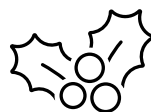


# What's on, Shetland

## December 2024



Partially funded by  
 Shetland Charitable Trust



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. Contact:

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

**Community Activities Organiser:** Linda Hughson 01595720343/07795256424/ [lhughson@alzscot.org](mailto:lhughson@alzscot.org)



**THE DRC IS CLOSED FROM THE 25/12/24 TO 6/1/25**



In Person Group		
Wednesday's 4 <sup>th</sup> = Traditions across Shetland	Museum socials Hays Dock, Lerwick	14.00 – 15.30
	Shetland Museum visit, explore heritage themes With tea/coffee	
18 <sup>th</sup> = All-over exhibition		
Thursday's - 5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup>	Grief group DRC, 66 Burgh Road, Lk. Come have a cuppa and an informal chat	11.45 – 13.00
	TLC talks – Carers group DRC, 66 Burgh Road, Lk.	13.00 – 14.30
Thursday's – 5 <sup>th</sup> , 12 <sup>th</sup> , & 19 <sup>th</sup>	DRC Drop-in DRC, 66 Burgh Road, Lerwick	14.30 – 15.30
Friday's – 6 <sup>th</sup> , 13 <sup>th</sup> & 20 <sup>th</sup>	Shanty Sing Along Staney Hill Hall, Ladies Drive, Lerwick Good fun and chat with soup, a cuppa and fancies	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:</p> <ul style="list-style-type: none"> <li>• <b>Scalloway Youth Centre on a Wednesday morning from 9.00 – 13.00</b></li> <li>• <b>Speldiburn Café, Bressay School on a Wednesday afternoon from 14.00 – 16.00</b></li> <li>• <b>Brae Youth Centre on a Monday morning from 10.00 -14.00 or on a Friday from 10.00 – 16.00</b></li> </ul> <p><b>For more Information Call 01595 744120</b>  <a href="mailto:livingwellhub@shetland.gov.uk">livingwellhub@shetland.gov.uk</a></p>
<b>The Well</b>	<p><b>Worship Experience for Later Life</b> <span style="float: right;"><b>14.00 - 15.00</b></span></p> <p>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 <span style="float: right;"><b>10.00 - 12.00</b></span></p> <p>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</p> <p><b>For more information contact Krissi Sandison:</b>          01595 807494 / 07824477225</p>
<b>Shetland Befriending 20<sup>th</sup></b>	<p>Tea &amp; Cake - Social get together, come chat and make new friends, <b>Islesburgh community centre, King Harald street, Lerwick</b> <span style="float: right;"><b>14.30 – 16.00</b></span></p>
<b>Yarners Group</b>	<p>Thursday afternoon reminiscence sessions (Cuppa &amp; Chat) <span style="float: right;"><b>14.30 - 16.00</b></span></p> <p>Hoswick Visitor Centre, Sandwick</p> <p>Please check details with the centre on 01950 431406 before you set off.</p>

## ONLINE

### Can't make it to a group in person?

Check out Alzheimer Scotland virtual Resource centre (VRC), an online space where you can access online groups, activities and information sessions all from the comfort of your own home.

**Find out more and see the latest Virtual Resource Centre What's on Guide:**

[www.alzscot.org/virtual-resource-centre-0](http://www.alzscot.org/virtual-resource-centre-0)

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

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**Community Activity Organiser:** Linda Hughson 01595 720343/07795256424/[lhughson@alzscot.org](mailto:lhughson@alzscot.org)

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

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>

**24 HOUR**

**Dementia**  **Alzheimer Scotland**  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)