

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 th of May	Sutherland all Carers peer support Group Free Church, Dornoch 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. Contact Hayley	11.00am-12.30pm
Wednesday 7 th of May	Dingwall Dementia Café Dingwall Brain Health and Dementia Resource Centre 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. Contact Hayley Please note this group is being held upstairs	11.00am-12.30pm
Monday 12 th of May	Alness Memory Café Alness Community Hub (Previously Perrins Centre) 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. Contact Hayley	11.00am-12.30pm

<p>Wednesday 14th of May</p>	<p>Dingwall Activities Group 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. Contact Hayley</i></p> <p><i>Please note this group is being held upstairs.</i></p>	<p>11.00am-12.30pm</p>
<p>Tuesday 20th of May</p>	<p>Dingwall all Carers peer support Group 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>Contact Hayley</p> <p><i>Please note this group is being held upstairs</i></p>	<p>1.00pm – 2.30pm</p>
<p>Wednesday 21st of May</p>	<p>Dingwall Dementia Café 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>Contact Hayley</p> <p><i>Please note this group is being held upstairs</i></p>	<p>11.00am-12.30pm</p>
<p>Wednesday 28th of May</p>	<p>Dingwall Activities Group 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. Contact Hayley</i></p> <p><i>Please note this group is being held upstairs.</i></p>	<p>11.00am-12.30pm</p>

In Person Group –		Caithness & Sutherland
Tuesday 6 th of May	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome .With lunch provided after class. Contact Isobel	11.00am-1.00pm
Friday 9 th of May	Memory Lane Cafe, Wick <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. Contact Isobel</i>	11am-12.30pm
Tuesday 13 th of May	Memory Lane Cafe, Thurso <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 . Contact Isobel	2.00pm-3.30pm
Tuesday 20 th of May	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair-based exercise class, all abilities welcome. With lunch provided after class. Contact Isobel	11.00am-1.00pm
Friday 25 th of May	Memory Lane Café, Wick <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. Contact Isobel	11.00am-12.30pm
Tuesday 27 th of May	Gentle Exercise Class Ormlie Community Centre, Thurso Join us for a chair based exercise class, all abilities welcome. With lunch provided after class. Contact Isobel	11.00am – 1.00pm
Tuesday 27 th of May	Memory Lane Café Thurso Rugby Club Join us for a chat over coffee and meet others in a similar situation. Open people living with Dementia and Carers. Contact Isobel	2.00-3.30pm
Wednesday 28 th of May	Carers Support Group Thurso Library Have a chat and a coffee with other carers living in a similar situation. Open to all carers. Contact Isobel	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 th of May	Online Making Music Join us for some music and song from guest musicians. You can sing along at home. or just listen. Contact Diane	3pm-4pm
Monday 19 th of May	Carers Support Group for people in long term care If you care for a loved one who lives in a care home, please join us online for peer support and advice. Contact Isobel	10.30am-11.30am
Tuesday 27 th of May	Highland Young Onset in person Group 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. Contact Lesley	11.00am-12.00pm
Wednesday 14 th , 21 st & 28 th of May	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Contact Diane	11.00am-12.00pm
Wednesday 28 th of May	Online Gaelic Group Join Diane for Gaelic songs and a chat. Contact Diane	2.00pm-3.00pm
Thursday 1 st , 8 th , 15 th , 22 nd & 29 th of May	Online Carers Support Group Join us online to meet other carers in similar situations. Contact Hayley	10.30am-11.30am

Contact details for all groups:

Hayley Lyons
Dementia Advisor – Ross & Cromarty and Sutherland
Email: hlyons@alzscot.org Tel: 07554 408 479

Isobel Stevenson
Dementia Advisor – Caithness & Sutherland
Email: istevenson@alzscot.org Tel: 07818 538683

Diane Smith
Community Activities Organiser – West Highland (Skye)
Email: dianesmith@alzscot.org Tel: 07825 608057

Eleanor Brown
Community Activities Organiser – West Highland (Lochaber)
Email: ebrown@alzscot.org Tel: 07920 868848

Lesley Hellon -
Dementia Advisor – West Highland
Email: 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>

