**For Any further information on any of our Groups please contact any of the following: Kirsten Watt CAO:** 01595 720346/ 07760177049 Kwatt@alzscot.org

**Mary Gifford Administration** 01595 720344 MGifford@alzscot.org

Covid-19 Regulations will be in place following Government Guidelines.

**What’s On**

in January-March 2022 Lerwick/ Shetland Isles

**\*\*Activities are free but booking is required\*\***

|  |  |  |
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| **Sea Shanty Sing Along (growl you may, go you must!)** |  | **Yarners Group** |
|  | **Thursday afternoons 20 January, 17 February and 17 March.****Time: 2.30 pm – 3.30 pm** |
| **Friday afternoons from January 7th Time: 2.00 pm – 3.00 pm** |
|  | A get-together to yarn, listen to stories and enjoy a cuppa and cake.Jan Brown, Dementia Advisor will be on hand for any advice and information.**Hoswick Visitors Centre.** |
| A weekly opportunity to sing sea shanties and socialise.**Scalloway Youth & Community Centre** |
| **Walk Da Rock** |  |  |
| **Tuesday 11 January (Islesburgh),****25 January (Fjara), 8 February (Islesburgh),****22 February (Fjara), 8 March (Islesburgh),** **22 March (Fjara).****Time: 2.00 pm – 3.00 pm** |  | **Big Red Book** |
|  | **Thursday 24, 31 March 7 April.****Time: 2.00 pm – 3.00 pm** |
|  | A reminiscence group inspired by the television programme ‘This Is Your Life’. Guest speakers will come along and share their memories and inspiring moments from their careers and lives.We welcome anyone to come along and share their own inspiring moments.**Mareel – Green Room: Please book via Shetland Arts Box Office: 01595 745 500** |
| Twice monthly Dementia-Friendly Walks that provide gentle exercise and social support. Each walk will start at 2pm, outside one of two locations in Lerwick. Walks last between 30 – 45 mins and we relax in a café afterwards. Dress for the weather! |
| **TLC Talks (Tender Loving Care Talks)** |  | **Curiosity Café** |
| **Thurs 13 20 27, January.****Thurs 3 10 17, February.****Time: 11.00 am – 12.00 pm** |
|  | **Thursday 24th January. Time: 2.00 pm – 3.00 pm** |
|  | A weekly online activity which will include a quiz, current news bulletins, guess the unusual item, a poem, a song and ‘On This Day’ reminiscence. |
| A weekly support group for carers to receive some TLC of their own. Talks will explore how best to maintain your own health whilst caring for a relative or a friend living with Dementia. Jan Brown will be on hand to help with practical questions and wellness practitioner, Caroline Leask will be our guest to support self-care. |
|  | **Online Carers Group** |
|  | **18 January, 15 February, 15 March, 12 April.****Time: 2.00 pm – 3.00 pm** |
| **The Mission: Creativity and Wellness Centre** |
|  | An online carers group with Dementia Advisor, Jan Brown to support anyone who cares for people living with Dementia. |