

What's on Western Isles!

September 2025

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 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 transportation options available and if you would like more information about our service or any of the groups below.

- * **Ellie Donnelly (Dementia Advisor)**
- * **Angela Macleod (Dementia Advisor)**

Tel: 07500762041 **Email:** edonnelly@alzscot.org
Tel: 07584607581 **Email:** amacleod@alzscot.org

STOP THE CUTS!!

Scotland is sleepwalking into a dementia care crisis – and we must act now! Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country.



The devastating decisions to cut these services are being made behind closed doors, with no public consultation and no voice for the people most affected. Among the worst affected areas are care at home, respite and day care services, which provide lifeline support to people who are in a moderate to advanced stage of their illness.

Post diagnostic support services are also under pressure in some areas, despite a world leading commitment that every person diagnosed should receive a minimum of one year's support. These services are not optional extras. They are vital healthcare, and without them, people living with dementia are left to struggle alone. Carers are being pushed to breaking point, emotionally, physically and financially.

Every small cut adds up to the decimation of dementia services. Every local authority in Scotland has now restricted social care to only the most critical cases. Unless someone has a very high level of need, they are no longer eligible for support. This means people with dementia who need therapeutic or social support are being turned away. The bar is now set so high that many are left with no help and are forced to wait until they reach crisis point.

YOU CAN SUPPORT US BY SIGNING OUR PETITION AND ADDING YOUR VOICE TO OUR CAMPAIGN AT:
www.alzscot.org/campaign/stop-the-cuts-campaign/

THANK YOU!

In Person Group		
Monday 1 st September	<p>Carers Group Café Golf Club, Stornoway (Upstairs) Guest Speaker: Donald Morrison (Home Energy Scotland) Are you caring or supporting someone living with Dementia? Please come and join us, meet others and enjoy a cuppa in a supportive environment. For more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p> <p>Please also speak to Angela if you struggle or can't attend this group due to your caring commitments to talk through available opportunities to support you.</p>	2pm - 4pm
Tuesday 2 nd and 9 th September 16 th , 23 rd and 30 th TBC. Email or phone Angela ahead of time to confirm	<p>Health Walks Led by Angela Macleod – Stornoway Castle Grounds 30 & 60 Minute Walk Available Meet: Lews Castle, Stornoway Castle Grounds Join in with Angela, our Dementia Advisor and paths for all trained walk leader and our lovely volunteers for a health walk in nature followed by a cuppa and chat after. You can find out more about paths for all health walks at www.pathsforall.org.uk/walking-for-health/health-walks/what-is-a-health-walk. All welcome. This activity will be weather dependant on the day.</p> <p>For more information about this activity, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org.</p>	11am – 12pm
Wednesday 10 th September	<p>Bragar Drop In Café Grinneabhat, Bragar Activity: Illustrated talk from Shona from the RSPB – All Welcome. If you are a person living with dementia, or you are supporting someone living with dementia, drop in for a chat and a cuppa, for information, advice and support, and a range of activities. All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041</p>	1.30pm – 3.30pm
Wednesday 10 th September	<p>Lochs Forget Me Not Café Venue: North Lochs Hall/Creagan Cafe Come and join us for a cuppa and cake with live music from Chrisanne Macdonald and friends. *NEW* We will be rotating across three different venues in the lochs area throughout the year so please be sure to double check you have the correct venue for this month's cafe. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.</p>	2-4pm
Monday 15 th September	<p>Dementia Advisor Drop In and Information Table Uig Community Centre (Café) Are you someone who is living with dementia, or supporting someone living with dementia? Do you have memory concerns or want to know more about how to get a diagnosis of dementia? Do you want to find</p>	12.30pm – 1.30pm

	out how you can look after your Brain Health? Would you like to find out more about the charity Alzheimer Scotland, its local service covering the Western Isles or how you can get involved? Drop in for a chat for one-to-one information, advice, and support with Ellie!	
Monday 15th September	Carers Group Uig Community Centre – Green Room (Upstairs) Come along for a chat and a cuppa with other Carers supporting individuals living with Dementia with information, support, and advice available, and a range of activities. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org	2pm – 3.30pm

WE ARE IN VIST FROM MONDAY 15th TO WEDNESDAY 17th SEPTEMBER!

Monday 15th September	1-2-1 Drop in and Carers Support Sacred Heart Care Home, Daliburgh Are you a relative or carer of someone who is living with dementia in residential care? Would you like to find out more how we can help you? Angela will be available to provide you with information, advice, and support in Sacred Heart Care Home! Please feel free to contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	2pm – 4pm
Tuesday 16th September	Drop in with Angela Macleod (Dementia Advisor) An Caladh, Benbecula Are you someone who is living with dementia, or supporting someone living with dementia? Do you have memory concerns or want to know more about how to get a diagnosis of dementia? Do you want to find out how you can look after your Brain Health? Would you like to find out more how we can help you or how you can get involved? Drop in for a chat for one-to-one information, advice, and support with Angela or reach out to her before hand and arrange a home visit by emailing amacleod@alzscot.org or phoning her on 07584607581	9:30am – 12.30pm
Tuesday 16th September	Forget Me Not Café An Caladh, Benbecula Come and join us for a cuppa and cake with live music from local musicians. Open to all to join! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	2pm – 4pm
Wednesday 17th September	1-2-1 Appointments and Home Visits Available with Angela Macleod (Dementia Advisor) Are you someone who is living with dementia, or supporting someone living with dementia? Do you have memory concerns or want to know more about how to get a diagnosis of dementia? Would you like to find out more how we can help you or how you can get involved?? Drop in for a chat for one-to-one information, advice, and support with Angela or reach out to her beforehand and arrange a home visit by emailing amacleod@alzscot.org or phoning her on 07584607581	9.30am – 11.30am

Wednesday 17th September	1-2-1 Drop in and Carers Support with Angela MacLeod (Dementia Advisor) Trianaid Care Home Are you a relative or carer of someone who is living with dementia in residential care? Would you like to find out more how we can help you? Angela will be available to provide you with information, advice, and support in Trianaid Care Home! Please feel free to contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	1pm – 3pm
Tuesday 16th, 23rd and 30th September	Gentle Movement and Relaxation Sessions Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway In partnership and led by Louise from Stress Monkey, join us for some gentle movement and relaxation techniques to help reduce stress and tension. Free to Attend. Bring a mat or blanket. All Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	5pm - 6pm
Wednesday 17th September	Tolsta Monthly Café Tigh Ceilidh, North Tolsta Activity: Illustrated talk from Shona from the RSPB – All Welcome. Please join us for a cuppa, chat and an activity! All welcome. For more information please contact edonnelly@alzscot.org or phone Ellie on 07500762041.	1.30pm – 3.30pm
Tuesday 18th and 25th September	Healing Through Movement: Navigating Grief Together Alzheimer Scotland, Taigh Shipoirt, Sinclair Avenue, Stornoway Join us for a free gentle movement class designed to support those affected by grief through the combination of gentle movement, breath work and guided mindfulness. Bring a mat or blanket. This is a new 4-week block starting Thursday 23 rd January. For more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org .	5pm – 6pm
Wednesday 24th September	Point Forget Me Not Café (Kindly funded by Point and Sandwick Trust) Ionad Stoodie, Point Come and join us for a cuppa and cake with live music from Chrisanne Macdonald and Friends. Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org for more information.	2pm – 4pm
Express Interest		
Flexible Dates Available	Carers Education Sessions 4 Week Blocks - Can be delivered In person and Online. Are you caring for someone living with dementia? Would you be interested in learning more about Dementia including supporting meaningful activities and routines, tips for good communication, encouraging good sleep hygiene etc. Our carer education sessions are a new 4 week block we are looking to deliver across the Western Isles	1 hour sessions per week approx.

	where we cover all of the above and more. To express your interest and for more information, please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org .	
Flexible Dates Available	<p>You Me And Grief 6 Week Blocks - Can be delivered In person and Online. Minimum 4 – 6 to run blocks.</p> <p>You, Me & Grief is a 6-session programme for carers bereaved of someone with Dementia. The programme will offer support and professional advice alongside peer support and community connections. This programme has been developed alongside carers with lived experience and will be delivered online. To express your interest and for more information, please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>	1 hour sessions per week approx.
Flexible Dates Available	<p>Dementia Friends Sessions</p> <p>Dementia Friends Scotland is an Alzheimer Scotland initiative to raise awareness of dementia and reduce stigma! These sessions help you to gain a better understanding of dementia and the things you can do to help people living with dementia be a valued part of their local community. It is not an accreditation, or a befriending service and Dementia Friends are not asked to visit people living with dementia. These Sessions are FREE and open to Anyone, Any Groups, Businesses, Organisations and High School Groups to take part in. To express your interest and for more information, please contact westernisles@alzscot.org or call us on 01851 70 2123.</p>	1 hour approx.
Flexible Dates Available	<p>STARS – My Amazing Brain (8 – 12 year olds)</p> <p>There are as many connections between brain cells as stars in the galaxy. Using animations and activities, children imagine their brain as being full of stars and learn what healthy habits will keep their stars shining. This is a unique programme co-designed with parents, teachers and people with lived experience of dementia which incorporates the use of animations and activities to help guide children to imagine their brain as being full of stars and teach them what healthy habits will keep their stars shining. We encourage Schools and Teachers within the Western Isles to reach out to us to express interest by emailing westernisles@alzscot.org or call us on 01851 70 2123.</p>	From 15 minute assembly to 90 minute classroom based session available.
With Demand	<p>Gaelic for Care Project – Group Sessions</p> <p>Would you like to brush up on your Gaelic speaking skills and learn key phrases to support caring for someone like:</p> <p>*Ciamar a tha sibh? – How are you? *A bheil sibh ag iarraidh cupan teatha? – Would you like a cup of tea? *A bheil sibh a'faireachdainn pian sam bith? – Do you have any pain?</p> <p>We're working with Hannah Gillies from CNES Adult Learning and Literacy team to offer group sessions to support and encourage more Gaelic speaking. To express your interest and for more information, please contact westernisles@alzscot.org or call us on 01851 70 2123.</p>	30mins – 1 hour approx. sessions

Online Groups

Can't make it to a group in person or want to join online instead?

We offer a range of online groups delivered by our local team in the Western Isles and from our colleagues across Scotland as well as other partner organisations. Please contact the person listed below in the activity description and they will send you the link to join.

Why not check out **Alzheimer Scotland Virtual Resource Centre (VRC)** which is an online space where all people across Scotland can access groups, activities, and information sessions all from the comfort of their own homes. Below we have included some of the groups being delivered through the VRC this month.

Find out more and see the latest VRC Whats on Guide at

www.alzscot.org/virtual-resource-centre-0

Every Tuesday	Online Worship with Rev. Roddy John Online via Microsoft Teams All Welcome, please contact Catriona MacRitchie, Commissioned Service Lead on 07824561305 or cmacritchie@alzscot.org if you would be interested in joining and for the team's links.	10.15am – 10.30am
Every Friday	Online Ceilidh Online via Microsoft Teams Organised by our colleagues in West Highland, Join in 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! Please contact Angela Macleod, Dementia Advisor on 07584607581 or amacleod@alzscot.org if you would be interested in joining and for the team's link.	11am
Wednesday 17th September	Digital Doggie Bingo Online via Microsoft Teams Join us online and meet Luka, our dementia doggie volunteer, for a digital game of doggie bingo! Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you would be interested in joining and for the team's links and to confirm this month's date.	3pm – 3.30pm
Wednesday 3rd September Virtual Resource Centre	Carers Evening Join this friendly informal group for carers to meet others who are caring for someone living with dementia. A chance to share experiences and information to develop coping strategies. Email craby@alzscot.org to access	7pm – 8pm
Thursday 25th September	Digital Musical Memories – Harris Online via Zoom Join us online for a singalong in English and Gaelic and for good chat and fun! Please contact Peggy Mackay (Western Isles Community Care Forum) on 07500762041 or by email: info@wiccf.co.uk for the Zoom link and/or more information. Alternatively, Please contact edonnelly@alzscot.org or phone Ellie Donnelly on 07500762041 if you	3pm – 4pm

would be interested in joining and for the Zoom link and to confirm this month's date.

SOLAS Registered Day Service

**By Referral Only:
Open Mon,
Tues, Wed & Fri**

We are very proud at Solas day centre to provide a place for people with dementia to feel safe, relaxed and supported, as well as a place to have fun. It provides invaluable peer-support, a chance to socialise with others, as well as providing opportunity to engage and take part in a variety of therapeutic activities, generating lots of fun and laughter. If you, or anyone you know, has been diagnosed with dementia and would be interested in coming along to our day centre, get in touch with one of the team on the details below for more information including arranging a taster session or email westernisles@alzscot.org.


Maureen Macleod
Daycare Organiser
Tel: 01851 706767
mmacleod@alzscot.org

Christine Macleod
Daycare Organiser
Tel: 01851 70676
christinemacleod@alzscot.org



Other Partner Organisation Events Across the Western Isles

Every 3 rd Monday of the Month	Seann Eolaich Bowling Club, Stornoway Were you an unpaid carer who sadly lost a loved one or have they gone into care? Come along for a cuppa and meet others in a similar position in a supportive space. For More Information, please contact Alison on 07728598855 or email seanneolaich@gmail.com	2pm – 4pm
Most Tuesdays	Western Isles Meeting Centre – Social Club Faillte Centre, Stornoway Arts, Crafts, Gathering and Conversation. For more information contact Karen or Ron on 01851 810 789 or 07884268192	2pm – 4pm
Next Meeting Wednesday 10 th September	Eolas Carers Group - Western Isles Community Care Forum Woodlands, Stornoway Castle Grounds Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588	10.30am – 12pm

<p>Next Meeting Thursday 4th September</p>	<p>Eolas Carers Group - Western Isles Community Care Forum 2.30pm – 4pm Harris Hotel, Tarbert Eolas is a carers group set up to give carers an opportunity to meet socially over afternoon tea. Carers of all ages welcome to attend. Please contact the Western Isles Community Care Forum for more information on 01859 502 588</p>
Other News	
<p>*NEW*</p>	<p>Launch of Safe Connect <i>Tap me on your phone to get me home!</i></p> <p>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.</p> <p>Alzheimer Scotland is now distributing free fob set-up packs across Scotland for anyone living with a diagnosis of dementia.</p> <p>For more information, or to request a SafeConnect for yourself or someone you care for please contact one of our local dementia advisors at westernisles@alzscot.org or 01851 702123</p>
<p>Friday 19th September</p> 	<p>National Playlist for Life Day – The Soundtrack of your life! September is the opportunity to discuss Personally Meaningful Music with family members and friends, to capture the special music choices and the Life Stories that go with them. These can be gathered on the Playlist for Life website, as part of everyone’s Life Story, as a fun and invaluable resource for using now, and for the future, which can be updated at any time. You can make individual, Family, Group and Social Club Playlists. https://www.playlistforlife.org.uk/</p> <p>For information and support on how to make and store a Playlist contact:- WesternIsles@alzscot.org Tel:- 01851 702123</p>
<p>Returns Thursday 2nd October</p> <p>2.30pm to 3.30pm</p>	<p>“Sounds Familiar” Community Singing Group Stornoway High Church. Matheson Road Let’s sing songs of old, experience a little nostalgia and support everyone to rekindle musical memories. Everyone Welcome. For more information please contact Ellie Donnelly, Dementia Advisor on 07500762041 or email edonnelly@alzscot.org.</p>
<p>*Fundraiser*</p>	<p>Mary Anne and Jimmy take on the Kilt Walk for Alzheimer Scotland. <i>Edinburgh – 14th September</i> Beginning at Holyrood Park and finishing at Murray Field Stadium, Mary Anne and Jimmy will be walking 20 miles, taking on the Mighty Stride Challenge! Every step they take raising vital funds and awareness for Alzheimer Scotland’s local service here in the Western Isles and research. You can support Mary Anne and Jimmy by following this link to their just giving page: www.justgiving.com/fundraising/maryannwatson-672f9edc82a65e6fcd9ae3</p> <p>Along with their family, they are also holding a raffle with some mighty big prizes up for grabs from local businesses including:</p> <p><i>£25 Butcher Voucher – W J MacDonald</i> <i>Handbag – Harris Tweed & Knitwear (Tarbert)</i></p>

M.O.T - Angus (Clinton (Motors) Ltd
£30 Fisherman Co-op Voucher

.....And more!

Raffle Tickets are £1 a strip and available from your local DRC at Taigh Shipoirt, Sinclair Avenue Stornoway from Monday 4th August.

Draw will take place on Saturday 13th September 2025!

Alzheimer Scotland Local Information and Contact Address:

Taigh Shipoirt, Sinclair Avenue, Stornoway, HS12AP

Telephone: 01851 70 2123

Email: WesternIsles@alzscot.org



Office and Dementia Resource Centre Open: Monday to Friday 10am – 4pm

Catriona MacRitchie

Commissioned Service Lead

Tel: 07824 561305

cmacritchie@alzscot.org

Ellie Donnelly

Dementia Advisor

Tel: 07500762041

edonnelly@alzscot.org

Angela Macleod

Dementia Advisor

Tel: 07584607581

amacleod@alzscot.org

You can also find out more information at our website on www.alzscot.org or contact our free 24/7 Dementia helpline (see image below for details)



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 donate, please head to our website at www.alzscot.org or pop into your local office.