

What's on Western Isles!

APRIL 2025



**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 transportation options available and if you would like more information about our service or any of the groups below.

- * Ellie Donnelly (Dementia Advisor) Tel: 07500762041 Email: edonnelly@alzscot.org
- * Angela Macleod (Dementia Advisor) Tel: 07584607581 Email: amacleod@alzscot.org

| In Person Group | | |
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| Date to be confirmed | Carers Education Sessions 4 Week Blocks - Can be delivered In person and Online. Are you caring for someone living with dementia? Would you be interested in learning more about Dementia including supporting meaningful activities and routines, tips for good communication, encouraging good sleep hygiene etc. Our carer education sessions are a new 4 week block we are looking to deliver across the Western Isles where we cover all of the above and more. To express your interest and for more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org . | To Be Confirmed |
| *NEW* | | |
| Thursday 3 rd April | "Sounds Familiar" Community Singing Group Stornoway High Church. Matheson Road Let's sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org . | 2.30pm to 3.30pm |
| Monday 7 th April | Carers Group Café Golf Club, Stornoway (Upstairs) Guest Speaker: Margaret Graham, Financial Inclusion Officer (CNES) Are you caring or supporting someone living with Dementia? Please come and join us, meet others and enjoy a cuppa in a supportive environment. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org . Please also speak to Angela if you struggle or can't attend this group due to your caring commitments to talk through available opportunities to support you. | 2pm - 4pm |

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| Tuesday 8th April | Health Walk Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk . All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org . | 11am – 12pm |
| Tuesday 8th, 15th, 22nd and 29th April | Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org . | 5pm - 6pm |
| Wednesday 9th April | Bragar Drop In Café (See below for details) Grinneabhat, Bragar 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 please contact edonnelly@alzscot.org or phone Ellie on 07500762041 | 1.30pm – 3.30pm |
| Thursday 10th and 17th April | Healing Through Movement: Navigating Grief Together Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway Join us for a free gentle movement class designed to support those affected by grief through the combination of gentle movement, breath work and guided mindfulness. Bring a mat or blanket. This is a new 4-week block starting Thursday 23 rd January. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org . | 5pm – 6pm |
| Tuesday 15th April | Kinloch Forget Me Not Café Kinloch Hub Cafe Come and join us for a cuppa and cake with live music from Chrisann MacDonald and friends. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information. | 2-4pm |
| Wednesday 16th April | Tolsta Monthly Café Tigh Ceilidh, North Tolsta Please join us for a cuppa, chat and an activity! All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041. | 2pm – 3.30pm |

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| Thursday 17th April | Carers Group Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org . | 1.30pm – 3.30pm |
| Tuesday 22nd April | Health Walks Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: YM Bridge Join Angela, our Dementia Advisor and paths for all trained walk leader for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk . All welcome. This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org . | 11am – 12pm |
| Thursday 24th April | Musical Memories Harris - In Partnership with WICCF Venue – TBC Join us for a sing along, good chat and fun! To confirm location, please contact Peggy Mackay (Western Isles Community Care Forum) on 07503 724479 or by email: info@wiccf.co.uk for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: edonnelly@alzscot.org | 2pm – 3.30pm |
| Tuesday 30th April | Point Forget Me Not Café (Kindly funded by Point and Sandwick Trust) *NEW VENUE* Ionad Stoodie, Point Come and join us for a cuppa and cake with live music from Chrisann MacDonald and friends. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information. | 2pm – 4pm |

Online Groups

Can't make it to a group in person or want to join online instead?

We offer a range of online groups delivered by our local team in the Western Isles and from our colleagues across Scotland as well as other partner organisations. Please contact the person listed below in the activity description and they will send you the link to join.

Why not check out **Alzheimer Scotland Virtual Resource Centre (VRC)** which is an online space where all people across Scotland can access groups, activities, and information sessions all from the comfort of their own homes. Below we have included some of the groups being delivered through the VRC this month.

Find out more and see the latest VRC Whats on Guide at

www.alzscot.org/virtual-resource-centre-0

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| Every Tuesday | Online Worship with Rev. Roddy John Online via Microsoft Teams All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links. | 10.15am – 10.30am |
| Every Friday | Online Ceilidh Online via Microsoft Teams 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 |
| Wednesday 2 nd April Virtual Resource Centre | National Dementia Advisory Service Carers Evening Online via Microsoft Teams Join this friendly informal group for carers to meet others who are caring for someone living with dementia. A chance to share experiences and information to develop coping strategies. Email craby@alzscot.org for more information and to get the link to join! | 7pm – 8pm |
| Tuesday 15 th April | Digital Men's Peer Support Group Online via Microsoft Teams Are you a male carer supporting a family member living with dementia? Join us for our men only peer support group. Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date. | 1.30pm – 2.30pm |
| Wednesday 16 th April | Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date. | 3pm – 3.30pm |
| Wednesday 30 th April Virtual Resource Centre | Comhradh agus Oran Gaidhlig (Online Gaelic Conversations & Song) Online via Microsoft Teams Organised by our colleagues in West Highland, come along for chat in Gaelic and enjoy listening or singing 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 Booking link. | 2pm – 3pm |

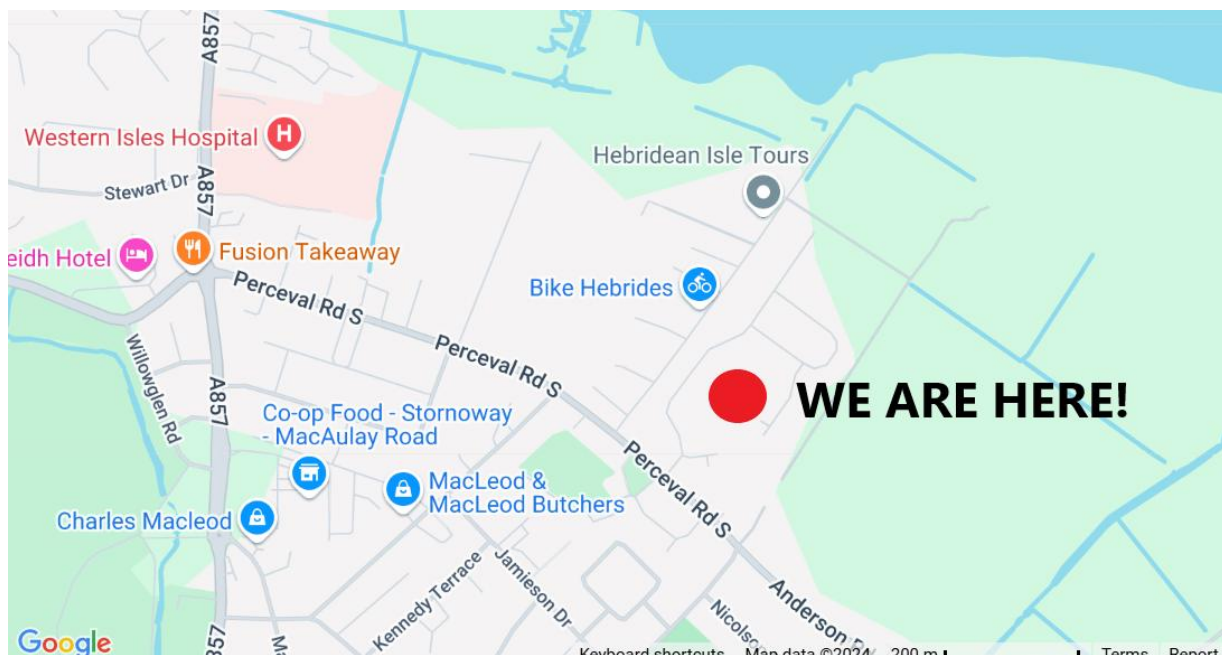
| Other Partner Organisation Events Across the Western Isles | | |
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| Every 3 rd Monday of the Month | Seann Eolaich Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com | 2pm – 4pm |
| Most Tuesdays | Western Isles Meeting Centre – Social Club Failte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192 | 2pm – 4pm |
| Wednesday 16 th April | Eolas Carers Group - Western Isles Community Care Forum Lews Castle, Stornoway 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 | 2.30pm – 4pm |
| Thursday 17 th April | Eolas Carers Group - Western Isles Community Care Forum Harris Hotel, Tarbert 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 | 2.30pm – 4pm |

Alzheimer Scotland Local Information and Contacts:

Address: Taigh Shipoirt, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: WesternIsles@alzscot.org



Office and Dementia Resource Centre Open: Monday to Friday 10am – 4pm

Catriona MacRitchie

Commissioned Service Lead

Tel: 07824 561305

cmacritchie@alzscot.org

Ellie Donnelly

Dementia Advisor

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Angela Macleod

Dementia Advisor

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amacleod@alzscot.org

Donald MacInnes

CAO

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Registered Day Care Service (SOLAS) – By Referral Only: Open Mon, Tues, Wed & Fri

We are very proud at Solas day centre to provide a place for people with dementia to feel safe, relaxed and supported, as well as a place to have fun. It provides invaluable peer-support, a chance to socialise with others, as well as providing opportunity to engage and take part in a variety of therapeutic activities, generating lots of fun and laughter.

If you, or anyone you know, has been diagnosed with dementia and would be interested in coming along to our day centre, get in touch with one of the team on the details below for more information including arranging a taster session or email westernisles@alzscot.org.

Maureen Macleod

Daycare Organiser

Tel: 01851 706767

mmacleod@alzscot.org

Christine Macleod

Daycare Organiser

Tel: 01851 70676

christinemacleod@alzscot.org

You can also find out more information at our website on 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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising>