</sup> May	Information Table and Raffle Carloway Community Hall Shop	12pm – 3pm
Monday 27 <sup>th</sup> May	Information Table and Raffle Aros an Rubha, Point	11am – 2pm
Tuesday 28 <sup>th</sup> May <b>NEW GROUP</b>	<b>Forget Me Not Café</b> <b>Clan MacQuarrie Community Hall, Borge</b> Come and join us for a cuppa and enjoy some live music. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a>	2pm – 4pm
Tuesday 28 <sup>th</sup> May	Information Table and Raffle Stornoway Library	10am – 3pm
Wednesday 29 <sup>th</sup> May	Information Table and Raffle CO-OP Macaulay Road	10am – 3pm
Wednesday 29 <sup>th</sup> May	Information Table and Raffle Talla Na Mara, Niseaboist, Isle of Harris	11am – 2pm
Thursday 30 <sup>th</sup> May	Information Table and Raffle Kinloch Community Hub	10am – 12pm
Thursday 30 <sup>th</sup> May	<b>“Sounds Familiar” Community Singing Group</b> <b>In Partnership with Stornoway High Church</b> <b>Stornoway High Church. Matheson Road</b> Let’s sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information, please contact <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> or phone Ellie on 07500762041	2.30 – 3.30pm
Thursday 30 <sup>th</sup> May	<b>Musical Memories Harris – In Person Ceilidh</b> <b>In Partnership with WICCF</b> <b>Harris Hotel, Tarbert</b> 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: <a href="mailto:info@wiccf.co.uk">info@wiccf.co.uk</a> for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a>	2pm – 3.30pm
Friday 31 <sup>st</sup> May	<b>Football Memories</b> <b>Taigh Shiphoirt, Sinclair Avenue, Stornoway, HS12AP</b> Please join us for a cuppa, chat, and Football Memories Quiz! For more Information, please contact Donald MacInnes, Community Activities Organiser on <a href="mailto:dmacinnes@alzscot.org">dmacinnes@alzscot.org</a> or leave a message on 07748502607.	4pm – 5pm
Friday 31 <sup>st</sup> May <b>FUNDRAISER</b>	<b>Quiz Night and Raffle (funds for Alzheimer Scotland Western Isles)</b> Stornoway Golf Club Come along for a night of quizzing fun! No sign up required – just turn up with your team of up to 5 people. £5 per person to enter. For more information please contact: Christine Macleod on 01851 702123 / 07588 429484 or email <a href="mailto:christinemacleod@alzscot.org">christinemacleod@alzscot.org</a>	8pm

Online Groups		
Every Friday	<b>Online Ceilidh</b> <b>Online via Microsoft Teams</b> 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 2 <sup>nd</sup> Monday	<b>Online Making Music</b> <b>Online via Microsoft Teams</b> 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 14 <sup>th</sup> May	<b>Digital Music for Memory</b> <b>Online via Microsoft Teams</b> 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 15 <sup>th</sup> May	<b>Digital Doggie Bingo</b> <b>Online via Microsoft Teams</b> 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
Wednesday 15 <sup>th</sup> May	<b>Comhradh agus Oran Gaidhlig (Online Gaelic Conversations &amp; Song)</b> <b>Online via Microsoft Teams</b> 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.	2pm – 3pm
Tuesday 21 <sup>st</sup> May	<b>Digital Men's Peer Support Group</b> <b>Online via Microsoft Teams</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> or phone Ellie on 07500762041	1.30pm – 2.30pm

Tuesday 7 <sup>th</sup> May	<p><b>Carers Education – Session 3 – Strategies for the future</b> <b>(Delivered by The National Dementia Advisory Service, Alzheimer Scotland)</b></p> <p><b>Online via Microsoft Teams</b></p> <p>Planning options and what to do if things become more difficult. Facilitated by our National Dementia Advisors Janine Adair and Faye Smart.</p> <p>Sessions will open for booking from the last week in March. To book onto the session please visit our Virtual Resource Centre page <a href="http://www.alzscot.org/virtual-resource-centre-0">www.alzscot.org/virtual-resource-centre-0</a> . Alternatively, Please contact Catriona MacRitchie on 07824561305 or <a href="mailto:cmacritchie@alzscot.org">cmacritchie@alzscot.org</a> who will be happy to support you booking onto these sessions.</p>	2pm -3.30pm
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### Other Partner Organisation Events Across the Western Isles

Every 3 <sup>rd</sup> Monday of the Month	<p><b>Seann Eolaich</b> <b>Bowling Club, Stornoway</b></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 <a href="mailto:seanneolaich@gmail.com">seanneolaich@gmail.com</a></p>	2pm – 4pm
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Most Tuesdays	<p><b>Western Isles Meeting Centre – Social Club</b> <b>Failte Centre, Stornoway</b></p> <p>Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192</p>	2-4pm
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Wednesday 8 <sup>th</sup> May	<p><b>Eolas (Western Isles Community Care Forum)</b> <b>Borve House Hotel</b></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
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Thursday 16 <sup>th</sup> May	<p><b>Eolas (Western Isles Community Care Forum)</b> <b>Harris Hotel</b></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
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### Other News

<p><b>FUNDRAISER</b> <b>Saturday 21<sup>st</sup></b> <b>September</b> <b>2024</b></p>	<p><b>Stornoway Airport West Coast 100 Mile Charity Cycle</b></p> <p>Stornoway Airport staff are raising funds for two local charities, Alzheimer Scotland (Western Isles) and WICCI in a sponsored 100 mile cycle up the West Coast of the Isle of Lewis. The route starts at Breanais following the West Coast up to the Port of Ness and then finishes at Stornoway Airport.</p> <p>To keep up to date with the progress of the challenge and to find out more about how you can donate please check out the team on Facebook: Stornoway Airport West Coast 100 Mile Charity Cycle.</p>
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## **Alzheimer Scotland Local Information and Contacts:**

**Address:** Taigh Shiphoint, Sinclair Avenue, Stornoway, HS12AP

**Telephone:** 01851 70 2123

**Email:** [Lewis@alzscot.org](mailto:Lewis@alzscot.org)

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**Ellie Donnelly**  
Dementia Advisor

**Angela Macleod**  
Dementia Advisor

Tel: 07824 561305  
[cmacritchie@alzscot.org](mailto:cmacritchie@alzscot.org)

Tel: 07500762041  
[edonnelly@alzscot.org](mailto:edonnelly@alzscot.org)

Tel: 07584607581  
[amacleod@alzscot.org](mailto:amacleod@alzscot.org)

**You can also find out more information at our website on [www.alzscot.org](http://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>

