

# What's on

## June 2025 – West 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.

The first week of June is also Dementia Awareness Week so we do have a few extra events scheduled in for then!

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 groups Skye and Lochalsh		
<b>Tues 3 June</b>	<b>Information Stall for Dementia Awareness Week at Portree Co-op</b> <i>Woodpark Rd, Portree IV51 9HQ</i> We'll be there for a chat and information about our services. <i>Contact Diane for more information.</i>	<b>10.30am–3pm</b>
<b>Wed 4 June</b>	<b>Tea &amp; Blether for Dementia Awareness Week at An Crubh</b> <i>Sleat, Isle of Skye IV43 8QU</i> Come along for a cuppa and a chat. Diane will be sharing the support available from Alzheimer Scotland and Sarah will introduce our exciting new project with RagTag. <i>Contact Diane for more information.</i>	<b>2pm – 4pm</b>
<b>Thurs 5 June</b>	<b>Glendale Drop In</b> <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	<b>2pm – 3.30pm</b>
<b>Fri 6 June</b>	<b>Portree Strùpag &amp; Chat</b> <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Join us in Tigh Na Drochaid for chat, tea, coffee, games and activities. We can sit in the garden if the weather is good. <i>Contact Diane for more information.</i>	<b>1pm – 3pm</b>
<b>Tue 10 June</b>	<b>Highland Young Onset Group</b> <i>Inverness Brain Health and Dementia Resource Centre, 2 Strothers Lane, Inverness, IV1 1LR</i> A group for people living with young onset dementia to connect, share, and support one another. Join us in person in Inverness this month or online if you can't make it along. There's also space in the Resource Centre for carers, family or friends to relax and chat in a separate room. <i>Contact Lesley for more information</i>	<b>12pm – 1.30pm</b>

<b>Tues 10 June</b>	<b>Carbost Strùpag &amp; Chat</b> Minginish Hall, Portnalong, Carbost, Isle Of Skye Join us for a cuppa, a chat, games, activities or crafts. Contact Diane for more information.	<b>1pm – 3pm</b>
<b>Thurs 12</b>	<b>Crafting at RagTag</b> Rag Tag and Textile Ltd, Unit 3, Broadford Industrial Estate, Broadford, IV49 9AP Join us for a relaxing afternoon with a light lunch, tea, and friendly conversation. Enjoy a fun and easy flower arranging session with Sarah from RagTag – a lovely activity for people living with dementia, their carers, family, and friends to enjoy together. Contact Diane for more information.	<b>12.30pm – 2.30pm</b>
<b>Fri 13 June</b>	<b>Portree Strùpag &amp; Chat</b> Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER Come and join us for chat, tea, coffee, games and activities. We can sit in the garden if the weather is good. Contact Diane for more information.	<b>1pm – 3pm</b>
<b>Thurs 19 June</b>	<b>Kyle of Lochalsh Drop In</b> The Lighthouse Coffee, Kyle of Lochalsh, IV40 8AE Drop into the hall for a chat and a cuppa and an activity. Contact Diane for more information.	<b>12noon – 2pm</b>
<b>Fri 20 June</b>	<b>Portree Tea &amp; Blether &amp; Crafts with RagTag at the Skye Gathering Hall</b> 1934 Bank St, Portree IV51 9BZ Join us for a cuppa, a chat, try a simple craft activity with Sarah from RagTag and find out more about the support available from Alzheimer Scotland. Contact Diane for more information.	<b>1pm – 3pm</b>
<b>Tues 24 June</b>	<b>Carbost Strùpag &amp; Chat</b> Minginish Hall, Portnalong, Carbost, Isle Of Skye Join us for a cuppa, a chat and games, activities or crafts. Contact Diane for more information.	<b>1pm – 3pm</b>
<b>Wed 25 June</b>	<b>Staffin Dementia Advisor Drop In</b> Staffin Medical Centre, Staffin, IV51 9AJ Come along and meet our Dementia Advisor, Lesley Hellon for an informal chat, support and information. Contact Lesley for more information.	<b>12noon – 1.30pm</b>
<b>Thurs 26 June</b>	<b>Afternoon Tea, Craft &amp; Chat at An Crubh Sleat, Isle of Skye IV43 8QU</b> Tea, cake and crafts in a beautiful setting – come along for a friendly, creative afternoon with Alzheimer Scotland and RagTag. A supportive and welcoming space for people living with dementia and those close to them. Contact Diane for more information.	<b>1pm – 2.30pm</b>
<b>Fri 27 June</b>	<b>Strùpag is Cabadaich is Ceòl – A Cuppa &amp; a Chat</b> Shepherds Way Church Hall, Portree, IV51 9TS Thig còmhla rinn airson cupa is craic. 'S dòcha bidh beagan ceòl agus seinn ann cuideachd. Join us for a cuppa and craic and maybe some music and singing too. All welcome – even if you have no Gaelic at all! Contact Diane for more information.	<b>2pm – 3.30pm</b> Le taic bho <div data-bbox="1270 1892 1458 1962" data-label="Image"> </div>

In person groups – Lochaber		
<b>Tues 3 June</b>	<b>Storytelling Fort William Library</b> <i>Fort William Library, High St, Fort William PH33 6EU</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us.	<b>2pm – 3.30pm</b>
<b>Wed 4 June</b>	<b>Drop in Information Café at Caol Youth Cafe</b> <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Pop along and meet Lesley and Caroline at the café for an informal chat. We can help you find out what support is available from Alzheimer Scotland and let you know about other services that could be useful. Tea and coffee provided. All welcome! Contact Caroline Gordon, Post Diagnostic Support Link Worker, Phone: 01397 709830; Email: <a href="mailto:cgordon@alzscot.org">cgordon@alzscot.org</a> or Lesley Hellon, Dementia Advisor Phone: 07825 975557; Email: <a href="mailto:lhellon@alzscot.org">lhellon@alzscot.org</a>	<b>2pm – 3pm</b>
<b>Wed 4 June</b>	<b>D Caff in Caol Youth Café</b> <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Come along and join in the café and take part in an activity with us.	<b>2pm – 3pm</b>
<b>Tues 10 June</b>	<b>Wild and Woolly at Caol Library followed by Storytelling</b> <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Bring along your own woolly project or join in with the group. At 4pm, Library Staff will be reading excerpts from books which we will chat about over a cuppa.	<b>3pm – 4.30pm</b>
<b>Tues 17 June</b>	<b>Storytelling Fort William Library</b> <i>Fort William Library, High St, Fort William PH33 6EU</i> Library Staff will be reading excerpts from books which we will chat about over a cuppa and take part in an activity with us.	<b>2pm – 3.30pm</b>
<b>Wed 18 June</b>	<b>Music and Movement in An Drochaid</b> <i>Claggan Rd, Fort William PH33 6PH</i> Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun.	<b>2pm – 3pm</b>
<b>Tues 24 June</b>	<b>Wild and Woolly at Caol Library followed by Storytelling</b> <i>Glenkingie St, Caol, Fort William PH33 7DP</i> Bring along your own woolly project or join in with the group. At 4pm, Library Staff will be reading excerpts from books which we will chat about over a cuppa.	<b>3pm – 4.30pm</b>
<b>Contact</b>	<b>For more information please contact Eleanor Brown</b>	<b>07920 868848</b> <b><a href="mailto:EBrown@Alzscot.org">EBrown@Alzscot.org</a></b>

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 Groups		
<b>Mon 2 June</b>	<b>Making Music</b> Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane for more information.</i>	<b>3.00pm – 4.00pm</b>
<b>Wed 4 June</b>	<b>Doggie Bingo</b> Join us for a fun game of bingo with Webb the dog choosing the numbers for us. <i>Contact Diane for more information.</i>	<b>11.00am – 12noon</b>
<b>Friday 6 June</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane or book your place online:</i> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11.00am – 12.00noon</b>
<b>Tues 10 June</b>	<b>Young Onset Group</b> Support group for anyone with a young onset dementia. This time the group is being held in person at Inverness Brain Health and Dementia Resource Centre but you can still join online from home. <i>Contact Lesley for more information.</i>	<b>12pm – 1.30pm</b>
<b>Wed 11 June</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane for more information.</i>	<b>11.00am – 12noon</b>
<b>Wed 11 June</b>	<b>Còmhradh agus Òrain Gàidhlig (Online Gaelic Conversation &amp; Songs)</b> Come along for chat in Gaelic and enjoy listening or singing along at home to some Gaelic songs. The group is open to anyone who is a Gaelic speaker or has an interest in Gaelic songs and language. You can now book onto the group from our Virtual Dementia Resource Centre at the link below <i>or</i> you can contact Diane and she can book your place. <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>2.00pm – 3.00pm</b>  <b>Le taic bho Bhòrd na Gàidhlig</b>  
<b>Friday 13 June</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane or book your place online:</i> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11am – 12noon</b>
<b>Mon 16 June</b>	<b>Carers Support Group for people in long term care</b> If you care for a loved one who lives in a care home, please join us online for peer support and advice. <i>Contact Hayley for more information.</i>	<b>10.30am– 11.30am</b>
<b>Mon 16 June</b>	<b>Making Music</b> Join us for some music and song from guest musicians. You can sing along at home or just listen. <i>Contact Diane for more information.</i>	<b>3.00pm – 4.00pm</b>

<b>Wed 18 June</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane for more information.</i>	<b>11.00am – 12noon</b>
<b>Friday 20 June</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane or book your place online:</i> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11.00am – 12.00noon</b>
<b>Tues 24 June</b>	<b>Young Onset Group</b> Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	<b>11am – 12noon</b>
<b>Wed 25 June</b>	<b>Reminiscence Bingo</b> Join us for a fun game of bingo with a different theme each week. <i>Contact Diane for more information.</i>	<b>11.00am – 12noon</b>
<b>Friday 27 June</b>	<b>Online Ceilidh – Cèilidh Air Loidhne</b> Join us for a great ceilidh. Sing along at home if you like or sit back and enjoy the songs and tunes in English and some in Gaelic too. All welcome to bring an instrument or sing a song. <i>Contact Diane or book your place online:</i> <a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>	<b>11.00am – 12.00noon</b>

#### Contact details for groups:

**Diane Smith, Community Activities Organiser for Skye & Lochalsh**

Email: [dianesmith@alzscot.org](mailto:dianesmith@alzscot.org) Tel: 07825 608057

**Eleanor Brown, Community Activities Organiser for Lochaber**

Email: [ebrown@alzscot.org](mailto:ebrown@alzscot.org) Tel: 07920 868848

**Lesley Hellon, Dementia Advisor for West Highland**

Email: [lhellon@alzscot.org](mailto:lhellon@alzscot.org) Tel: 07825 975557

**Online Carers support for people in long term care:**

**Hayley Lyons, Dementia Advisor for North Highland**

Email: [HLyons@alzscot.org](mailto:HLyons@alzscot.org) Tel: 07554 408479



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 below or scanning the QR code.

<https://www.justgiving.com/fundraising/westhighland1>



Find out more about the online groups and resources available at our Virtual Dementia Resouce Centre here: <https://www.alzscot.org/virtual-resource-centre-0>