

Wed 28 Aug 2pm	Baking group Inverness DRC. A chance to come along and do some baking which will be served at the D-caff the next day. Please contact Karen for more information.
Thurs 29 Aug 1pm-3pm	D-caff, Around the World Dementia Café Inverness DRC. D-caff gives you a chance to meet others dealing with the same experiences as you and offer support and information in a relaxed café environment. This month we will be visiting Portugal. Suggested donation £2.. Please contact Karen for more information.
Fri 30 Aug 1pm-3pm	Carers Inc Inverness DRC. Carers support group. Please contact Gillian for more information.
6pm-8pm	Supper Club An informal get together over dinner on a Friday night for people with dementia, families and friends. Please contact Gillian for location details or more information.

For further details please contact:

Gillian Council on 07795 257141 or GCouncil@Alzscot.org
 Karen Black on 07585 669654 or karenblack@alzscot.org
 Kenny Wright on kwright@alzscot.org

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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely.

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315



Whats on in Inverness, Nairn, Badenoch & Strathspey August 2019



**Inverness Dementia Resource Centre,
Unit 2, Strothers Lane, Inverness, IV1 1LR**

Thurs 1 Aug 2pm- 3.30pm	Games afternoon Inverness DRC. A selection of games will be available to choose from. Please contact Karen for more information.
Mon 5 Aug 2pm-3pm	Relaxation Inverness DRC. A chance to take some time out and do some guided relaxation. Please contact Karen for more information.
Wed 7 Aug 10.30am- 11.30am	Bacon Butty Morning Inverness DRC. A chance to come along for a bite to eat and have a chat. Suggested donation £1. Please contact Karen for more information.
2.30pm- 4pm	Carers Inc Support Group- Aviemore Lounge Room of Youth Hostel, 25 Grampian Road, Aviemore, PH22 1PR. Carers support group. Please contact Gillian for more information.
Thurs 8 Aug 12pm-2pm	D-caff: Soup and bread lunch Inverness DRC. D-caff gives you a chance to meet others dealing with the same experiences as you and offer support and information in a relaxed café environment. Suggested donation £2. Please contact Karen for more information
Mon 12 Aug 10.30am- 1pm	Highland Dementia Working Group Inverness DRC. People living with dementia are invited to join others in a similar situation. Please contact Gillian for more information.
Tues 13 Aug 2pm- 3.30pm	Football memories Inverness DRC. A football reminiscence group for those with memory problems. Join us and share your favourite football memories as a player or a fan. Please contact Karen or Kenny for more information.
2pm- 3.30pm	WAGS Inverness DRC. Carers support group that meets at the same time but in a separate room. Please contact Gillian for more information.

Wed 14 Aug 10am- 11.30am	Mastermind Inverness DRC. Activities focussing on mental stimulation, getting people's minds active and engaged. Please contact Karen for more information.
Thurs 15 Aug 2pm-4pm	Mad Hatters tea party Inverness DRC. An Alice in Wonderland themed tea party with a difference. Instead of tea and coffee, come and enjoy some mocktails! There will also be a mocktail making demonstration by the experts from Bar One Inverness. Suggested donation £2. Please contact Karen for more information.
Tues 20 Aug 11am-2pm	Tipi Project Glenmore, Near Aviemore. Please contact Gillian or Kenny to book a place.
Wed 21 Aug 1.30pm	Movie afternoon then Fish and Chips Inverness DRC. Come along and watch a movie, then we will order in fish and chips to eat together (there will be a small charge for the fish and chips). Please contact Karen for more information.
Thurs 22 Aug 2pm	Talk Spot- Fire Service Inverness DRC. We have a monthly "talk spot" where we invite external speakers to come along. This month we are hearing from the Fire Service. All family and friends welcome to come along. Please contact Karen for more information.
Mon 26 Aug 2pm- 3.30pm	Arts and Crafts Inverness DRC. Either bring along your own project to work on or an activity will be available. Please contact Karen for more information.
Tues 27 Aug 10.30am - 12.30pm	Garden Wander Inverness Botanic Gardens. A gentle wander around Inverness Botanic Gardens for those with dementia and their carers. The wander will focus on the senses and on memories of plants and gardens. Some of the wander will be outdoors so please come dressed for the weather. Suggested donation £2. Places are limited. To book, contact Karen.