

What's On

May - Shetland Isles



**Alzheimer
Scotland**
Action on Dementia

Partially funded by
 **Shetland
Charitable Trust**

Memory Lane Café at Quoys Lerwick Baptist Church, Quoys Road

2nd May, 16th May 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 Scalloway

9th & 23rd May

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

17th May 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 Hoswick Visitor Centre

25th May 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.

TLC Talks - Carer Support & Education Group

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

4th, 11th, 18th & 25th May 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.

Shanty Sing Along - with Soup! Scalloway Youth & Community Centre, Main Street, Scalloway

5th, 12th, 19th & 26th May 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:

Administration: **01595 720344**

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