

What's on





September 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		
Mon 1 September	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 1 September	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 for more information</i>	1.15pm – 2pm
Tues 2 September	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa and a chat. <i>Contact Lesley for more information.</i>	1.30pm – 3pm
Fri 5 September	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
Mon 8 September	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 for more information.</i>	1.15pm – 2pm
Tues 9 September	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. <i>Contact Lesley for more information.</i>	1pm – 3pm


Thurs 11 September	Lunch 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 light lunch followed by a fun and easy craft activity. <i>Contact Lesley for more information.</i>	12.30pm – 2.30pm
Fri 12 September	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
Mon 15 September	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 or Lesley for more information.</i>	1.15pm – 2pm
Tues 16 September	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
Wed 17 September	Songs and Tunes at An Acarsaid Care Home, Broadford Join us for some songs and tunes – Old time favourites and also some Gaelic songs too. <i>Contact Diane for more information.</i>	2.30pm – 3.30pm
Thurs 18 September	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 Diane or Lesley for more information.</i>	12noon – 2pm
Fri 19 September	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 22 September	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 23 September	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
Thur 25 September	Trip to Attadale Gardens, Strathcarron with Alzheimer Scotland & RagTag More details nearer to the time. <i>Contact Diane or Lesley for more information.</i>	All day

Fri 26 September	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  
Mon 29 September	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 30 September	Carbost Strùpag & Chat <i>Minginish Hall, Portnalong, Carbost, Isle Of Skye</i> Join us for a cuppa and a chat and maybe a game, quiz or activity. <i>Contact Diane for more information.</i>	1.30pm – 3pm
Tues 30 September	Young Onset Group <i>Inverness Brain Health & Dementia Resource Centre, 2 Strothers Lane, Inverness, IV51 1LR or online</i> Join us at the DRC for chat, support and bacon butties. (cost £2 per person) <i>Contact Lesley for more information.</i>	12pm – 1.30pm

In person groups – Lochaber		
Tuesday 2 September	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
Tuesday 9 September	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 10 September	D Caff at Caol Youth Café Jesse Leitch will be discussing his research into the rural experience of dementia and the support people are experiencing.	2pm – 3pm
Thursday 11 September	Seated Yoga in An Drochaid Come along and participate in a very gentle seated yoga relaxation session	2pm – 3pm
Tuesday 16 September	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 17 September	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
Thursday 18 September	Reminiscence at An Drochaid Come and join us as we look back at favourite things from our past	2pm – 3pm
Tuesday 23 September	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 24 September	Dementia Advisor Drop In at Caol Youth Café Drop in and meet our Dementia Advisor for information and support. <i>Contact Lesley Hellon for more information.</i>	12pm – 1.30pm
Wednesday 24 September	Singalong with David at Caol Youth Café David will be singing songs with a focus on ladies this month	2pm – 3pm
Thursday 25 September	D Caff at Ballachulish Village Hall Come along and join us as we look back at old Ballachulish	2pm – 3.30pm
Tuesday 30 September	Wild and Woolly at Caol Library followed by Storytelling. Bring along your own woolly project or join in with the group	3pm – 4.30pm
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		
Tues 2 September	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12pm
Wed 3 September	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 for more information.</i>	11.00am – 12noon
Friday 5 September	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
Wed 10 September	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 12 September	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
Mon 15 September	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
Mon 15 September	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
Tues 16 September	Young Onset Group Support group for anyone with a young onset dementia. <i>Contact Lesley for more information.</i>	11am – 12pm
Wed 17 September	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 19 September	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 22 September	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 24 September	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 24 September	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 26 September	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
Tues 30 September	Young Onset Group <i>Online and also at Inverness Brain Health & Dementia Resource Centre, 2 Strothers Lane, Inverness, IV51 1LR or online.</i> Join us at the DRC for chat, support and bacon butties. (cost £2 per person). You can join us online if you are unable to travel to Inverness. <i>Contact Lesley for more information.</i>	12pm – 1.30pm

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/tap>

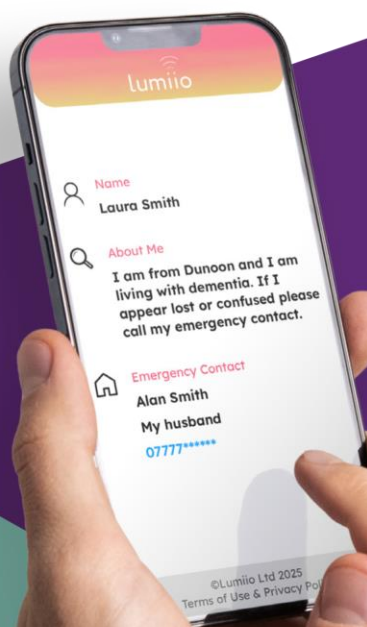


SafeConnect

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.o