

What's on

September 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.

Inverness – Brain Health & Dementia Resource Centre,
Strothers Lane

Monday 1 September	<p>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. This week welcome a member of the NHS Continence team to discuss their services. <i>For more information please contact Kerry on 07717 527635</i></p> <p>Reminiscence Group A look back on photos, events, music and more. <i>For more information please contact Nina on 01463 711707</i></p>	<p>2pm-3pm</p> <p>2pm-3pm</p>
Monday 1 September	<p>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></p>	<p>2pm-3.30pm</p>
Tuesday 2 September	<p>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>*If brand new to the class, please arrive 15 minutes early.</i> <i>For more information please contact Nina on 01463 711707.</i></p>	<p>11am-11:45am</p>

Tuesday 2 September	Your "Brain Health Chat" – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u><i>Booking required – please contact Nina on 01463 711710</i></u> <u><i>NSemple@alzscot.org</i></u>	1.30pm– 3pm
Thursday 4 September	Partnerships for Wellbeing (P4W) Health/Wellness Walk Community Location UHI Campus, Thursdays 12pm–1pm Meet: UHI Café Area from 11:15am for a drink and chat Parking: Free Join P4W for a gentle, friendly walk led by trained volunteers. These weekly walks provide a safe, welcoming environment for older people, including those living with health conditions such as dementia or experiencing isolation. Walks last around an hour and follow easy paths with regular opportunities to rest. We kindly ask that a supporter accompanies anyone living with dementia or with a visual impairment, particularly for the first few walks. This helps the walk leaders get to know you and ensures the safety of the whole group. Contact: Jayne Preece – jayne@p4w.org.uk / 07824 689235	11:15 drink & chat 12pm– 1pm (walk)
Friday 5 September	Dementia Advisor Drop-in <i>Inverness Brain Health and Dementia Resource Centre</i> Pop in for advice or support from Kerry, Dementia Advisor. <i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	10am– 12pm
Friday 5 September	Your "Brain Health Chat" – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u><i>Booking required – please contact Nina on 01463 711710</i></u> <u><i>NSemple@alzscot.org</i></u>	1.30pm– 3.30pm
Monday 8 September	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, Giant Jenga and Indoor Curling – please feel free to bring along your own too to add to the fun! <i>Contact Nina on 01463 711710</i> NSemple@alzscot.org	11am– 12pm
Monday 8 September	"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. <u><i>Please book: contact Nina on 01463 711710 for more information</i></u> NSemple@alzscot.org	2pm– 3pm
Tuesday 9 September	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

Tuesday 9 September	Your "Brain Health Chat" – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u>Booking required</u> – please contact Nina on 01463 711710 <u>NSemple@alzscot.org</u>	2pm– 3.30pm
Wednesday 10 September	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>	2–3pm
Thursday 11 September	Partnerships for Wellbeing (P4W) Health/Wellness Walk Community Location: UHI Campus, Thursdays 12pm–1pm Meet: UHI Café Area from 11:15am for a drink and chat Parking: Free Join P4W for a gentle, friendly walk led by trained volunteers. These weekly walks provide a safe, welcoming environment for older people, including those living with health conditions such as dementia or experiencing isolation. Walks last around an hour and follow easy paths with regular opportunities to rest. We kindly ask that a supporter accompanies anyone living with dementia or with a visual impairment, particularly for the first few walks. This helps the walk leaders get to know you and ensures the safety of the whole group. Contact: Jayne Preece – <u>jayne@p4w.org.uk</u> / 07824 689235	11:15 drink & chat 12pm– 1pm (walk)
Friday 12 September	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 12 September	Your "Brain Health Chat" – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u>Booking required</u> – please contact Nina on 01463 711710 <u>NSemple@alzscot.org</u>	1.30pm– 3.30pm
Monday 15 September	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>	2–3pm
Monday 15 September	Reminiscence Group A look back on photos, events, music and more. <i>For more information please contact Nina on 01463 711707</i>	2–3pm
Tuesday 16 September	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. *If brand new to the class, please arrive 15 minutes early. <i>For more information please contact Nina on 01463 711707.</i>	11am– 11:45am

Tuesday 16 September	Seagull Trust Cruise Community Location* <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> Our very popular monthly afternoon on the Seagull Trust Cruise starts with live music. Join us for a boat trip along the Caledonian canal. Sailing departs 13:30. <i>*Places are limited and must be booked in advance*</i> <i>Contact Nina on 01463 711707 for more information</i>	1.30pm– 3.30pm <i>Fully Booked</i>
Wednesday 17 September	Brew and Blether with a Therapet – All Welcome <i>Inverness Brain Health & Dementia Resource Centre</i> Join us for a friendly cuppa and the chance to meet a gentle Therapet dog, provided in partnership with Canine Concern Scotland Trust. Enjoy a relaxing chat 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 18 September	Partnerships for Wellbeing (P4W) Health/Wellness Walk Community Location: <i>UHI Campus, Thursdays 12pm–1pm</i> Meet: <i>UHI Café Area from 11:15am for a drink and chat</i> Parking: <i>Free</i> Join P4W for a gentle, friendly walk led by trained volunteers. These weekly walks provide a safe, welcoming environment for older people, including those living with health conditions such as dementia or experiencing isolation. Walks last around an hour and follow easy paths with regular opportunities to rest. We kindly ask that a supporter accompanies anyone living with dementia or with a visual impairment, particularly for the first few walks. This helps the walk leaders get to know you and ensures the safety of the whole group. Contact: <i>Jayne Preece – jayne@p4w.org.uk / 07824 689235</i>	11:15 drink & chat 12pm– 1pm (walk)
Thursday 18 September	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>	2–3pm
Friday 19 September	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>	
Friday 19 September	Your “Brain Health Chat” – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <i>Booking required – please contact Nina on 01463 711710</i> <i>NSemple@alzscot.org</i>	1.30pm– 3.30pm

Tuesday 23 September	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>	12:30– 1.30pm
Tuesday 23 September	Dementia Advisor Drop-in <i>Inverness Brain Health and Dementia Resource Centre</i> Pop in for advice or support from Kerry, Dementia Advisor. <i>Any queries/for more information, please contact Kerry on 07717 527635 or Nina on 01463 711707</i>	2pm– 4pm
Wednesday 24 September	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, Giant Jenga and Indoor Curling – please feel free to bring along your own too to add to the fun! <i>Contact Nina on 01463 711710 NSemple@alzscot.org</i>	2–3pm
Thursday 25 September	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>	10:30am– 12pm
Thursday 25 September	Partnerships for Wellbeing (P4W) Health/Wellness Walk Community Location: UHI Campus, Thursdays 12pm–1pm Meet: UHI Café Area from 11:15am for a drink and chat Parking: Free Join P4W for a gentle, friendly walk led by trained volunteers. These weekly walks provide a safe, welcoming environment for older people, including those living with health conditions such as dementia or experiencing isolation. Walks last around an hour and follow easy paths with regular opportunities to rest. We kindly ask that a supporter accompanies anyone living with dementia or with a visual impairment, particularly for the first few walks. This helps the walk leaders get to know you and ensures the safety of the whole group. Contact: Jayne Preece – jayne@p4w.org.uk / 07824 689235	11:15 drink & chat 12pm– 1pm (walk)
Thursday 25 September	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

Friday 26 September	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 26 September	Your “Brain Health Chat” – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u><i>Booking required</i></u> – please contact Nina on 01463 711710 <u><i>NSemple@alzscot.org</i></u>	1.30– 3.30pm
Monday 29 September	Your “Brain Health Chat” – 1:1 Appointment Availability <i>Inverness Brain Health & Dementia Resource Centre</i> For Brain Health Quiz, Personal Action Plan and Follow up as appropriate. <u><i>Booking required</i></u> – please contact Nina on 01463 711710 <u><i>NSemple@alzscot.org</i></u>	1.30– 3.30pm
Monday 29 September	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
Tuesday 30 September	Highland Younger Onset Group <i>Inverness Brain Health and Dementia Resource Centre</i> 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 07825 975557 for more information</i>	11:30am– 1.30pm

Nairn

In Person Group		
Monday 1 September	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 2 September	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 3 September	Darts and Dominos <i>Nairn Community and Arts Centre, IV12 4BQ</i> A fun afternoon playing darts and dominos. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Thursday 4 September	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
Tuesday 9 September	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
Tuesday 9 September	Kettles' On Drop-in – All Welcome <i>United Reformed Church, IV12 4NB</i> Join us for a friendly and welcoming drop in cafe facilitated by Veronica. A relaxed atmosphere where you can enjoy a cuppa, a chat and an opportunity to meet others in a supportive environment. Kerry our Dementia Advisor will be there to offer advice and support, a private and confidential space can be provided. <i>Any queries/for more information, please contact Kerry on 07717 527635</i>	1.30-2.30pm
Wednesday 10 September	Action Songs <i>Nairn Community and Arts Centre, IV12 4BQ</i> Join in with the actions as we sing along to some well-known songs. <i>Contact Veronica on 07932 120684 for more information.</i>	2-3.30pm
Monday 22 September	Tea with a Pony <i>Muiryhall Equestrian, Milnorduff, IV30 8TG</i> A sensory experience with a pony followed by a cuppa. Limited numbers and must be booked through Veronica. <i>Contact Veronica on 07932 120684 for more information.</i>	1.15-2.30pm

Monday 29 September	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 30 September	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

Badenoch & Strathspey

In Person Group		
Tuesday 2 September	Get Creative with Nature *Community Location* <i>The 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 3 September	Summertime Social <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> Join us for chit-chat inspired by local goings on, sensory stimulation and your experiences of nature. <i>Contact Andy for further details</i>	11.30am-1pm
Wednesday 10 September	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! Several vehicles can accommodate 2 people which allows for those who do not wish to pedal or steer to experience the wind in their hair! <i>Contact Andy for further details</i>	11.30am-1.30pm
Friday 12 September	Carer Support Group <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> This group is for people who are caring for someone living with dementia or memory loss. We welcome a member of the NHS Podiatry team to discuss their service. <i>Contact Andy for more information</i>	11.30am-1pm
Friday 12 September	Summertime Social <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> An informal get-together with some nature-focussed activities. <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 16 September	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
Wednesday 17 September	Nourish & Natter On Tour – Rothiemurcus Highland Cattle *Community Location* *Booking required* <i>The Barn, Rothiemurcus Centre, Aviemore PH22 1QH</i> A special foodie visit to Rothiemurcus – We will pay a visit to The Barn to taste some beef as well as locally-made scones and, of course, tea and coffee. <i>Contact Andy for further details</i>	11.30am-1pm

Friday 19 September	Highland Wildlife Park *Community Location* *Booking required* <i>Highland Wildlife Park, Kincaig, Kingussie PH21 1NL</i> We will meet at the Highland Wildlife Park Learning Hub for great animal related activities with Kirsten. <i>Contact Andy for further details</i>	11.30am-1pm
Tuesday 23 September	Willow Craft <i>Outdoor Dementia Resource Centre, Badaguish Outdoor Centre, Glenmore, Aviemore, PH22 1AD</i> *Booking required* It's amazing what you can do with willow! Our resident expert Tim is on hand to guide the group in various willow endeavours. We are limiting spaces for this session to ensure an enjoyable and safe experience for those in attendance so please contact Andy to book places. <i>Contact Andy for further details</i>	11.30am-1pm
Friday 26 September	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 26 September	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

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-0), 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 5, 12, 19, 26 September	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 10, 17, 24 September	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 3 September	Doggie Bingo Join us for a fun game of bingo with a lovely dog choosing the numbers. <i>Contact Eleanor</i>	11am– 12pm
Tuesday 2, 16 September	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
Monday 22 September	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 September	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
Wednesday 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. 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>

