

# What's on, Shetland

## March 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](mailto:aanderson@alzscot.org)

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

In Person Group		
<b>Wednesday's</b> <b>5th - Islesburgh</b> <b>photo club.</b>  <b>19<sup>th</sup> School</b> <b>days.</b>	<b>Museum socials</b> <b>Hays Dock, Lerwick</b>  Shetland Museum visit, explore heritage themes With tea/coffee	<b>14.00 – 15.30</b>
<b>Thursday's -</b> <b>6<sup>th</sup>, 13<sup>th</sup>,</b> <b>20<sup>th</sup> &amp; 27<sup>th</sup></b>	<b>Grief group</b> <b>DRC, 66 Burgh Road, Lk.</b> Come have a cuppa and an informal chat.	<b>11.45 – 13.00</b>
	<b>TLC talks – Carers group</b> <b>DRC, 66 Burgh Road, Lk.</b>	<b>13.00 – 14.30</b>
<b>Thursday's –</b> <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> &amp;</b> <b>27<sup>th</sup></b>	<b>DRC Drop-in</b> <b>DRC, 66 Burgh Road, Lerwick</b>	<b>14.30 – 15.30</b>
<b>Friday's –</b> <b>7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> &amp;</b> <b>28<sup>th</sup></b>	<b>Shanty Sing Along</b> <b>Staney Hill Hall, Ladies Drive, Lerwick</b> Good fun and chat with soup, a cuppa and fancies	<b>13.30 - 15.30</b>

## Dementia Inclusive Activities and Events in Shetland

<p><b>Living Well Hub</b></p> <p>From 5<sup>th</sup> 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"> <li>• Scalloway Youth Centre every 2nd Wednesday from 14.00 -16.00</li> <li>• Speldiburn Café, Bressay School every 2nd Wednesday 09.15 – 11.15</li> <li>• Brae Youth Centre on Fridays from 10.00 -16.00</li> <li>• Cullivoe Hall, Yell, last Tuesday of month (school term) 12.00 – 14.00</li> </ul> <p>For more Information Call 01595 744120  <a href="mailto:livingwellhub@shetland.gov.uk">livingwellhub@shetland.gov.uk</a></p>
<p><b>60+ Club Tuesday Afternoons</b></p>	<p><b>60+ Club</b> various activities with tea/coffee <b>14.00 – 16.30</b>  <b>Islesburgh community centre, Lerwick</b>  <b>Contact Diane Watt – 01595 693155</b> (£2 donation)</p>
<p><b>Cuppa at Quoys</b></p>	<p>Enjoy some cake and a cuppa every Tuesday morning at <b>10.00 - 12.00</b>  <b>Lerwick Baptist Church, Quoys, Lerwick</b></p>
<p><b>Paths for All Health Walks</b></p>	<p>Dementia Friendly Walk Leaders organise weekly walks in different locations across Shetland  <b>For more information contact Krissi Sandison:</b>          01595 807494 / 07824477225</p>
<p><b>Shetland Befriending -21<sup>st</sup></b></p>	<p>Tea &amp; Cake - Social get together, come chat and make new friends, <b>14.30 – 16.00</b>  <b>Islesburgh community centre,</b>  <b>King Harald street, Lerwick</b></p>
<p><b>Yarners Group</b></p>	<p>Thursday afternoon reminiscence sessions (Cuppa &amp; Chat) <b>14.30 - 16.00</b>  <b>Hoswick Visitor Centre, Sandwick</b>          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:**

**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](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 Helpline**



**Alzheimer Scotland**  
Action on Dementia

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