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 contact details are below. Please note our TLC Talks Carer Group is for carers only.

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| In Person Group | | |
| Thursday 1st June | TLC talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 10.30 – 12.00 |
| Friday 2nd June | Shanty Sing Along with Soup!  Scalloway Youth and Community Centre,  Main Street  Scalloway | 13.00 - 15.30 |
| Thursday 8th June | TLC talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 10.30 - 12.00 |
| Friday 9th June | TLC talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 13.00 - 15.30 |
| Tuesday 13th June | Memory Lane Café  Lerwick Baptist Church  Quoys Road | 10.00 – 12.00 |
| Wednesday 14th June | Dementia Advisor Drop-in at Shetland Library  Hillhead  Lerwick | 10.00 – 12.00 |
| Thursday 15th June | TLC Talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 10.30 - 12.00 |
| Thursday 22nd June | TLC Talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 10.30 - 12.00 |
| Thursday 22nd June | Yarners Group  Hoswick Visitor Centre  Sandwick  \*Please check with venue before attending as visiting Cruise Liners can cause a venue change - 01950 431406 | 14.30 - 15.30 |
| Tuesday 27th June | Memory Lane Café  Lerwick Baptist Church  Quoys Road | 10.00 – 12.00 |
| Wednesday 28th June | Dementia Advisor Drop-In  Living Well Hub  Scalloway Youth and Community Centre  Main Street  Scalloway | 10.00 – 12.00 |
| Thursday 29th June | TLC Talks – Carer Group  The Mission Creativity and Wellness Centre  Harbour Street  Lerwick | 10.30 – 12.00 |
| Friday 30th June | Shanty Sing Along with Soup!  Scalloway Youth and Community Centre  Main Street  Scalloway | 13.00 – 15.30 |

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

Dementia Advisor: Jan Brown 01595 720343/07795256424

Localities Lead: Catriona MacRitchie 01851 307467/07824561305

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Description automatically generatedOur 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. To make a donation, please consider donating to our local Just Giving page https://www.justgiving.com/fundraising/