Activities & Events in March 2023

Shetland

**In Person Groups**

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including 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.

**We are also here for you with a warm drink,** **food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.**

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

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| **Dates & Times** | **Activity** | **Venue** | **Contact Details** |
| Thursday 9th10.30 – 12.00 | **TLC Talks****Carers Group** | **The Mission** **Harbour Street****Lerwick** | Jan Brown07795256424 |
| Friday 10th13.00 – 15.30 | **Shanty Sing-Along****Dementia Friendly singing****Soup is served at 1pm!** | **Scalloway Youth & Community Centre****Main Street Scalloway** | Jan Brown07795256424 |
| Tuesday 14th10.00 – 11.30 | **Walk Scalloway with Paths for All** | **Burns Car Park****Main Street****Scalloway****Return to SYCC** | Jan Brown07795256424 |
| Wednesday 15th10.00- 12.00 | **Drop-in at Living Well Hub** | **Scalloway Youth & Community Centre****Main Street Scalloway** | Jan Brown07795256424 |
| Thursday 16th10.30 – 12.00 | **TLC Talks****Carers Group** | **The Mission** **Harbour Street****Lerwick** | Jan Brown07795256424 |
| Friday 17th13.00 – 15.00 | **Shanty Sing-Along****Dementia Friendly singing****Soup is served at 1pm!** | **Scalloway Youth & Community Centre****Main Street** **Scalloway** | Jan Brown 07795256424  |
| Tuesday 21st10.00 – 12.00 | **Memory Lane Café** | **Lerwick Baptist Church Quoys Road** | Jan Brown07795256424 |
| Thursday 23rd10.30 – 12.00 | **TLC Talks****Carers Group** | **The Mission** **Harbour Street****Lerwick** | Jan Brown07795256424 |
| Friday 24th 13.00 – 15.30 | **Shanty Sing-Along****Dementia Friendly singing****Soup is served at 1pm!** | **Scalloway Youth & Community Centre****Main Street** **Scalloway** | Jan Brown 07795256424  |
| Tuesday 28th10.00 – 12.00 | **Walk Scalloway with Paths for All** | **Burns Car Park****Main Street****Scalloway****Return to SYCC** | Jan Brown 07795256424  |
| Wednesday 29th10.00 – 12.00 | **Drop-in Dementia Friends****Q&A with Dementia Advisor Jan Brown** | **Shetland Library****Hillhead****Lerwick** | Jan Brown07795256424 |
| Thursday 30th10.30 – 12.00 | **TLC Talks****Carers Group** | **The Mission** **Harbour Street****Lerwick** | Jan Brown07795256424 |
| Thursday 30th14.30- 16.00 | **Yarners Group****HistoryTrip** | **Easthouse** **Croft House****Burra****Shetland** | Jan Brown07795256424 |
| Friday 30th 13.00 – 15.30 | **Shanty Sing-Along****Dementia Friendly singing****Soup is served at 1pm!** | **Scalloway Youth & Community Centre****Main Street** **Scalloway** | Jan Brown 07795256424  |

**Online Groups**

**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.**

[**https://www.justgiving.com/fundrasing/AlzheimerScotlandShetland**](https://www.justgiving.com/fundrasing/AlzheimerScotlandShetland)

**Or by putting money in our donation tins when you attend any of our groups.**

**For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.**

**Please contact the person listed below the activity and they will send you the link to join.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** |  **Thursday** | **Friday** |
|  |  | **1st** | **2nd** | **3rd** |
|  |  |  |  |  |
| **6th** | **7th** | **8th** | **9th** | **10th** |
|  |  |  | **15.00 -16.30****Carers Virtual Café****Contact** **07795 256424** |  |
| **13th** | **14th** | **15th** | **16th** | **17th** |
|  |  |  |  |  |
| **20th** | **21st** | **22nd** | **23rd** | **24th** |
|  |  |  | **15.00 -16.30****Carers Virtual Café****Contact** **07795 256424** |  |
| **27th** | **28th** |  |  |  |
|  |  |  |  |  |

Please note that if there is an in-person group that you would like to attend but are unable to get to, please get in touch and we may be able to offer the chance to join it online. Similarly, if there is an online group you would like to join but you are unable to get online, we may be able to link you into the group from the Dementia Resource Centre.

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no, SC022315****

