

What's on

July 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.

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		
Tues 1 July	Drop In Café at Dunvegan Community Cafe <i>Unit 3 Lochside, Dunvegan, Isle of Skye IV55 8WB</i> Join us for a chat, a cuppa and cake. This time we'll also be joined by Sarah Addison from RagTag 'n Textile and she will have a fun and simple craft for us to try. <i>Contact Lesley for more information.</i>	1pm – 3pm
Thurs 3 July	Kyle of Lochalsh Drop In <i>The Lighthouse Coffee, Kyle of Lochalsh, IV40 8AE</i> Drop into the hall for a chat and a cuppa and an activity. <i>Contact Lesley for more information.</i>	12noon – 2pm
Fri 4 July	Portree Strùpag & Chat <i>Tigh Na Drochaid, Bridge Road, Portree, IV51 9ER</i> Come and join us for chat, tea, coffee, games and activities. We can sit in the garden if the weather is good. <i>Contact Lesley for more information.</i>	1pm – 3pm
Thurs 10 July	Crafting at RagTag <i>RagTag and Textile Ltd, Unit 3, Broadford Industrial Estate, Broadford, IV49 9AP</i> Join us for a relaxing afternoon with a light lunch, tea, and friendly conversation and enjoy a fun and easy craft activity. <i>Contact Lesley for more information.</i>	12.30pm – 2.30pm
Fri 11 July	Portree Strùpag & Chat <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 Lesley for more information.</i>	1pm – 3pm
Tues 15 July	Raasay Drop In Café & Crafts <i>Raasay Community Hall, Raasay, IV40 8PA</i> Drop In Cafe for people living with dementia, family, friends, carers and supportive members of the community. A chance to meet up and get support and information in a relaxed environment and the option to try a simple craft activity if you like with Sarah from RagTag 'n Textile. <i>Contact Diane for more information.</i>	1.30pm – 3pm

Thurs 17 July	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Fri 18 July	Portree Strùpag & Chat <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>	1pm – 3pm
Tues 22 July	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat and games, activities or crafts. <i>Contact Diane for more information.</i>	1pm – 3pm
Thurs 24 July	Crafting at RagTag <i>RagTag and Textile Ltd, Unit 3, Broadford Industrial Estate, Broadford, IV49 9AP</i> Join us for a relaxing afternoon with a light lunch, tea, and friendly conversation. Enjoy a fun and easy craft activity with Sarah from RagTag – a lovely activity for people living with dementia, their carers, family, and friends to enjoy together. <i>Contact Diane for more information.</i>	12.30pm – 2.30pm
Fri 25 July	Strùpag is Cabadaich is Ceòl – A Cuppa & a Chat <i>Shepherds Way Church Hall, Portree, IV51 9TS</i> Thig còmhla rinn airson cupa is craic. Bidh beagan ceòl agus seinn ann cuideachd le SEALL@Home Join us for a cuppa and craic and some music and singing too from SEALL@Home. All welcome – even if you have no Gaelic at all! <i>Contact Diane for more information.</i>	2pm – 3.30pm Le taic bho  
Tues 29 July	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and a look around at the Craft Fair. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Thurs 31 July	Outing with RagTag We will be having an outing to somewhere in Skye & Lochalsh. Details to be arranged nearer to the time.	TBC

In person groups – Lochaber		
Tuesday 1 July	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wednesday 2 July	Drop in Information Café at Caol Youth Cafe <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! <i>Contact Caroline Gordon, Post Diagnostic Support Link Worker, Phone: 01397 709830; Email: cgordon@alzscot.org or Lesley Hellon, Dementia Advisor Phone: 07825 975557; Email: lhellon@alzscot.org</i>	1pm – 2pm
Wednesday 2 July	D Caff in Caol Youth Café Come along and join in the café and take part in an activity with us	2pm – 3pm
Tuesday 8 July	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group	3pm – 4pm 4pm – 4.30pm
Wednesday 9 July	Sing Along with David Anderson at Caol Youth Café David sings some traditional songs and will take requests too	2pm – 3pm
Tuesday 15 July	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wednesday 16 July	D Caff in Caol Youth Café Come along and meet Colin MacCormick from Alienergy who will give us some advice on how to keep our energy bills down.	2pm – 3pm
Thursday 17 July	D Caff in Ballachulish Village Hall Come along and join us when we will be looking back at Ballachulish in the past	2pm – 3pm
Tuesday 22 July	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group	3pm – 4pm 4pm – 4.30pm
Wednesday 23 July	Dementia Friends Session at Caol Youth Café The Dementia Advisor will be running an open event. Come along and speak to her and gain some insight into caring for a loved one living with dementia. <i>Contact Lesley Hellon, Dementia Advisor for more information: Phone: 07825 975557; Email: lhellon@alzscot.org</i>	2pm – 3pm
Tuesday 29 July	Storytelling in Fort William Library Library Staff will be reading excerpts from books which we will chat about over a cuppa	2pm – 3.30pm
Wednesday 30 July	Music and Movement in An Drochaid Our monthly session with Music Therapist Clare. Come along and join in the singing and instrument fun	2pm – 3pm
Contact	For more information please contact Eleanor Brown	07920 868848 EBrown@Alzscot.org

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		
Wed 2 July	Doggie Bingo Join us for a fun game of bingo with Webb the dog choosing the numbers for us. <i>Contact Eleanor for more information.</i>	11.00am – 12noon
Friday 4 July	Online Ceilidh – Cèilidh Air Loidhne 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 Lesley or book your place online:</i> https://www.alzscot.org/community-support/virtual-resource-centre/	11.00am – 12.00noon
Tues 8 July	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12pm
Wed 9 July	Reminiscence Bingo Join us for weekly bingo fun with a new theme every time! <i>Contact Eleanor for more information.</i>	11.00am – 12noon
Friday 11 July	Online Ceilidh – Cèilidh Air Loidhne 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 Lesley or book your place online:</i> https://www.alzscot.org/community-support/virtual-resource-centre/	11am – 12noon
Mon 14 July	Making Music 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>	3.00pm – 4.00pm
Wed 16 July	Reminiscence Bingo Join us for weekly bingo fun with a new theme every time! <i>Contact Diane or Eleanor for more information.</i>	11.00am – 12noon
Friday 18 July	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/community-support/virtual-resource-centre/	11.00am – 12.00noon
Mon 21 July	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. <i>Contact Hayley for more information.</i>	10.30am– 11.30am
Tues 22 July	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12noon
Wed 23 July	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane or Eleanor for more information.</i>	11.00am – 12noon

Wed 23 July	Còmhradh 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. 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 or you can contact Diane and she can book your place. https://www.alzscot.org/community-support/virtual-resource-centre/	2.00pm – 3.00pm Le taic bho Bhòrd na Gàidhlig 
Friday 25 July	Online Ceilidh – Cèilidh Air Loidhne 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> https://www.alzscot.org/virtual-resource-centre-0	11.00am – 12.00noon
Mon 28 July	Making Music 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>	3.00pm – 4.00pm
Wed 30 July	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane or Eleanor for more information.</i>	11.00am – 12noon

Contact details for groups:

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

Online Carers support for people in long term care:

Hayley Lyons, Dementia Advisor for North Highland

Email: 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 Resource Centre here: <https://www.alzscot.org/community-support/virtual-resource-centre/>