

What's on

June 2025 –

South 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 provide transport for these groups 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.

Please see below for details of scheduled activities. We are also here for you to pop in for a warm drink and company.

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.

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

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Various Appointments Throughout June 2025– see schedule below	Your “Brain Health Chat” <i>Inverness Brain Health & Dementia Resource Centre</i> Discuss your brain health, identify dementia risk factors, and create a personalised action plan with practical tips. Take our Brain Health Quiz, develop a personalised action plan with trained staff, and access follow-up support. See the schedule below for appointments. <i>Please contact Nina on 01463 711710 NSemple@alzscot.org</i>	Please contact to arrange
Monday 2 June	Carers Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. <i>For more information please contact Kerry on 07717 527635</i>	2pm–3pm
	Reminiscence Group A look back on photos, events, music and more. <i>For more information please contact Jess on 07823 556869</i>	2pm–3pm
Tuesday 2 June	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710 NSemple@alzscot.org</i>	10am–12pm

Tuesday 3 June	Friendship Decoration Making <i>Inverness Brain Health & Dementia Resource Centre</i> Come along for an afternoon of decoration making ahead of our Friendship Ceilidh on Friday! We'll be making paper chains, pipe cleaner flowers, brooches and more to make sure our Dementia Awareness Week Ceilidh is all decked out for celebrations. <i>For more information please contact Jess on 07823 556869</i>	2pm- 3pm
Wednesday 4 June	Brew and Blether with 'Abele' – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Come along and meet Abele – a gentle Therapet dog with the Canine Concern Scotland Trust – and his human companion, Micaela. Enjoy a relaxing cuppa and experience the calming, therapeutic benefits of spending time with a four-legged friend. <i>For more information please contact Nina on 01463 711707.</i>	2pm- 3pm New Activity
Thursday 5 June	Open Doors: Friendship – “Tea and Blether” Bacon Butty Brunch <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a relaxed morning as we celebrate friendship and connection during Dementia Awareness Week. <ul style="list-style-type: none"> • Enjoy a Bacon Butty with tea, coffee (donations welcome) • Learn more about how we support social connection for those living with dementia or on a brain health journey Come for the bacon butty, stay for the friendship and blether. Everyone is welcome. <i>For more information, please contact Nina on 01463 711710</i> NSemple@alzscot.org	10:30am- 12:30pm
Thursday 5 June	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	2pm- 4pm
Friday 6 June	Your “Brain Health Chat”– 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	10am- 12pm
Friday 6 June	Friendship Celebration Party Ceilidh Community Location* Woodlands, Culduthel IV2 4AN To celebrate Dementia Awareness Week, join us for a Friendship Ceilidh at Woodlands! We'll have live music and refreshments and plenty of opportunities for dancing, from Gay Gordons to waltzes. <i>For more information please contact Jess on 07823 556869</i>	2.30pm- 4pm
Monday 9 June	Dementia Advisor Drop-in <i>Inverness Brain Health and Dementia Resource Centre</i> Pop in for advice or support from Kerry, Dementia Advisor. <i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	10:30am- 11:30am

Monday 9 June	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1pm– 3pm
Tuesday 10 June	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team. <i>For more information please contact Nina on 01463 711707.</i>	10:30– 11:15am
Tuesday 10 June	Highland Younger Onset Group <i>Inverness Brain Health and Dementia Resource Centre</i> Professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley 07825 975557 for more information</i>	12pm– 1.30pm
Wednesday 11 June	Soup Café – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation £2* <i>For more information please contact Nina on 01463 711707</i>	12.30pm– 2pm
Thursday 12 June	"Your Amazing Brain" Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Please book: contact Nina on 01463 711710 for more information</i> NSemple@alzscot.org	11am– 12pm
Friday 13 June	Kettles-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Nina on 01463 711707.</i>	10:30– 11:30am
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Monday 16 June	Your "Brain Health Chat" – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	11am– 12.30pm

Monday 16 June	Carers Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> For people caring for someone living with dementia. Join us for a cuppa and a chat with others in a similar situation. <i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	2pm-3pm
	Reminiscence Group A look back on photos, events, music and more. <i>Any for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	2pm-3pm
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Tuesday 17 June	Kettles'-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Nina on 01463 711707.</i>	2pm-3pm
Wednesday 18 June	Seagull Trust Cruise Community Location† <i>New Pick-Up Point: <u>Torvean Car Park Berth (Jacobite Queen Berth) at Torvean Car Park on the Dochgarroch side of the Torvean Bridge</u></i> Our very popular monthly afternoon on the Seagull Trust Cruise starts with live music. Join us for a boat trip along the Caledonian canal. <u>Sailing departs 13:30.</u> <i>*Places are limited and must be booked in advance*</i> <i>Contact Nina on 01463 711707 for more information</i>	1.30pm-3.30pm
Thursday 19 June	Kettles'-On Drop-in – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Pop-in, relax and get a blether. Centre staff are on hand for information and updates. <i>For more information please contact Nina on 01463 711707.</i>	11am-12pm
Thursday 19 June	Mindful Chair Yoga and Breathing with Megs Mindful Movement – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Fantastic opportunity to participate in gentle/supported movement and breathing that can calm your mind and body for relaxation and improves sleep. <i>Places are limited, Please book by contacting Nina on 01463 711707.</i>	2pm-3pm
Monday 23 June	Games <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a morning of fun and games with a cuppa. We'll be getting out our selection of card, board games and Giant Jenga, and please feel free to bring along your own too <i>Contact Nina on 01463 711710 NSemple@alzscot.org</i>	11am-12:00pm

Monday 23 June	"Your Amazing Brain" Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i>Please book: contact Nina on 01463 711710 for more information NSemple@alzscot.org</i>	2pm- 3pm
Tuesday 24 June	Active Health/Dynamic Wellbeing with Highlife Highland – Everyone welcome <i>Inverness Brain Health & Dementia Resource Centre</i> 45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team. <i>For more information please contact Nina on 01463 711707.</i>	11am- 11:45am New start time: 11am
Tuesday 24 June	Dementia Advisor Drop-in <i>Inverness Brain Health and Dementia Resource Centre</i> Pop in for advice or support from Kerry, Dementia Advisor. <i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	2-3pm
Wednesday 25 June	Brew and Blether with 'Abele' – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Come along and meet Abele – a gentle Therapet dog with the Canine Concern Scotland Trust – and his human companion, Micaela. Enjoy a relaxing cuppa and experience the calming, therapeutic benefits of spending time with a four-legged friend. <i>For more information please contact Nina on 01463 711707.</i>	11am- 12pm New Activity
Thursday 26 June	Technology Enabled Care – Drop-in Community Location* <i>Inverness Library, Farraline Park, Inverness, IV1 1NH</i> Monthly Drop-in event to showcase how simple technology can help you stay independent, health and happy. <i>For more information contact 01478 614211 – nhshighland.telecare@nhs.scot.</i>	10am- 12pm (Drop-in)
Thursday 26 June	Carer's Support Group for People in Long Term Care <i>Inverness Brain Health & Dementia Resource Centre</i> Do you support a family member, friend or neighbour living with dementia who has recently moved into long-term care – or has been there for some time? Join us for a cuppa and a friendly chat with others in similar circumstances. This group is hosted by a Dementia Advisor and offers a supportive space to connect and share experiences. <i>For more information please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	2pm- 3pm
Friday 27 June	Parkinson's-related Dementia Support Group <i>Inverness Brain Health & Dementia Resource Centre</i> We provide a warm, welcoming space where people with Parkinson's-related dementia can connect, chat, and access support over a cuppa. Family, friends, and carers also have a dedicated space to share experiences and find support among those who understand. <i>For more information please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	10:30am 12pm Drop-in

Friday 27 June	Your “Brain Health Chat” – 1:1 Appointments <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> NSemple@alzscot.org	1.30– 3.30pm
Monday 30 June	“Your Amazing Brain” Fun one-hour interactive session that introduces brain health and simple steps people can take to maintain or improve their brain health and wellbeing. <i><u>Please book:</u> contact Nina on 01463 711710 for more information</i> NSemple@alzscot.org	1.30pm– 2.30pm

A Fond Farewell to Jess – Our Community Activities Organiser

It is with heartfelt regret that we share the news that Jess, our Community Activities Organiser who joined us in March 2025, will be leaving in early June. Though she's only been with us a short time, Jess has made a big impact with her energy, warmth, creativity, and the fantastic activities she's led. She has been a hugely valued member of the team.

We know many of you will have enjoyed the inspiring groups and activities Jess led, and we're sure you'll agree she'll be greatly missed by all who had the pleasure of working alongside her.

While Jess has been outstanding in her role, her true passion lies in the arts. She has been offered an exciting full-time position as a Producer with an Aberdeenshire-based arts organisation, a rare and brilliant opportunity that is perfectly suited to her talents. Though we are sad to see her go, we're also incredibly proud and supportive of this next chapter.

Jess's last working day will be Friday 6th June, which coincides with our Friendship Ceilidh – a fitting farewell for someone who has brought us all such joy and connection.

Due to Jess's departure, there will be some temporary changes to our programming over the next couple of months. We appreciate your understanding as we adjust, and we'll keep you updated with any changes to the schedule.

Thank you, as always, for your continued support, and please do join us in wishing Jess every success in her new adventure. She leaves with our warmest thanks and very best wishes.

Nairn

In Person Group		
Monday 2 June	Temple Spa <i>Nairn Community and Arts Centre, IV12 4BQ</i> Take some time out to relax and recharge under the guidance of Lisa. <i>*Please book so we can keep track of numbers*</i> <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 3 June	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. <i>*Suggested donation of £2*</i> To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30- 1.30pm
Wednesday 4 June	Friends <i>Nairn Community and Arts Centre, IV12 4BQ</i> Dementia Awareness Week and this year the theme is 'friends'. Bring along photos of you with your friends new and old. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 9 June	Flower Arranging <i>Nairn Community and Arts Centre, IV12 4BQ</i> Still celebrating our amazing carers, Monika will guide us in making a little flower arrangement to give to our carers. <i>Contact Veronica on 07932 120684 for more information.</i> Seated Qi Gong for Carers <i>Nairn Community and Arts Centre, IV12 4BQ</i> While our loved ones make a flower arrangement, our carers will do Qi Gong, pronounced "chi gong" a gentle seated exercise led by Nicola. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Tuesday 10 June	Dementia Advisor Drop-in <i>Nairn Town & County Hospital – Room No. G109</i> Pop in for advice or support from Kerry, Dementia Advisor. <i>Any queries/for more information, please contact Kerry on 07717 527635</i>	10am- 11.30am
Tuesday 10 June	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. <i>*Suggested donation of £2*</i> To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30- 1.30pm
Wednesday 11 June	Afternoon Tea <i>Nairn Community and Arts Centre, IV12 4BQ</i> Still celebrating 'Carers Week', as a wee treat we will have a lovely afternoon tea. <i>*Please book to help with catering*</i> <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm

Monday 16 June	Sense Sensation <i>Nairn Community and Arts Centre, IV12 4BQ</i> Testing all our senses with some fun activities. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 17 June	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30- 1.30pm
Wednesday 18 June	Seagull Trust Cruise <i>New Pick-Up Point: <u>Torvean Car Park Berth (Jacobite Queen Berth) at Torvean Car Park on the Dochgarroch side of the Torvean Bridge</u></i> Our very popular monthly afternoon on the Seagull Trust Cruise with live music. Join us for a boat trip along the Caledonian canal. <u>Sailing departs 13:30.</u> <i>*Places are limited and must be booked in advance*</i> <i>Contact Nina on 01463 711707 for more information.</i>	1.30- 3.30pm
Thursday 19 June	Carers Group <i>United Reformed Church, IV12 4NB</i> Val Mitchell, Community Mental Health Team Lead (Nairn and Aviemore) will be talking about stress and distress behaviours and how to support someone living with dementia. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 23 June	Skittles <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun afternoon playing with our giant skittles, can be played from the comfort of your chair. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 24 June	Soup Café <i>United Reformed Church, IV12 4NB</i> Come and join us for soup and bread and a chance to meet others in a similar situation. *Suggested donation of £2* To save food waste where possible please book. <i>Contact Veronica on 07932 120684 for more information.</i>	12.30- 1.30pm
Wednesday 25 June	Gardening <i>Nairn Community and Arts Centre, IV12 4BQ</i> Time to get our gloves on and get gardening. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 30 June	Wimbledon <i>Nairn Community and Arts Centre, IV12 4BQ</i> Our very own Wimbledon, lots of fun tennis activities and of course strawberries. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm

Badenoch & Strathspey

In Person Group		
Tuesday 3 June	Get Creative with Nature – Community Gallery Opening <i>The Penny Bun, Badaguish, Glenmore, Aviemore PH22 1AD</i> Please join us for this special 'Get Creative with Nature' session where we cut the ribbon on our new gallery space within the Penny Bun restaurant at Badaguish. In addition to opening the space Alison will be running an engaging art session for participants in the conservatory area. <i>Contact Kenny for further details</i>	11.30am– 1.30pm
Friday 6 June	Nourish & Natter <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Explore local food and its journey from source to table, with a deep connection to place through tasting, conversation, and hands-on sensory experiences. At this session we will be discussing local seasonal fruit and making smoothies. <i>Contact Andy for further details</i>	11.30am– 1pm
Tuesday 10 June	Highland Wildlife Park visit <i>*Booking essential*</i> <i>*Community Location*</i> <i>Highland Wildlife Park, Kincaig, Kingussie PH21 1NL</i> We will meet at the Learning Hub within the Park for some animal-based activities with staff member Kirsten. Please contact Andy to book your place and find out what's involved. <i>Contact Andy for more information</i>	11.30am– 1pm
Wednesday 11 June	All Ability Cycling <i>*Community Location*</i> <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> With a vast array of vehicles to suit almost every ability and great accessible paths around Boat of Garten to explore. If you don't fancy cycling come along for the craic! <i>Contact Andy for further details</i>	11.30am– 1.30pm
Friday 13 June	Carer Support Group <i>Cafe Conservatory, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for someone living with dementia or memory loss. We have no visiting speakers this month, this is opportunity for carers to share experiences and discuss relevant issues with each other and Alzheimer Scotland Dementia Advisor Kerry MacKay. <i>Contact Andy for more information</i>	11.30am– 1pm
Friday 13 June	Summertime Social <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Taking place at the same time as our Carer's group, this activity will be an enjoyable social with a nature-focussed activity aligned with season and place. <i>Contact Andy for more information</i>	11.30am– 1pm
Tuesday 17 June	Summertime Social <i>*Community Location*</i> <i>Highland Folk Museum, Am Fasgadh entrance, Kingussie Road, Newtonmore, PH20 1AY</i> An informal get-together with some nature-focussed activities. <i>Contact Andy for further details</i>	11.30am– 1pm

<p>Tuesday 24 June</p>	<p>Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> *Booking essential* It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. We are limiting spaces for this session to ensure an enjoyable and safe experience for those in attendance so please contact Andy to book places. <i>Contact Andy for further details</i></p>	<p>11.30am- 1pm</p>
<p>Friday 27 June</p>	<p>Music Inspired by Nature *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> Singing and playing music is proven to reduce stress and promote wellbeing. At this session we explore the link between nature and sound, connecting music with the seasons, the land, weather and animals. <i>Contact Andy for further details</i></p>	<p>11.30am- 1pm</p>

Online Groups

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		
Fridays 6, 13, 20, 27 June	Traditional Scottish Ceilidh Join us 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. Sessions bookable through the VRC https://www.alzscot.org/virtual-resource-centre-0 <i>Contact Diane</i>	11am– 12pm
Wednesdays 11, 18, 25 June	Reminiscence Bingo Join us for a fun game of bingo with a different theme each month. Sessions also bookable via VRC. <i>Contact Diane or Eleanor</i>	11am– 12pm
Wednesday 4 June	Doggie Bingo Join us for a fun game of bingo with a lovely dog choosing the numbers. <i>Contact Eleanor</i>	11am– 12pm
Tuesday 24 June	Highland Younger Onset Group Online group with access to professional and peer support for people diagnosed with Dementia under the age of 65, family and carers living in the Highlands. Your views on how the group can work for you are welcomed. <i>Contact Lesley</i>	11am– 12pm
Monday 16 June	Online Carers support for people in long term care For people caring for a person with Dementia who is in long term care. Join us for a virtual cuppa and meet other people in similar situations. <i>Contact Hayley</i>	10.30– 11.30am
Mondays 2, 16 June	Online Making Music Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane</i>	3–4pm
Wednesday 11 June	Còmhraidh agus Òrain Gàidhlig (Online Gaelic Conversation & Songs) Come along for chat in Gaelic and enjoy listening or singing along at home 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. <i>Contact Diane</i>	2–3pm

Contact details for groups:

Kerry Mackay, Dementia Advisor
Email: kmackay@alzscot.org
Tel: 07717 527635

Nina Semple, Centre Manager
Email: NSemple@alzscot.org
Tel: 01463 711710
Mob: 07588 643659

Jess Carnegie, Community Activities
Organiser for Inverness
Email: jcarnegie@alzscot.org
Mob: 07823 556869
Tel: 01463 711707

Andy Miller, Community Activities Organiser
for Badenoch & Strathspey
Email: AMiller@alzscot.org
Tel: 07585 976356

Kenny Wright, Outdoor Dementia Resource
Centre Coordinator
Email: kwright@alzscot.org
Tel: 07788 286254

National Dementia Advisor Service
Email: NDAS@alzscot.org
Tel: 0300 373 5774

Veronica Wilson, Community Activities
Organiser for Nairn
Email: VWilson@alzscot.org
Tel: 07932 120684

Diane Smith, Community Activities Organiser
for Skye & Lochalsh
Email: DianeSmith@alzscot.org
Tel: 07825 608057

Eleanor Brown, Community Activities
Organiser
for Lochaber
Email: EBrown@alzscot.org
Tel: 07920 868848

Lesley Hellon, Dementia Advisor
for West Highland
Email: LHellon@alzscot.org
Tel: 07825 975557

Hayley Lyons, Dementia Advisor
for North Highland
Email: HLyons@alzscot.org
Tel: 07554 408479

We are committed to protecting your privacy. We will never sell your data, and we promise to keep your details safe and secure.

You can update your details at any time by emailing dpo@alzscot.org. For further information on how your data is used and protected, please visit www.alzscot.org/privacy.

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-south-highland>

