

What's on

March 2025 –

South 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 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.

Please see below for details of scheduled activities. We are also here for you to pop in for a warm drink and company.

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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

Various Appointments Throughout March 2025– see schedule below	Your “Brain Health Chat” Discuss your brain health, identify dementia risk factors, and create a personalised action plan with practical tips. Take a quiz, develop a tailored plan with trained staff, and access follow-up support. See the schedule below for appointments.	Please contact to arrange
Monday 3 March	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	2pm– 3.30pm
Tuesday 4 March	Ear Health Checks with NHS Highland Audiology <i>Inverness Brain Health and Dementia Resource Centre</i> Come along for an Ear Health Check with NHS Highland Audiology. You can be checked in a safe, welcoming and familiar environment by staff who have a good knowledge and understanding of dementia. Available for people with dementia and also their carers. <i>For more information or to book an appointment, please contact Lilian 01463 711707</i> This date is currently fully booked – please contact the centre to be added to waiting list for cancellations and/or future dates	Various Appointments All Day

Wednesday 5 March	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1pm–3pm
Thursday 6 March	Bacon Butty Morning <i>Inverness Brain Health & Dementia Resource Centre</i> Come along for a bacon butty and a chance to chat with others in a similar situation. *Suggested donation £1" <i>For more information please contact Lilian or Nina on 01463 711707.</i>	10.30am–11.30am
Thursday 6 March	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1.30pm–3.30pm
Monday 10 March	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2–3pm
Tuesday 11 March	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i>	10:30–11:15am
Tuesday 11 March	Brain Health Awareness Session Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	2pm–3pm
Thursday 13 March	Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Fantastic opportunity to participate in gentle/supported movement and breathing that can calm your mind and body for relaxation and improves sleep. <i>Places are limited, Please book by contacting Nina or Lilian on 01463 711707 to book.</i>	2pm–3pm
Friday 14 March	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10:30am–12pm

Monday 17 March	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10am– 11am
Monday 17 March	Carers Peer Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. Reminiscence Group A look back on photos, events, music and more. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2–3pm 2–3pm
Tuesday 18 March	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1.30pm– 3pm
Wednesday 19 March	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1pm– 2pm
Thursday 20 March	Bringing the Outdoors In – All welcome Connecting with nature is great for our health and well-being! Join Kenny for some indoor nature activities, including birdwatching, spotting signs of spring, and making birch tea. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	1.30pm– 3pm
Friday 21 March	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1.30pm– 4pm
Monday 24 March	Soup Café – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>For more information please contact Lilian or Nina on 01463 711707.</i>	12.30pm– 2pm

Tuesday 25 March	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team. If you haven't been before, please come 10 minutes early. <i>Places are limited, – please book by contacting Nina or Lilian on 01463 711707.</i>	10:30– 11:15am
Tuesday 25 March	Basket Weaving with Tim Palmer – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Tim has over 25 years of basket-making experience and 20 years of teaching. His hands-on expertise offers a therapeutic and engaging introduction to crafting with willow. <i>Places are limited, booking is essential – please book by contacting Nina or Lilian on 01463 711707.</i>	2–4pm
Wednesday 26 March	Kettle's-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	11am– 12pm
Wednesday 26 March	Your "Brain Health Chat"– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow-up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1pm– 3.30pm
Thursday 27 March	Musical Afternoon with Margo Fraser <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a wonderful afternoon with the talented singer Margo Fraser! With a repertoire spanning the '50s to the '80s, plus ballads and more, there's something for everyone to enjoy. <i>For more information please contact Lilian or Nina on 01463 711707.</i>	2pm– 3pm
Monday 31 March	Candle Making Workshop with Janis from Coast Candles <i>Inverness Brain Health & Dementia Resource Centre</i> We are delighted to welcome back Janis from Coast Candles! This time, she will be hosting a candle-making workshop. Each couple or family will have the opportunity to choose a fragrance that brings back happy memories and create their own custom candle to take home. <i>Places are limited, booking is essential – please book by contacting Nina or Lilian on 01463 711707.</i>	1.30pm– 3.30pm

A Fond Farewell to Lilian

After seven wonderful years with Alzheimer Scotland, our much-loved Centre Coordinator, Lilian, is retiring. While we are sad to see her go, we are incredibly grateful for the warmth, kindness, and dedication she has shared with everyone who has walked through our doors.

Lilian has been the heart of the Inverness Centre, offering a friendly welcome, a listening ear, and—if you were lucky—a delicious homemade soup! She has a rare gift for making people feel truly at home, creating a space where friendships grow and support is always available. Whether through her unwavering commitment to the people we support, her endless energy for groups and activities, or her ability to keep everything running smoothly behind the scenes, Lilian has made a lasting impact on all of us.

We know she will be deeply missed by colleagues, volunteers, and the many people she has supported over the years. But we also know that her next adventure awaits, and we wish her a retirement filled with happiness, relaxation, and plenty of exciting travels.

Thank you, Lilian, for everything—you have made such a difference, and you will always be part of our Alzheimer Scotland family. ❤️

Nairn

In Person Group		
Monday 3 March	Table Games <i>Nairn Community and Arts Centre, IV12 4BQ</i> Dominos, leap frog and various other table top games. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 4 March	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 5 March	Pairs Quiz <i>Nairn Community and Arts Centre, IV12 4BQ</i> Various games matching things like Salt and Pepper. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 10 March	Seated Qi Gong <i>Nairn Community and Arts Centre, IV12 4BQ</i> Pronounced "chi gong", a gentle seated exercise led by Nicola. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
	Post Diagnostic Support Link Worker Drop-In <i>Nairn Community and Arts Centre, IV12 4BQ</i> Rachel, the local dementia link worker in Nairn will be attending this session to provide support and an opportunity for discussion for the carers of those living with dementia. <i>Contact Rachel on 07721 815415 more information.</i>	2-3.30pm
Tuesday 11 March	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 12 March	St Patrick's Day <i>Nairn Community and Arts Centre, IV12 4BQ</i> A little early as no group next week. We celebrate all things Irish. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 24 March	Let's Go Fishing/Golfing <i>Nairn Community and Arts Centre, IV12 4BQ</i> Time to practise our putting and catch a fish or two. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm

Tuesday 25 March	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30-1.30pm
Wednesday 26 March	Eye Spy <i>Nairn Community and Arts Centre, IV12 4BQ</i> Guess who/what is behind the squares. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Thursday 27 March	Carers Group <i>United Reformed Church, IV12 4NB</i> Time for carers to come together for a cuppa and chat. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 31 March	All Ability Cycling <i>Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</i> With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £6 charge for this activity, payable by cash or card on entry. Carers go free. Then onto Cantraybridge College for a cuppa and cake. <i>Contact Veronica for more information.</i>	1-2pm 2-3pm

Badenoch & Strathspey

In Person Group		
Tuesday 4 March	Get Creative with Nature *Community Location* <i>Library, The Courthouse, The Square, Grantown-on-Spey, PH26 3HF</i> Guided by local artist Alison we will be experimenting with pencil, paint and inks to create a professional style piece that you can take home. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i>	11.30am-1.30pm
Friday 7 March	Indoor Garden-Themed Crafts & Activities *Community Location* <i>St Andrew's Church, Grampian Rd, Aviemore PH22 1RH</i> This event is organised by Badenoch & Strathspey Therapy Gardens. Alzheimer Scotland will be in attendance to join in the fun. All welcome. <i>Contact Andy for further details</i>	2-3.30pm
Tuesday 11 March	Winter Warmer *Community Location* <i>Highland Folk Museum, Am Fasgadh entrance, Kingussie Road, Newtonmore, PH20 1AY</i> An informal get-together with some nature-focussed activities. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 14 March	Winter Warmer <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> A get-together with a green health activity and delicious, seasonal soup. At this session we will take our first tentative steps towards getting the garden ready for the year ahead. There will be indoor and outdoor activities available. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 14 March	Carer Support Group <i>Cafe Conservatory, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for someone living with dementia or memory loss. This session will include a visit from the local Community Mental Health Team Occupational Therapist Louise McDonald for a presentation and Q&A. <i>Contact Andy for more information</i>	11.30am-1pm
Tuesday 18 March	Nourish & Natter <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Explore local food and its journey from source to table, with a deep connection to place through tasting, conversation, and hands-on sensory experiences. Discover local producers, ingredients, and traditions, fostering a feast for the senses that invites learning, sharing, and connecting over the food that nourishes us. <i>Contact Andy for more information</i>	11.30am-1pm

Friday 21 March	Amphibians <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This month, to coincide with the National Amphibian Survey, we'll explore the fascinating world of amphibians. We'll dive into local species, their habitats, and their roles in our ecosystems. Through interactive discussions and sensory activities, participants will gain a deeper understanding of these amazing creatures and their connection to the natural world <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 25 March	Great Migration Journeys <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> We'll explore the Great Migration Journeys of four incredible animals as they travel to Scotland. Through conversational activities and sharing thoughts and experiences, we'll discuss their journeys, habitats, challenges, and adaptations. The session will conclude with an engaging game that highlights each animal's migration to Scotland, offering a fun and immersive experience for all. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 28 March	Music Inspired by Nature *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> Singing and playing music is proven to reduce stress and promote wellbeing. Expect some singing, some movement and some playing of percussion to boost those joyful feelings! <i>Contact Andy for further details</i>	11.30am-1pm

Online Groups

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		
Fridays 7, 14, 21, 28 March	Traditional Scottish Ceilidh Join us 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. Also bookable through the VRC https://www.alzscot.org/virtual-resource-centre-0 <i>Contact Diane</i>	11am– 12pm
Wednesdays 5, 12, 19, 26 March	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. <i>Contact Diane or Eleanor</i>	11am– 12pm
Tuesdays 4 & 18 March	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am– 12pm
Monday 17 March	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30– 11.30am
Mondays 10 & 24 March	Online 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>	3–4pm
Wednesday 19 March	Còmhraidh 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. <i>Contact Diane</i>	2–3pm

Contact details for groups:

Lilian Stott, Centre Coordinator
Email: LStott@alzscot.org
Tel: 01463 711707

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711707
Mob: 07588 643659

Andy Miller, Community Activities Organiser for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Kenny Wright, Outdoor Dementia Resource Centre Coordinator
Email: kwright@alzscot.org
Tel: 07788 286254

National Dementia Advisor Service
Email: NDAS@alzscot.org
Tel: 0300 373 5774

Veronica Wilson, Community Activities Organiser for Nairn
Email: VWilson@alzscot.org
Tel: [07932 120684](tel:07932120684)

Diane Smith, Community Activities Organiser for Skye & Lochalsh
Email: DianeSmith@alzscot.org
Tel: 07825 608057

Eleanor Brown, Community Activities Organiser for Lochaber
Email: EBrown@alzscot.org
Tel: 07920 868848

Lesley Hellon, Dementia Advisor for West Highland
Email: LHellon@alzscot.org
Tel: 07825 975557

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 <https://www.justgiving.com/fundraising/alzheimer-scotland-south-highland>

