

# What's on



## May 2025 – North 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 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 5 <sup>th</sup> of May	<b>Sutherland all Carers peer support Group</b> <b>Free Church, Dornoch</b>  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>	11.00am-12.30pm
Wednesday 7 <sup>th</sup> of May	<b>Dingwall Dementia Café</b> <b>Dingwall Brain Health and Dementia Resource Centre</b> 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</b>	11.00am-12.30pm
Monday 12 <sup>th</sup> of May	<b>Alness Memory Café</b> <b>Alness Community Hub (Previously Perrins Centre)</b>  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>	11.00am-12.30pm

Wednesday 14 <sup>th</sup> of May	<p><b>Dingwall Activities Group</b> Dingwall Brain Health and Dementia Resource Centre</p> <p><i>Join us for some activities and 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></i></p> <p><b>Please note this group is being held upstairs.</b></p>	11.00am-12.30pm
Tuesday 20 <sup>th</sup> of May	<p><b>Dingwall all Carers peer support Group</b> Dingwall Brain Health and Dementia Resource Centre</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></p> <p><b>Please note this group is being held upstairs</b></p>	1.00pm – 2.30pm
Wednesday 21 <sup>st</sup> of May	<p><b>Dingwall Dementia Café</b> Dingwall Brain Health and Dementia Resource Centre</p> <p><i>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.</i></p> <p><b>Contact Hayley</b></p> <p><b>Please note this group is being held upstairs</b></p>	11.00am-12.30pm
Wednesday 28 <sup>th</sup> of May	<p><b>Dingwall Activities Group</b> Dingwall Brain Health and Dementia Resource Centre</p> <p><i>Join us for some activities and 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></i></p> <p><b>Please note this group is being held upstairs.</b></p>	11.00am-12.30pm

In Person Group – Caithness & Sutherland		
Tuesday 6 <sup>th</sup> of May	<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
Friday 9 <sup>th</sup> of May	<b>Memory Lane Cafe, Wick</b> <i>Wick Youth Club, 11 Lower Dunbar St, Wick</i>  <i>Join us for a chat and a coffee with others in a similar situation. Open to people living with dementia and carers. <b>Contact Isobel</b></i>	11am-12.30pm
Tuesday 13 <sup>th</sup> of May	<b>Memory Lane Cafe, Thurso</b> <i>Thurso Rugby Club ,Millbank Road, Thurso</i>  Come along for a chat and a coffee with others In a similar situation. Open to people living with dementia and carers . <b>Contact Isobel</b>	2.00pm-3.30pm
Tuesday 20 <sup>th</sup> of May	<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
Friday 25 <sup>th</sup> of May	<b>Memory Lane Café, Wick</b> <i>Wick Youth Club, 11 Lower Dunbar St, Wick</i>  Join us for a chat over a cuppa and meet others in a similar situation. Open to people living with dementia and carers. <b>Contact Isobel</b>	11.00am-12.30pm
Tuesday 27 <sup>th</sup> of May	<b>Gentle Exercise Class</b> <b>Ormlie Community Centre, Thurso</b>  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 27 <sup>th</sup> of May	<b>Memory Lane Café</b> <b>Thurso Rugby Club</b>  Join us for a chat over coffee and meet others in a similar situation. Open people living with Dementia and Carers. <b>Contact Isobel</b>	2.00-3.30pm
Wednesday 28 <sup>th</sup> of May	<b>Carers Support Group</b> <b>Thurso Library</b>  Have a chat and a coffee with other carers living in a similar situation. Open to all 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 19 <sup>th</sup> of May	<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 19 <sup>th</sup> of May	<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 Isobel</b>	10.30am-11.30am
Tuesday 27 <sup>th</sup> of May	<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 14 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> of May	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each month. <b>Contact Diane</b>	11.00am-12.00pm
Wednesday 28 <sup>th</sup> of May	<b>Online Gaelic Group</b> Join Diane for Gaelic songs and a chat. <b>Contact Diane</b>	2.00pm-3.00pm
Thursday 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> of May	<b>Online Carers Support Group</b> Join us online to meet other carers in similar situations. <b>Contact Hayley</b>	10.30am-11.30am

## 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

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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>

