

# What's on Western Isles!

## JUNE 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](mailto:edonnelly@alzscot.org)
- \* Angela Macleod (Dementia Advisor) Tel: 07584607581 Email: [amacleod@alzscot.org](mailto:amacleod@alzscot.org)

### In Person Group

#### Dementia Awareness Week 2<sup>nd</sup> – 8<sup>th</sup> June

#### This year's Theme and focus is Friendship!

Friendship is a powerful force in the life of a person with dementia. Staying connected, listening, and showing kindness can bring comfort, joy and a sense of belonging. Friends help keep memories alive, reduce loneliness and support people with dementia and their carers. Small acts of friendship – whether a visit, a phone call or a shared moment – can make a world of difference. We can all make sure nobody faces dementia alone.



**Alzheimer Scotland is here for you every step of the way too**

<b>Monday 2<sup>nd</sup> June</b>	<b>Dementia Advisor Drop In</b> <b>Uig Community Centre (Café)</b> 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 Ellie!	<b>13.20pm – 1.30pm</b>
<b>Monday 2<sup>nd</sup> June</b>	<b>Carers Group</b> <b>Uig Community Centre – Meeting Room (Upstairs)</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a>	<b>2pm – 3.30pm</b>

<b>Tuesday 3<sup>rd</sup> June</b>	<b>Dementia Advisor Drop In</b> <b>Carloway Community Centre Foyer</b> 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 Ellie!	<b>1pm – 2pm</b>
<b>Tuesday 3<sup>rd</sup> June</b>	<b>Carers Group</b> <b>Carloway Community Centre (Downstairs Meeting Room)</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	<b>2pm – 3.30pm</b>
<b>Tuesday 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> June</b>	<b>Gentle Movement and Relaxation Sessions</b> <b>Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	<b>5pm - 6pm</b>
<b>Wednesday 4<sup>th</sup> June</b>	<b>Tolsta Monthly Café</b> <b>Tigh Ceilidh, North Tolsta</b> Please join us for a cuppa, chat and an activity! All welcome. For more information please contact <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> or phone Ellie on 07500762041.	<b>2pm – 3.30pm</b>
<b>Thursday 5<sup>th</sup> June</b>	<b>“Sounds Familiar” Community Singing Group</b> <b>Stornoway High Church. Matheson Road</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	<b>2.30pm to 3.45pm</b>
<b>Thursday 5<sup>th</sup> and 12<sup>th</sup> June</b>	<b>Healing Through Movement: Navigating Grief Together</b> <b>Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway</b> 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 <sup>rd</sup> January. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	<b>5pm – 6pm</b>

## Carers Week 9<sup>th</sup> – 15<sup>th</sup> June

### This year's Theme is Caring about Equality!

This year Carers Week is highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health. Far too often, carers of all-ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role. To find out more visit [www.carersweek.org](http://www.carersweek.org)



**To all who care for those living with Dementia, you are all amazing!**

Monday 9 <sup>th</sup> June	<b>Carers Group</b> <b>Golf Club (Upstairs)</b> <b>Talk from NHS Occupational Therapist</b> 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 <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> .	2pm – 4pm
Wednesday 11 <sup>th</sup> June	<b>Bragar Drop In Café</b> <b>Grinneabhat, Bragar</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> or phone Ellie on 07500762041	1.30pm – 3.30pm
Thursday 12 <sup>th</sup> June	<b>Carers Group</b> <b>Alzheimer Scotland, Taigh Shiphoint, Sinclair Avenue, Stornoway</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	1.30pm – 3.30pm
Wednesday 18 <sup>th</sup> June  <b>*NEW VENUE*</b>	<b>Forget Me Not Café</b> <b>*NEW VENUE* Cregan Café (North Loch Community Centre)</b> <b>Music from Chrisann &amp; Friends</b> Come and join us for a cuppa and cake with live music from Chrisann MacDonald and friends.  <b>*NEW*</b> We will be rotating across three different venues in the lochs area throughout the year so please be sure to double check you have the correct venue for this month's cafe. Please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> for more information.	2-4pm

Thursday 19 <sup>th</sup> June	<b>Musical Memories Harris</b> <b>Bays Centre, Leacklea, Isle of Harris</b> 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: <a href="mailto:info@wiccf.co.uk">info@wiccf.co.uk</a> for more information. Alternatively, contact Ellie Donnelly, Dementia Advisor on 07500762041 or by email: <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a>	2pm – 3.30pm
Tuesday 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> and 24 <sup>th</sup> June	<b>Health Walks Led by Angela Macleod – Stornoway Castle Grounds</b> <b>30 &amp; 60 Minute Walk Available</b> <b>Meet: Lews Castle, Stornoway Castle Grounds</b> 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 <a href="http://www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk">www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk</a> . <b>All welcome.</b> This activity will be weather dependant on the day. For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> .	11am – 12pm
Wednesday 25 <sup>th</sup> June  <b>*NEW VENUE*</b>	<b>Point Forget Me Not Café (Kindly funded by Point and Sandwick Trust)</b> <b>*NEW VENUE* Ionad Stoodie, Point</b> <b>Music with Chrisann and Friends</b> Come and join us for a cuppa and cake with live music from local musicians. Please <b>contact Angela Macleod, Dementia Advisor on 07584607581 or <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> for more information.</b>	2pm – 4pm
<b>Express Interest</b>		
<b>Flexible Dates Available</b>	<b>Carers Education Sessions</b> <b>4 Week Blocks - Can be delivered In person and Online.</b> 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 <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> .	<b>1 hour sessions per week approx.</b>
<b>Flexible Dates Available</b>	<b>You Me And Grief</b> <b>6 Week Blocks - Can be delivered In person and Online.</b> <b>Minimum 4 – 6 to run blocks.</b> 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 <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> .	<b>1 hour sessions per week approx.</b>

Flexible Dates Available	<b>Dementia Friends Sessions</b> 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 <a href="mailto:westernisles@alzscot.org">westernisles@alzscot.org</a> or call us on 01851 70 2123.	1 hour approx.
Flexible Dates Available	<b>STARS – My Amazing Brain (8 – 12 year olds)</b> 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 <a href="mailto:westernisles@alzscot.org">westernisles@alzscot.org</a> or call us on 01851 70 2123.	From 15 minute assembly to 90 minute classroom based session available.
With Demand	<b>Gaelic for Care Project – Group Sessions</b> Would you like to brush up on your Gaelic speaking skills and learn key phrases to support caring for someone like: <i>*Ciamar a tha sibh? – How are you?</i> <i>*A bheil sibh ag iarraidh cupan teatha? – Would you like a cup of tea?</i> <i>*A bheil sibh a'faireachdainn pian sam bith? – Do you have any pain?</i> We're working with Hannah Gillies from CNES Adult Learning and Literacy team to offer group sessions to support and encourage more Gaelic speaking. To express your interest and for more information, please contact <a href="mailto:westernisles@alzscot.org">westernisles@alzscot.org</a> or call us on 01851 70 2123.	30mins – 1 hour approx. sessions

## 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](http://www.alzscot.org/virtual-resource-centre-0)



Every Tuesday	<b>Online Worship with Rev. Roddy John</b> <b>Online via Microsoft Teams</b> All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or <a href="mailto:cmacritchie@alzscot.org">cmacritchie@alzscot.org</a> if you would be interested in joining and for the team's links.	<b>10.15am – 10.30am</b>
Every Friday	<b>Online Ceilidh</b> <b>Online via Microsoft Teams</b> 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 <a href="mailto:amacleod@alzscot.org">amacleod@alzscot.org</a> if you would be interested in joining and for the team's link.	<b>11am</b>
Wednesday 18 <sup>th</sup> June	<b>Digital Doggie Bingo</b> <b>Online via Microsoft Teams</b> Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact <a href="mailto:edonnelly@alzscot.org">edonnelly@alzscot.org</a> 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.	<b>3pm – 3.30pm</b>

## SOLAS Registered Day Service

**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](mailto:westernisles@alzscot.org).

**Maureen Macleod**  
**Daycare Organiser**  
 Tel: 01851 706767  
[mmacleod@alzscot.org](mailto:mmacleod@alzscot.org)

**Christine Macleod**  
**Daycare Organiser**  
 Tel: 01851 70676  
[christinemacleod@alzscot.org](mailto:christinemacleod@alzscot.org)



## Other Partner Organisation Events Across the Western Isles

Every 3 <sup>rd</sup> Monday of the Month	<b>Seann Eolaich</b> <b>Bowling Club, Stornoway</b> 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 <a href="mailto:seanneolaich@gmail.com">seanneolaich@gmail.com</a>	2pm – 4pm
Most Tuesdays	<b>Western Isles Meeting Centre – Social Club</b> <b>Faillte Centre, Stornoway</b> Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2pm – 4pm
Next Meeting Wednesday 13 <sup>th</sup> August	<b>Eolas Carers Group - Western Isles Community Care Forum</b> <b>Borve House Hotel, Borve, Isle of Lewis</b> 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
Next Meeting Thursday 14 <sup>th</sup> August	<b>Eolas Carers Group - Western Isles Community Care Forum</b> <b>Harris Hotel, Tarbert</b> 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

## Volunteers Week 2<sup>nd</sup> -8<sup>th</sup> June 2025

Alzheimer Scotland is lucky to have volunteers who all give their time selflessly to help make sure nobody faces dementia alone. Our volunteers give so much to our organisation, without them we wouldn't be able to do what we do.

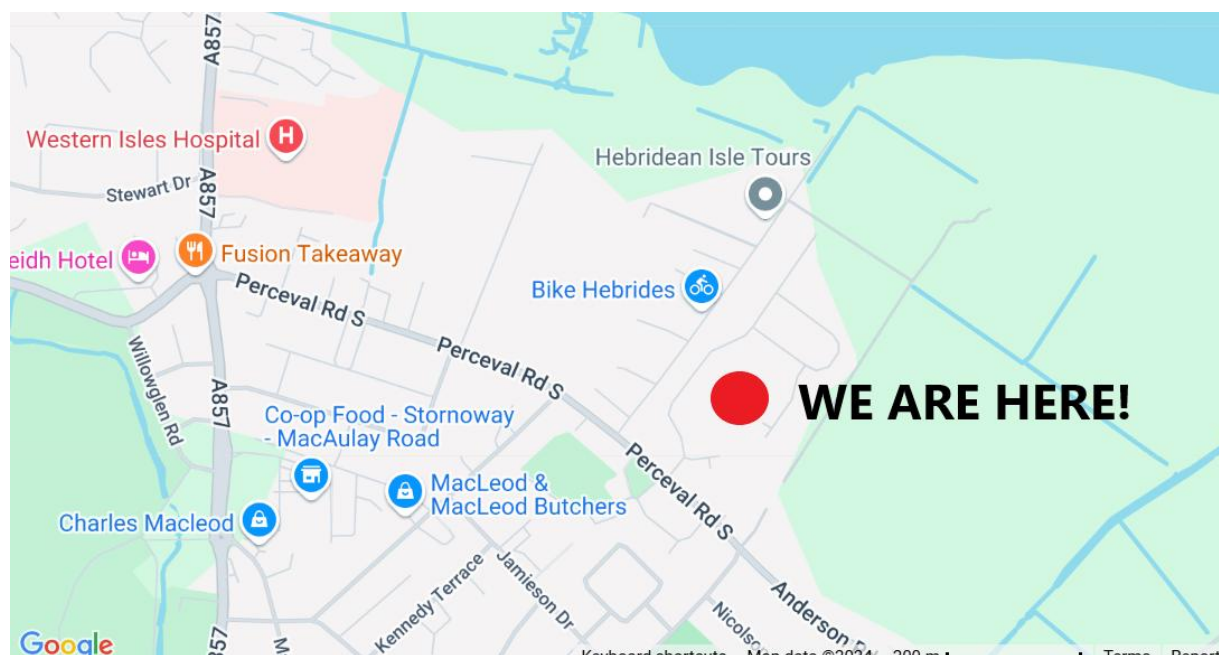
**Thank you to each and every one of you!**



**Alzheimer Scotland Local Information and Contact** Address: Taigh Shìphoir, Sinclair Avenue, Stornoway, HS12AP

**Telephone:** 01851 70 2123

**Email:** [WesternIsles@alzscot.org](mailto: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](mailto:cmacritchie@alzscot.org)

**Ellie Donnelly**  
**Dementia Advisor**  
Tel: 07500762041  
[edonnelly@alzscot.org](mailto:edonnelly@alzscot.org)

**Angela Macleod**  
**Dementia Advisor**  
Tel: 07584607581  
[amacleod@alzscot.org](mailto:amacleod@alzscot.org)

You can also find out more information at our website on [www.alzscot.org](http://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>