

# What's on, Shetland

## July 2024



Partially funded by



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.

We are also here for you with a warm drink, food and company, please see below for more details. If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. Contact:

**Dementia Advisor:** Alanda Anderson 01595 720344/07760177049 [aanderson@alzscot.org](mailto:aanderson@alzscot.org)

**Commissioned Service Lead:** Catriona MacRitchie 07824561305/[cmacritchie@alzscot.org](mailto:cmacritchie@alzscot.org)

The National Dementia Advisor Service provides a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia. Our National Dementia Advisor Service complements our existing National Support Services such as our 24-hour Freephone Dementia

Helpline and our National Counselling Service.

**Lines open: Monday – Friday, 9am – 5pm**

**To speak to one of our Dementia advisors:**

**Call us on: 0300 373 5774 (Charged at a local call rate)**

**Email us at: [NDAS@alzscot.org](mailto:NDAS@alzscot.org)**

In Person Group		
Wednesday's 3 <sup>rd</sup> & 17 <sup>th</sup>	<b>Museum socials</b> Shetland Museum visit, explore heritage themes with tea/coffee. Hays Dock, Lerwick	14.00 – 15.30
Wednesday's 10 <sup>th</sup> & 24 <sup>th</sup>	<b>DRC Drop-in</b> DRC, 66 Burgh Road, Lerwick	14.00 – 15.00
Thursday's - 4 <sup>th</sup> 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	<b>Grief group</b> Come have a cuppa and an informal chat, DRC, 66 Burgh Road, Lk.	11.45– 13.00
Thursday's - 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	<b>TLC talks – Carers Group</b> DRC, 66 Burgh Road, Lerwick	13.00 – 14.30
Thursday's - 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	<b>DRC Drop-in</b> DRC, 66 Burgh Road, Lerwick	14.30 – 15.30
Friday's - 12 <sup>th</sup> , 19 <sup>th</sup> & 26 <sup>th</sup>	<b>Shanty Sing Along, good fun and chat with Soup, a cuppa &amp; fancies</b> Staney Hill Hall, Ladies Drive, Lerwick	13.30 – 15.30

## Dementia Inclusive Activities and Events in Shetland

<b>Living Well Hub</b>	<p>Do you have a question about services in Shetland and how you can access them? Drop in for a cuppa and a chat with Rita and Theresa at: Scalloway Youth Centre on a Wednesday morning from 9.00 – 13.00</p> <p>Speldiburn Café, Bressay School on a Wednesday afternoon from 14.00 – 16.00</p> <p>Brae Youth Centre on a Monday morning from 10.00 – 14.00 or on a Friday from 10.00 – 16.00 Call 01595 744120 <a href="mailto:livingwellhub@shetland.gov.uk">livingwellhub@shetland.gov.uk</a></p>
<b>Life after Loss 5<sup>th</sup> &amp; 19<sup>th</sup></b>	An informal support group drop in from 15.00 – 16.00 Brae Youth Centre
<b>The Well</b>	<p>Worship Experience for Later Life 14.00 - 15.00 Held the first Wednesday of each month at Lerwick Methodist Church, Hillhead, Lerwick</p>
<b>Cuppa at Quoys</b>	<p>Enjoy some cake and a cuppa every Tuesday morning at 10.00 - 12.00 Lerwick Baptist Church, Quoys, Lerwick</p>
<b>Paths for All Health Walks</b>	<p>Dementia Friendly Walk Leaders organise weekly walks in different locations across Shetland For more information about your local group contact Krissi Sandison: 01595 807494 / 07824477225</p>
<b>Shetland Befriending Tea &amp; Cake - 12<sup>th</sup></b>	<p>Social get together, come chat and make new friends, 14.30 – 16.00 The macular society's Claire &amp; Peter will be there too Islesburgh community centre King Harald street, Lerwick</p>
<b>Yarners Group</b>	<p>Thursday afternoon reminiscence sessions (Cuppa &amp; Chat) 14.30 - 16.00 Hoswick Visitor Centre, Sandwick * Please check details with the centre on 01950 431406 before you set off.</p>

### For further information about any of our groups please contact us:

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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/>

