

What's On in Oct - Dec 2022 Lerwick / Shetland Isles



**Alzheimer
Scotland**
Action on Dementia

Funded by



**Shetland
Charitable Trust**

Memory Lane Café at Quoys: Lerwick Baptist Church, Quoys Road

Fortnightly on a Tuesday 10am - 12pm
11th Oct, 25th Oct, 8th Nov, 22nd Nov
6th Dec, 20 Dec

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.

Walk da Rock: From alternating cafés in Lerwick

Fortnightly on a Tuesday 2pm - 3pm
- Dress for all weathers.

18th Oct: Islesburgh, 1st Nov: Fjara,
15th Nov: Islesburgh, 29th Nov: Fjara,
13th Dec: Islesburgh

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: The Scalloway Youth & Community Centre, Scalloway

Weekly on a Friday 2pm - 3pm
30th Sept, 14th Oct, 21st Oct, 28th Oct,
4th Nov, 11th Nov, 18th Nov, 25th Nov,
2nd Dec, 9th Dec, 16th Dec

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

Yarners Group: Hoswick Visitor Centre

Monthly on a Thursday 2.30pm - 3.30pm
27th Oct (special event 2pm), 24th Nov,
15th Dec

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

Online Carers Group

Weekly on a Wednesday 3-4pm
26th Oct, 2nd Nov, 9th Nov, 16th Nov,
23rd Nov, 30th Nov, 7th Dec, 14th Dec

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

TLC Talks (Tender Loving Care): The Mission - Creativity and Wellness Centre, Harbour Street.

Weekly on a Thursday 10.30 - 12pm
29th Sept, 13th Oct, 20th Oct, 27th Oct,
3rd Nov, 10th Nov, 17th Nov, 24th Nov, 1st Dec,
8th Dec, 15th Dec

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.

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