

# What's on December 2024– North Highland



**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 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 2 <sup>nd</sup> of December	<p><b>Sutherland all Carers peer support Group – Christmas Crafts</b> <i>Free Church, Dornoch</i></p> <p>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. <b>Contact Hayley</b></p>	11.00-12.30pm
Wednesday 4 <sup>th</sup> of December	<p><b>Dingwall Dementia Café</b> <i>Dingwall Brain Health and Dementia Resource Centre</i></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. <b>Contact Hayley</b> <b>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</b></p>	11.00am – 12.30pm
Wednesday 11 <sup>th</sup> of December	<p><b>Dingwall Activities Group – Christmas Crafting</b> <i>Dingwall Brain Health and Dementia Resource Centre</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. <b>Contact Hayley</b> <b>Please note this group is being held upstairs, please contact Hayley if you need additional support with this and adjustments can be made.</b></p>	11.00am – 12.30pm

<p>Saturday 14<sup>th</sup> of December</p>	<p><b>Dingwall Accessible Christmas Party – Downstairs</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p><i>This party requires a booked place as places will be limited due to the size of our room. The party will be held downstairs to allow people living with Dementia and carers who are unable to make it up the stairs to have a Christmas party.</i></p> <p><i>Music, nibbles, singing and dancing.</i></p> <p><b>Contact Hayley to book a place.</b></p>	<p>1.00pm-3.00pm</p>
<p>Tuesday 17<sup>th</sup> of December</p>	<p><b>Dingwall all Carers peer support Group – Christmas Afternoon Tea</b></p> <p><i>Dingwall Brain Health and Dementia Resource Centre</i></p> <p>The group is hosted by Dementia Advisor Hayley and Jody from Connecting Carers. All carers welcome to meet others in similar situations over a cuppa.</p> <p><b>Contact Hayley</b>  <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></p>	<p>1.00pm – 2.30pm</p>
<p>Wednesday 18<sup>th</sup> of December</p>	<p><b>Dingwall Dementia Café – Christmas Party</b>  <i>Dingwall Brain Health and Dementia Resource Centre</i></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.</p> <p><b>PLEASE LET HAYLEY KNOW IF YOU ARE COMING ALONG.</b></p> <p><b>Contact Hayley</b>  <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></p>	<p>11.00am – 12.30pm</p>

In Person Group – Caithness & Sutherland			
Tuesday 3rd of December	<b>Gentle Exercise class and Lunch Hub</b> <i>Ormlie Community Centre, Thurso</i> Join us for a chair based gentle exercise class, all abilities welcome with lunch provided after class. <b>Contact Isobel</b>		11am-1.00pm
Tuesday 10 <sup>th</sup> of December	<b>Gentle Exercise Class</b> <i>Ormlie Community Centre, Thurso</i>  Join us for a chair based exercise class, all abilities welcome with lunch provided after class. <b>Contact Isobel</b>		11.00am-1.00pm
Tuesday 10 <sup>th</sup> of December	<b>Gentle Exercise Class</b> Ormlie Community Centre, Thurso  Join us for a chair-based exercise class, all abilities welcome With lunch provided after class. <b>Contact Isobel</b>		11.00am-1.00pm
Tuesday 10 <sup>th</sup> of December	<b>Memory Lane Café - Christmas Party</b> <i>Caithness Rugby Club, Millbank Road, Thurso</i>  Join us for a cuppa and a chat with others in similar Situations. For both people living with dementia and carers. <b>Contact Isobel</b>		2.00pm-3.30pm
Tuesday 17th of December	<b>Gentle Exercise Class-Christmas Party</b> Ormlie Community Centre, Thurso  Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. <b>Contact Isobel</b>	Ormlie	11.00am-1.00pm
Wednesday 18 <sup>th</sup> of December	<b>Carer Support Group</b> <i>Thurso Library, Sinclair Street, Thurso</i>  Group hosted by Isobel Dementia Advisor and Gillian From Connecting Carers. Open to all unpaid carers. <b>Contact Isobel</b>		2.00pm-3.00pm

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 2 <sup>nd</sup> , 16 <sup>th</sup> & 30 <sup>th</sup> of December	<b>Online Making Music</b> Join us for some music and song from guest musicians. You can sing along at home. or just listen. <b>Contact Diane</b>	3pm-4pm
Monday 16 <sup>th</sup> of December	<b>Carers Support Group for people in long term care</b> If you care for a loved one who lives in a care home, please join us online for peer support and advice. <b>Contact Hayley</b>	10.30am-11.30am
Monday 23 <sup>rd</sup> of December	<b>Christmas Online Storytelling</b> <b>Contact Diane</b>	3.00pm – 4.00pm
Tuesday 10 <sup>th</sup> & 24 <sup>th</sup> of December	<b>Highland Young Onset in person Group</b> 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. <b>Contact Lesley</b>	11.00am-12.00pm
Wednesday 4 <sup>th</sup> of December	<b>Doggie Bingo</b> We will be joined by Imke and her dog Webb for a game of bingo. <b>Contact Diane</b>	11.00am-12.00pm
Wednesday 18 <sup>th</sup> of December	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> 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. <b>Contact Diane</b>	2.00pm-3.00pm
Wednesday 11 <sup>th</sup> & 18 <sup>th</sup> of December	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <b>Contact Eleanor or Diane</b>	11.00am-12.00pm
Thursday 5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> of December	<b>Online Carers Support Group</b> Join us online to meet other carers in similar situations. <b>Contact Hayley</b>	10.30am-11.30am
<b>Starting January 2025</b>	<b>You, Me &amp; Grief – Carers Bereavement support Virtual Resource Centre</b> You Me & Grief is a 6 session programme of support for carers who have recently been bereaved of a loved one with dementia. It offers support and professional advice alongside peer support and community connections. This course has been developed alongside bereaved carers with lived experience and will be delivered in an intimate online group. The topics include: coping with grief, practical support, adapting to change, and the importance of self-care. Short taster sessions of some activities will also be included. <b>Please contact Hayley for more information or to reserve a space on a future course.</b>	

## Contact details for all groups:

Hayley Lyons  
Dementia Advisor – Ross & Cromarty and Sutherland  
Email: [hlyons@alzscot.org](mailto:hlyons@alzscot.org) Tel: 07554 408 479

Isobel Stevenson  
Dementia Advisor – Caithness & Sutherland  
Email: [istevenson@alzscot.org](mailto:istevenson@alzscot.org) Tel: 07818 538683

Diane Smith  
Community Activities Organiser – West Highland (Skye)  
Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

Eleanor Brown  
Community Activities Organiser – West Highland (Lochaber)  
Email: [ebrown@alzscot.org](mailto:ebrown@alzscot.org) Tel: 07920 868848

Lesley Hellon -  
Dementia Advisor – West Highland  
Email: [lhellon@alzscot.org](mailto: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>

