

What's on, Shetland

February 2025



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, 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

Community Activities Organiser: Linda Hughson 01595720343/07795256424/ lhughson@alzscot.org

In Person Group		
Wednesday's 5th, music & social nights, 19th, box social	Museum socials Hays Dock, Lerwick Shetland Museum visit, explore heritage themes With tea/coffee	14.00 – 15.30
Thursday's - 6th, 13th, 20th & 27th	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 – 6th, 13th, 20th & 27th	DRC Drop-in DRC, 66 Burgh Road, Lerwick	14.30 – 15.30
Friday's – 7th, 14th, 21st & 28th	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

Living Well Hub 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:

From 5th
February.

- Scalloway Youth Centre every 2nd Wednesday from 14.00 -16.00
- Speldiburn Café, Bressay School every 2nd Wednesday 09.15 – 11.15
- Brae Youth Centre on Fridays from 10.00 -16.00
- Cullivoe Hall, Yell, last Tuesday of month (school term) 12.00 – 14.00

For more Information Call 01595 744120

livingwellhub@shetland.gov.uk

The Well **Worship Experience for Later Life** **14.00 - 15.00**
Held the first Wednesday of each month at
Lerwick Methodist Church, Hillhead, Lerwick

Cuppa at Quoys Enjoy some cake and a cuppa every Tuesday morning at **10.00 - 12.00**
Lerwick Baptist Church, Quoys, Lerwick

Paths for All Health Walks Dementia Friendly Walk Leaders organise weekly walks in different locations across Shetland
For more information contact Krissi Sandison:
01595 807494 / 07824477225

Shetland Befriending Tea & Cake - Social get together, come chat and make new friends, **14.30 – 16.00**
21st February **Islesburgh community centre,**
King Harald street, Lerwick

Yarners Group Thursday afternoon reminiscence sessions (Cuppa & Chat) **14.30 - 16.00**
Hoswick Visitor Centre, Sandwick
Please check details with the centre on 01950 431406
before you set off.

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

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

Commissioned Service Lead: Catriona MacRitchie 07824561305 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