

What's on



August 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		
Fri 1 August	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 Diane for more information.</i>	1pm – 3pm
Mon 4 August	Dementia Advisor Drop In <i>Portree Library, Viewfield Rd, Portree IV51 9ET</i> Pop along and meet Lesley for an informal chat and advice. Also an opportunity to receive a free SafeConnect fob. More details about the SafeConnect scheme are available on the last page of the What's On guide. <i>Contact Lesley for more information.</i>	12pm – 1pm
Mon 4 August	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Join us there for some exercise. Sessions must be booked in advance and you will need to pay for your place. <i>Contact Lesley or Diane for more information.</i>	1.15pm – 2pm
Tues 5 August	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa, a chat. We'll also be joined by Sarah Addison from RagTag with a easy and fun craft activity to try. <i>Contact Diane for more information.</i>	1.30pm – 3pm
Fri 8 August	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 Diane for more information.</i>	1pm – 3pm
Mon 11 August	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Join us there for some exercise. Sessions must be booked in advance and you will need to pay for your place. <i>Contact Lesley or Diane for more information.</i>	1.15pm – 2pm

Tues 12 August	Glendale Drop In <i>Glendale Hall, Glendale</i> Join us for a cuppa and a chat and an activity. We can also have a wander round the craft fair. <i>Contact Diane for more information.</i>	2pm – 3.30pm
Thurs 14 August	Picnic and Crafting at RagTag <i>RagTag and Textile Ltd, Unit 3, Broadford Industrial Estate, Broadford, IV49 9AP</i> Join us and Sarah from RagTag for a relaxing afternoon with a picnic lunch in the garden if the weather is good and enjoy a fun and easy craft activity. <i>Contact Diane for more information.</i>	12.30pm – 2.30pm
Fri 15 August	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 Diane for more information.</i>	1pm – 3pm
Mon 18 August	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Join us there for some exercise. Sessions must be booked in advance and you will need to pay for your place. <i>Contact Diane for more information.</i>	1.15pm – 2pm
Tues 19 August	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>	1.30pm – 3pm
Thurs 21 August	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 22 August	Portree Tea & Blether & Crafts with RagTag at the Skye Gathering Hall <i>1934 Bank St, Portree IV51 9BZ</i> 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. <i>Contact Diane for more information.</i>	1pm – 3pm
Mon 25 August	Aquacise at Portree Swimming Pool <i>Fingal Centre, Portree, Viewfield Rd, Portree, IV51 9ET</i> This is a public Aquacise group run by Highlife Highland. Join us there for some exercise. Sessions must be booked in advance and you will need to pay for your place. <i>Contact Lesley or Diane for more information.</i>	1.15pm – 2pm
Tues 26 August	Drop In Café at Dunvegan Community Cafe <i>Unit 3 Lochside, Dunvegan, Isle of Skye IV55 8WB</i> Come along for a chat, a cuppa and cake. We'll also be joined by Sarah Addison from RagTag with a easy and fun craft activity to try. <i>Contact Diane for more information.</i>	1pm – 3pm
Thurs 28 August	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 29 August	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 All welcome – even if you have no Gaelic at all! <i>Contact Diane for more information.</i>	2pm – 3.30pm Le taic bho  
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In person groups – Lochaber		
Tuesday 5 August	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 6 August	D-Caff at Caol Youth Cafe Margaret Standen will be telling us all about Voluntary Action Lochaber's new project "Care to Connect" which will provide a drop in facility and support for unpaid carers	2pm – 3pm
Thursday 7 August	Seated Yoga in An Drochaid Come along and join in our first seated yoga session – it's very gentle, you might even drop off!	11am – 12noon
Tuesday 12 August	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 13 August	Sing Along with David Anderson at Caol Youth Café David sings some traditional songs and will take requests too	2pm – 3pm
Thursday 14 August	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 19 August	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 20 August	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
Wednesday 27 August	Dementia Advisor Drop In at Caol Youth Café Drop in and meet our Dementia Advisor for information and support. <i>Contact Lelsey Hellon for more information.</i>	12pm – 1.30pm
Wednesday 27 August	D-Caff at Caol Youth Café PC Anna Innes Preventions and Interventions Officer at Fort William Police Station will be telling us how to avoid some frauds and scams .	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		
Friday 1 August	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
Tues 5 August	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12pm
Wed 6 August	Doggie Bingo with Webb Join us for weekly bingo fun with Webb the Dementia Dog picking the numbers for us this week. <i>Contact Eleanor or Diane for more information.</i>	11.00am – 12noon
Wed 6 August	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 <i>or</i> 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 8 August	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/	11am – 12noon
Mon 11 August	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 13 August	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 15 August	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 18 August	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
Wed 20 August	Reminiscence Bingo Join us for a fun game of bingo with a different theme each week. <i>Contact Diane for more information.</i>	11.00am – 12noon

Friday 22 August	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 25 August	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 27 August	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
Friday 29 August	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

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/>

We are working in partnership with Police Scotland to deliver a range of Dementia Safeguarding resources that support families when a person with dementia goes missing. More information about SafeConnect fobs can be found on the following page.

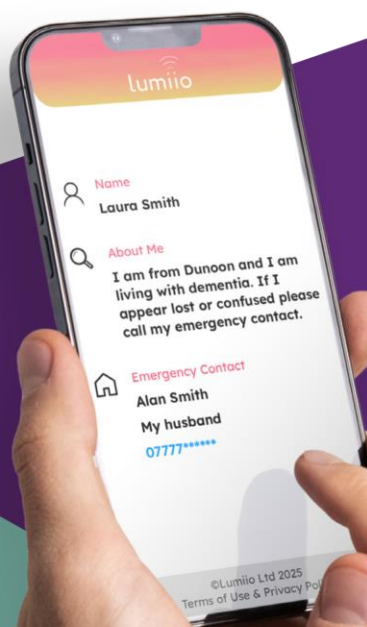


SafeConnect

Tap me on your phone to get me home

SafeConnect are yellow fobs which can be programmed with emergency contact details, so if a person becomes confused, distressed or disoriented they can be helped to get back home safely.

We recommend attaching the fob to house keys, handbag, jacket, walking aid or anything likely to be taken outside and into the community. Alzheimer Scotland is now distributing free fob set-up packs across Scotland for anyone living with a diagnosis of dementia.



How you can help



If you need to help someone in the community with a SafeConnect, simply tap the fob to your phone to be directed to a webpage to view the emergency contact message. Tap the fob near the camera if using an iPhone, or to the centre of the phone if using an Android. You may need to enable 'NFC' in your settings menu. It's near WiFi and Bluetooth.

For more information, or to request a SafeConnect for yourself or someone you care for please contact a Dementia Advisor on 0300 373 5774 or email advice@alzscot.org