

What's on Western Isles!

MAY 2025



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		
Thursday 1 st May	"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 3.45pm
Thursday 1 st , 8 th and 29 th May	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 6 th May	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 14 th May	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

<p>Tuesday 20th May</p> <p>*NEW*</p>	<p>Carers Group in Uist *NEW*</p> <p>An Caladh, Balivanich, Isle of Benbecula</p> <p>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.</p>	<p>10.30am – 12.30pm</p>
<p>Tuesday 20th May</p> <p>*NEW*</p>	<p>Forget Me Not Café</p> <p>Music from Donnie Johnson</p> <p>An Caladh, Balivanich, Isle of Benbecula</p> <p>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.</p>	<p>2-4pm</p>
<p>Wednesday 21st May</p> <p>*NEW*</p>	<p>Drop In Session</p> <p>An Caladh, Balivanich, Isle of Benbecula</p> <p>Are you someone who is living with dementia, or supporting someone living with dementia? Do you have memory concerns or want to know more about how to get a diagnosis of dementia? Do you want to find out how you can look after your Brain Health? Would you like to find out more about the charity Alzheimer Scotland, its local service covering the Western Isles or how you can get involved? Drop in for a chat for one-to-one information, advice, and support with Angela! Get in touch with us in advance if you would be interested in a Dementia Friends Session or Carer Education by emailing Angela on amacleod@alzscot.org or phoning her on 07584607581</p>	<p>9am – 1pm</p>
<p>Wednesday 21st May</p>	<p>Tolsta Monthly Café</p> <p>Tigh Ceilidh, North Tolsta</p> <p>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.</p>	<p>2pm – 3.30pm</p>
<p>Thursday 15th May</p>	<p>Carers Group</p> <p>Alzheimer Scotland, Taigh Shiphoirt, Sinclair Avenue, Stornoway</p> <p>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.</p>	<p>1.30pm – 3.30pm</p>
<p>Tuesday 27th May</p>	<p>Health Walks Led by Angela Macleod – Stornoway Castle Grounds</p> <p>30 & 60 Minute Walk Available</p> <p>Meet: Lews Castle, Stornoway Castle Grounds</p> <p>Join in with Angela, our Dementia Advisor and paths for all trained walk leader and our lovely volunteers 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</p>	<p>11am – 12pm</p>

	dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org .	
Wednesday 28th May *NEW VENUE*	Point Forget Me Not Café (Kindly funded by Point and Sandwick Trust) 2pm – 4pm *NEW VENUE* Ionad Stoodie, Point Come and join us for a cuppa and cake with live music from local musicians Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	
Express Interest		
Flexible Dates Available	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 .	1 hour sessions per week approx.
Flexible Dates Available	You Me And Grief 6 Week Blocks - Can be delivered In person and Online. Minimum 4 – 6 to run blocks. You, Me & Grief is a 6-session programme for carers bereaved of someone with Dementia. The programme will offer support and professional advice alongside peer support and community connections. This programme has been developed alongside carers with lived experience and will be delivered online. To express your interest and for more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	1 hour sessions per week approx.
Flexible Dates Available	Dementia Friends Sessions Dementia Friends Scotland is an Alzheimer Scotland initiative to raise awareness of dementia and reduce stigma! These sessions help you to gain a better understanding of dementia and the things you can do to help people living with dementia be a valued part of their local community. It is not an accreditation, or a befriending service and Dementia Friends are not asked to visit people living with dementia. These Sessions are FREE and open to Anyone, Any Groups, Businesses, Organisations and High School Groups to take part in. To express your interest and for more information, please contact westernisles@alzscot.org or call us on 01851 70 2123.	1 hour approx.

Flexible Dates Available	STARS – My Amazing Brain (8 – 12 year olds) There are as many connections between brain cells as stars in the galaxy. Using animations and activities, children imagine their brain as being full of stars and learn what healthy habits will keep their stars shining. This is a unique programme co-designed with parents, teachers and people with lived experience of dementia which incorporates the use of animations and activities to help guide children to imagine their brain as being full of stars and teach them what healthy habits will keep their stars shining. We encourage Schools and Teachers within the Western Isles to reach out to us to express interest by emailing westernisles@alzscot.org or call us on 01851 70 2123.	From 15 minute assembly to 90 minute classroom based session available.
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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

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 7th May 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

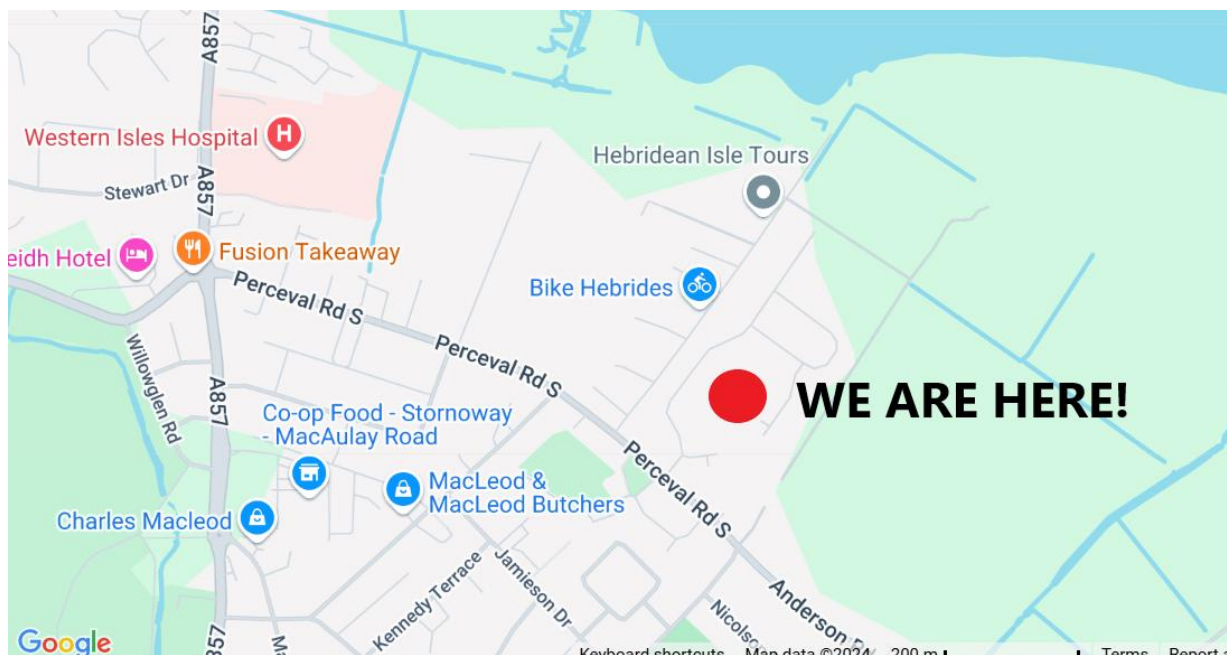
Wednesday 21st May	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date.	3pm – 3.30pm
Thursday 29th May	Digital Musical Memories – Harris Online via Zoom Join us online for a singalong in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07500762041 or by email: info@wiccf.co.uk for the Zoom link and/or more information. Alternatively, Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the Zoom link and to confirm this month's date.	3pm – 4pm
Date for May TBC 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		
Every 3rd 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 Faite Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2pm – 4pm
Wednesday 14th May	Eolas Carers Group - Western Isles Community Care Forum Borve House Hotel, Borve, Isle of Lewis 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 15th May	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

Tel: 07500762041

edonnelly@alzscot.org

Angela Macleod

Dementia Advisor

Tel: 07584607581

amacleod@alzscot.org

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>