

# What's On

July - September Lerwick/  
Shetland Isles



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## Activities

### Memory Lane at Quoys

Tuesdays: 5 July, 19 July, 2 Aug, 16 Aug, 30 Aug, 13 Sep, 27 Sep  
Time: 10am-12pm

A return of our Memory Lane Cafe with the cuppas at Quoys cafe.

Home bakes, tea and coffee will be provided along with support from Dementia Advisor Jan Brown and volunteers of Alzheimer Scotland.

**Lerwick Baptist Church, Quoys Road.**

### Walk Da Rock

Tuesdays: 12 July (Fjara), 26 July (Islesburgh), 9 August (Fjara), 23 August (Islesburgh) Time: 2pm

Dementia Friendly walks that provide socialisation and gentle exercise.

After the walks there's the opportunity to share refreshments.

Walks last 45 mins maximum.

### Sea Shanty Sing Along

Fridays 15 July - 22 Sept  
Time: 2.00pm-3.00pm

An opportunity to sing sea shanties, socialise and hear a story.

### The Scalloway Youth & Community Centre

### Yarners Group

Thursdays: 28 July, 18 Aug, 29 Sept  
Time: 2.30pm-3.30pm

An opportunity to yarn, socialise and enjoy a cuppa together.

**Hoswick Visitors Centre.**

For further information on any of our groups please contact the following:  
Jan Brown Dementia Advisor: 07795 256424 [janbrown@alzscot.org](mailto:janbrown@alzscot.org)  
Mary Gifford Administration: 01595 720 344 [MGifford@alzscot.org](mailto:MGifford@alzscot.org)

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## Activities

### Online Carers Group

Every Wednesday

3pm-4pm

A carers group, from the comfort of your own home, for anyone caring for partners or parents living with Dementia through any stage of their journey.

**For any information on these carers groups please contact Dementia Advisor Jan Brown on 07795 256424**

or [Janbrown@alzscot.org](mailto:Janbrown@alzscot.org).

### TLC Talks (Tender Loving Care Talks)

Every Thursday: 7 July - 22 Sep

Time: 10.30am - 12pm

A support group for carers with Dementia Advisor Jan Brown.

This group provides carers the opportunity to connect with other carers and speak openly about the challenges they face while supporting a loved one living with Dementia, as well as advice and information from a range of different services.

**The Mission - Creativity and Wellness Centre. Harbour Street.**

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