

What's on, Shetland

APRIL 2025



**Alzheimer
Scotland**
Action on Dementia

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 2 nd - ARCHIVE VISIT (town & country). 16 th - EASTER 30 th - WHALING	Museum socials Hays Dock, Lerwick Shetland Museum visit, explore heritage theme With tea/coffee	14.00 – 15.30
Thursday's - 3 rd , 10 th , 17 th & 24 th .	Grief group DRC, 66 Burgh Road, Lk. Come have a cuppa and an informal chat. Carers group DRC, 66 Burgh Road, Lk.	11.45 – 13.00 13.00 – 14.30
Thursday's – 3 rd , 10 th , 17 th & 24 th .	DRC Drop-in DRC, 66 Burgh Road, Lerwick	14.30 – 15.30
Friday's – 4 th , 11 th , 18 th & 25 th .	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

<p>Living Well Hub</p> <p>From 5th February</p>	<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"> • 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 <p>For more Information Call 01595 744120 livingwellhub@shetland.gov.uk</p>
<p>60+ Club Tuesday Afternoons</p>	<p>60+ Club various activities with tea/coffee 14.00 – 16.30 Islesburgh community centre, Lerwick Contact Diane Watt – 01595 693155 (£2 donation)</p>
<p>Paths for All Health Walks</p>	<p>Dementia Friendly Walk Leaders organise weekly walks in different locations across Shetland For more information contact Krissi Sandison: 01595 807494 / 07824477225</p>
<p>Shetland Befriending - 25th.</p>	<p>Tea & Cake - Social get together, come chat and make new friends, Islesburgh community centre, King Harald street, Lerwick 14.00 – 15.30</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

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

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

Community Activity Organiser: Linda Hughson 01595 720343/07795256424 [/lhughson@alzscot.org](mailto: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  **Alzheimer Scotland**
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org