

What's on

August 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.

Stop the Cuts Campaign:



Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country. Services such as day care, post-diagnostic support, respite and local community programmes are facing significant cuts to their budgets. This means that they are not available to those who need them most and people are being turned away when they reach out for help. People with dementia, their families, and carers are unable to access the care and support they need, when they need it.

Alzheimer Scotland thinks this is unfair. People with dementia deserve access to high-quality, local support at every stage of their condition and our campaign highlights the need to protect dementia services from cutbacks.

You can help us stop the cuts and demand change by adding your voice to our campaign and signing our petition.

Find out more: www.alzscot.org/stopthecuts

Share your support with: **#StopTheCuts**

Inverness – Brain Health & Dementia Resource Centre, Strothers Lane

Friday 1 August	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
Monday 4 August	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 Nina on 01463 711707</i>	2pm– 3pm
Tuesday 5 August	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
Friday 8 August	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
Friday 8 August	Your "Brain Health Chat"– 1:1 Appointment <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i><u>Booking required</u> – please contact Nina on 01463 711710</i> <i><u>NSemple@alzscot.org</u></i>	1 pm– 2.30pm 2.30pm– 4pm
Monday 11 August	Dementia Advisor Appointments Available <i>Inverness Brain Health & Dementia Resource Centre</i> Phone Kerry to make an appointment for advice or support. <i>Contact Kerry for more information or to <u>book</u> an appointment on 07717 527635</i>	2–3pm 3–4pm
Tuesday 12 August	Sensory Dough <i>Inverness Brain Health & Dementia Resource Centre</i> This is a simple, fun and playful experience with bread dough which is rooted in art therapy. Session facilitated by Sue Beveridge. <i>Places limited – <u>booking required</u>. For more information, please contact Nina on 01463 711707</i>	11am– 12pm

Tuesday 12 August	"Your Amazing Brain" <i>Inverness Brain Health & Dementia Resource Centre</i> 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 NSemple@alzscot.org</i>	2pm- 3pm
Wednesday 13 August	Music Inspired by Summer with Peter Evans <i>Inverness Brain Health & Dementia Resource Centre</i> Live music session with friend of the Centre, Peter Evans <i>For more information please contact Nina on 01463 711707.</i>	11am- 12pm
Wednesday 13 August	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>	2-3pm
Thursday 14 August New Date	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>	10:30- 12pm New Date
Thursday 14 August	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
Friday 15 August	Soup Café 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 Nina on 01463 711707 for more information.</i>	12.30pm- 1.30pm
Monday 18 August	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 – please feel free to bring along your own too to add to the fun! <i>Contact Nina on 01463 711710 NSemple@alzscot.org</i>	11am- 12pm
Monday 18 August	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.	2pm- 3pm

Monday 18 August	<p><i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i></p> <p>Reminiscence Group</p> <p>A look back on photos, events, music and more.</p> <p><i>Any for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i></p>	2pm- 3pm
Tuesday 19 August	<p>Active Health/Dynamic Wellbeing with Highlife Highland –</p> <p>Everyone welcome</p> <p><i>Inverness Brain Health & Dementia Resource Centre</i></p> <p>45mins of fun and gentle physical activity with great music led by Highlife Highland's specialist team.</p> <p><i>For more information please contact Nina on 01463 711707.</i></p>	11am- 11:45am
Tuesday 19 August	<p>Your "Brain Health Chat"– 1:1 Appointment</p> <p><i>Inverness Brain Health & Dementia Resource Centre</i></p> <p>For Brain Health Quiz, Personal Action Plan and Follow up as appropriate.</p> <p><u><i>Booking required – please contact Nina on 01463 711710</i></u></p> <p><u><i>NSemple@alzscot.org</i></u></p>	2.30- 4pm
Wednesday 20 August	<p>Kettles'-On Drop-in – All Welcome</p> <p><i>Inverness Brain Health & Dementia Resource Centre</i></p> <p>Pop-in, relax and get a blether. Centre staff are on hand for information and updates.</p> <p><i>For more information please contact Nina on 01463 711707.</i></p>	12:30- 1.30pm
Wednesday 20 August	<p>Your "Brain Health Chat"– 1:1 Appointment</p> <p><i>Inverness Brain Health & Dementia Resource Centre</i></p> <p>For Brain Health Quiz, Personal Action Plan and Follow up as appropriate.</p> <p><u><i>Booking required – please contact Nina on 01463 711710</i></u></p> <p><u><i>NSemple@alzscot.org</i></u></p>	2.30pm 4pm
Thursday 21 August	<p>Seagull Trust Cruise</p> <p>Community Location* <u><i>New Pick-Up Point: Torvean Car Park Berth (Jacobite Queen Berth) at Torvean Car Park on the Dochgarroch side of the Torvean Bridge</i></u></p> <p>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><i>Sailing departs 13:30.</i></u></p> <p><i>*Places are limited and must be booked in advance*</i></p> <p><i>Contact Nina on 01463 711707 for more information</i></p>	1.30pm- 3.30pm <i>Fully Booked</i>
Monday 25 August	<p>Kettles'-On Drop-in – All Welcome</p> <p><i>Inverness Brain Health & Dementia Resource Centre</i></p> <p>Pop-in, relax and get a blether. Centre staff are on hand for information and updates.</p> <p><i>For more information please contact Nina on 01463 711707.</i></p>	11am- 12pm
Tuesday 26 August	<p>Dementia Advisor Drop-in</p> <p><i>Inverness Brain Health and Dementia Resource Centre</i></p> <p>Pop in for advice or support from Kerry, Dementia Advisor.</p> <p><i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i></p>	10am- 12pm

Tuesday 26 August	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>	2-3pm
Wednesday 27 August	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
Thursday 28 August	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 28 August	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
Friday 29 August	Ear Health Checks with NHS Highland Audiology <i>Inverness Brain Health and Dementia Resource Centre</i> Come along for an Ear Health Check with NHS Highland Audiology. You can be checked in a safe, welcoming and familiar environment by staff who have a good knowledge and understanding of dementia. Available for people with dementia and also their carers. <i>For more information or to <u>book an appointment</u> please contact Nina on 01463 711710.</i>	Various Appoint ments All Day

Nairn

In Person Group		
Monday 4 August	All Ability Cycling <i>Highland Cycle Ability Centre, The Old Mill, Cawdor, IV12 5XT</i> With a variety of two, three and four wheeled cycles, as well as wheelchair-friendly cycles, everyone can get involved. There is a £6 charge for this activity, payable by cash or card on entry. Carers go free. If the weather is nice, please bring a flask and we can chat in garden after our cycle. <i>Contact Veronica on 07932 120684 for more information</i>	2-3.30pm
Tuesday 5 August	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 6 August	Sensory Bread-Dough Workshop <i>Nairn Community and Arts Centre, IV12 4BQ</i> Guided by Sue, this activity involves using our hands to play with and shape the dough. Sometimes making interesting creations or simply enjoying feeling the dough. It's relaxing and destressing. <i>Contact Veronica on 07932 120684 more information.</i>	2-3.30pm
Monday 11 August	Ping Pong Bingo <i>Nairn Community and Arts Centre, IV12 4BQ</i> Our simplified fun version of Bingo with prizes! <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 12 August	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>	10-12 noon
Tuesday 12 August	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 13 August	Reminiscing – Games Day <i>Nairn Community and Arts Centre, IV12 4BQ</i> Games Day is fast approaching, bring in any photos, programmes you have. If you are new to Nairn what special days did your home town hold? <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 18 August	Nairn Beach Wheelchairs <i>Nairn Leisure Centre, IV12 4EA</i> A fun afternoon on the beach, while we take turns on the beach wheelchairs the others will enjoy a cuppa watching on. Please book through Veronica. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm

Tuesday 19 August	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 20 August	Eye Spy <i>Nairn Community and Arts Centre, IV12 4BQ</i> Lots of visual games including 'Who is behind the squares' and 'spot the difference'. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Thursday 21 August	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 <i>Fully Booked</i>
Thursday 21 August	Carers Group <i>Nairn Citizens Advice Bureau, 58 King Street, IV12 4DN</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</i>	2-3.30pm
Monday 25 August	Tennis <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun afternoon playing tennis and table tennis seated or standing. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Tuesday 26 August	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 27 August	Tipi on Tour – Nature Activities <i>Nairn Sports Club, Viewfield Drive, IV12 4BF</i> Join Kenny and Andy from our Outdoor Resource Centre team. We will be based in a tipi tent and explore nature through sensory activities. Activities will be seated. Please book through Veronica. <i>Contact Veronica on 07932 120684 for more information.</i>	11.30am- 1pm

Badenoch & Strathspey

In Person Group		
Friday 1 August	Potpourri & Patter <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> With a variety of dried flowers, herbs and spices create your very own potpourri blend to take away. We shall investigate the ingredients and chat about the smells stimulating opinion and reminiscence. <i>Contact Andy for further details</i>	11.30am- 1pm
Tuesday 5 August	Get Creative with Nature *Community Location* <i>Library, The Courthouse, The Square, Grantown-on-Spey, PH26 3HF</i> Guided by local artist Alison we will be experimenting with pencil, paint and inks to create a professional style piece that you can take home. We will use nature as our inspiration and the aim is to have fun creating! <i>Contact Andy for further details</i>	11.30am- 1.30pm
Wednesday 6 August	Gardening <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> We will be tackling various garden jobs indoors and outdoors depending on the weather and participants' preferences. As well as planting and pruning we like to focus on the sensory aspects of gardening such as the feel of the soil and smell of the flowers. <i>Contact Andy for further details</i>	11.30am- 1pm
Friday 8 August	Carer Support Group *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> Facilitated by Alzheimer Scotland Dementia Advisor Kerry MacKay, this group is for people who are caring for someone living with dementia or memory loss. <i>Contact Andy for more information</i>	11.30am- 1pm
Friday 8 August	Summertime Social *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</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
Wednesday 13 August	All Ability Cycling *Community Location* <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 15 August	From Bush to Belly <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> The bushes are full of blaeberreries ripe for the picking... and eating! As well as doing some picking we shall discuss and taste food and drink using blaeberreries. <i>Contact Andy for further details</i>	11.30am- 1pm
Tuesday 19 August	Summertime Social *Community Location* <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
Friday 22 August	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>	11.30am- 1pm
Friday 22 August	Dementia Advisor Clinic *Community Location* <i>Boat of Garten Community Hall, Reidhaven Park, Craigie Ave, Boat of Garten PH24 3BL</i> Come along and meet your local Dementia Advisor for advice and support. A private and confidential space will be provided. <i>To make an appointment, please contact Kerry, Dementia Advisor on 07717 527635</i>	11.30am- 1pm
Tuesday 26 August	The Pond Watch <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> The Pond Watch is a citizen science program initiated by The Dragonfly Society. We aim to take part in this by spending 30 mindful minutes by our pond watching, listening, smelling, feeling, and of course, looking out for dragonflies, damselflies and other signs of pond-life! <i>Contact Andy for further details</i>	11.30am- 1pm
Friday 29 August	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. <i>Contact Andy for further details</i>	11.30am- 1pm

Online Groups

Carer Awareness Sessions – Online This August & November

Join us for a relaxed and informative four-part online course designed to support people caring for someone with dementia. Running on Tuesdays from 2–4pm via Microsoft Teams, these sessions cover everything from understanding dementia to exploring practical support and future planning:

- *Dementia the Basics* – Learn about symptoms, causes, and helpful approaches
- *Focus on Caring* – Carer rights, support plans, and self-care
- *Strategies for the Future* – Power of attorney and where to get help
- *Technology Enabled Care* – Useful gadgets to support independence and safety

Dates: 5th–26th August & 4th–25th November

Where: Online via Teams (Virtual Resource Centre)

To book your place, visit [Virtual Resource Centre](https://www.alzscot.org/virtual-resource-centre), email advice@alzscot.org or call 0300 373 5774.

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 1, 8, 15, 22, 29 August	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 13, 20, 27 August	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 6 August	Doggie Bingo Join us for a fun game of bingo with a lovely dog choosing the numbers. <i>Contact Eleanor</i>	11am– 12pm
Tuesday 5 August	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
Mondays 11, 25 August	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

Monday 18 August	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
TBC	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

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>

