

What's On

January – April 2023
Shetland Isles



**Alzheimer
Scotland**
Action on Dementia

Funded by



**Shetland
Charitable Trust**

Memory Lane Café at Quoys

Lerwick Baptist Church, Quoys Road

Tuesday: 24th Jan, 7th Feb, 21st Feb, 7th March, 21st March, 4th April, 18th April.

Time: 10am – 12pm

We are partnering with 'Cuppa at Quoys' twice a month with the help of our wonderful volunteers so join us for a chat, a cuppa and delicious home bakes.

Cuppa at Quoys runs weekly and so you are always welcome!

Walk Da Rock Lerwick & Walk Scalloway

We are partnering with two health walks fortnightly on a Tuesday to keep fit and meet new friends

Walk da Rock Lerwick on Tuesday afternoon

Time: 2pm from alternate cafés in Lerwick

Tuesday: 17th Jan (Islesburgh), 31st Jan (Fjara), 14th Feb (Islesburgh), 28th Feb (Fjara), 14th March (Islesburgh), 28th March (Fjara), 11th April (Islesburgh), 25th April (Fjara).

Our gentle walks last approximately 30 minutes and we return to the starting point for refreshments. For a longer and faster weekly walk contact: Olive Macleod on 01595 807492.

Walk Scalloway on Tuesday morning

Time: 10am from Burn Beach carpark Scalloway, finish at Scalloway Youth & Community Centre for a cuppa and a chat and a relaxing stretch.

Walks last approximately 45 mins.

You can walk every week with Paths for All across Shetland: 'Soothend Walkers' meet on a Thursday afternoon at 2pm from various locations in the South Mainland contact Laura Whittall on 01950 422382.

'Next Step Yell' meet at West Sandwick Hall every second Thursday at 12pm contact Karen Hannay on 01595 745091

Drop-in Dementia Friends

Lerwick Library Information Session

Wednesday: 25th Jan, 22nd Feb, 29th March, 26th April.

Time: 10am – 12pm

Dementia Advisor Jan Brown will be available for a chat if you are worried about dementia or are interested in how to support someone living with a diagnosis.

Yarners Group

Thursday: 26th Jan at Hoswick Visitor Centre, 23rd Feb at Shetland Museum & Archive, 30th March at Easthouse Croft House, 27th April at Sumburgh Head.

Time 2.30 – 3.30pm

An opportunity to chat about Shetland heritage and share stories with a cuppa and a cake. The Yarning Group meet every Thursday at Hoswick Visitor Centre and you are welcome to join.

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Chair Yoga Scalloway Youth & Community Centre

Wednesday: 8th Feb, 8th March, 19th April.
Time: 2pm–3pm

Join Maarifa Sakkos for 30 minutes of relaxing Yoga from the comfort of your chair followed by a cuppa and a chat.

The Scalloway 60 + group meet every Wednesday afternoon and you are welcome to join them for activities. Time: 2-4pm contact Sonia Inkster on 01595 880322. The Living Well Hub run a weekly drop-in session at the centre on a Wednesday morning and have a wealth of knowledge on support services on Shetland. Time: 10am-2pm contact Teresa or Rita on 01595 744120

TLC Talks – Carer Support & Education Group

The Mission, Creativity and Wellness Centre, Harbour Street, Lerwick

Thursday: 12th Jan, 19th Jan, 26th Jan, 2nd Feb, 9th Feb, 16th Feb, 23rd Feb, 9th March, 16th March, 23rd March, 30th March, 6th April, 13th April, 20th April.

Time: 10.30am – 12pm

Join Dementia Advisor Jan Brown and guest speakers for a series of talks and discussions to support and inform families caring for loved ones living with dementia.

Carers Virtual Café

Thursday: 19th Jan, 2nd Feb, 26th Feb, 9th March, 23rd March, 6th April, 20th April.
Time: 3pm – 4.30pm

Join Dementia Adviser Jan Brown online to chat, catch-up and share useful information.

Email: janbrown@alzscot.org for a Teams link.

Shanty Sing Along – with Soup!

Scalloway Youth & Community Centre, Main Street, Scalloway

Friday: 13th Jan, 20th Jan, 27th Jan (at Mareel), 3rd Feb, 10th Feb, 17th Feb, 24th Feb, 10th March, 17th March, 24th March, 31st March, 7th April, 14th April, 21st April, 28th April.

Time: 1pm–3.30pm

An opportunity to warm up with soup and toast at 1pm then sing sea shanties at 2pm with refreshments and a story afterwards.

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

Community Activities Organiser: **01595 720346 / 07760177049**

Administration: **01595 720344**

Dementia Advisor: **01595 720343 / 07795 256424**