

What's on – August 2023 – Lerwick Shetland



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 and company. We will be providing more coffee catch ups or just pop in for a warm drink on a Wednesday and a Thursday from 13.00 – 15.00. 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.

In Person Group		
Wednesday 16 th August	DA Drop-in Dementia Resource Centre 66 Burgh Road Lerwick	13.00 – 15.00
Thursday 17 th August	TLC talks – Carer Group Dementia Resource Centre 66 Burgh Road Lerwick	10.30 – 12.00
Friday 18 th August	Shanty Sing Along with Soup! Scalloway Youth & Community Centre Main Street Scalloway	13.00 - 15.30
Wednesday 23 rd August	DA Drop-in at Living Well Hub Scalloway Youth & Community Centre Main Street Scalloway	10.00 – 12.00
	DA Drop-in at Dementia Resource Centre 66 Burgh Road Lerwick	13.00 – 15.00
Thursday 24 th August	TLC talks – Carer Group Dementia Resource Centre 66 Burgh Road Lerwick	10.30- 12.00
Friday 25 th August	Shanty Sing Along with Soup! Scalloway Youth and Community Centre Main Street Scalloway	13.00 – 15.30

Wednesday 30 th August	DA Drop-in Dementia Resource Centre 66 Burgh Road Lerwick	13.00 - 15.00
Thursday 31 st August	TLC talks – Carer Group Dementia Resource Centre 66 Burgh Road Lerwick	10.30 – 12.00
More Dementia Inclusive Activities in Shetland		
Cuppa at Quoys	Enjoy cake & a cuppa every Tuesday morning 10.30 -12.00 Lerwick Baptist Church Quoys Road Lerwick	
Paths for All Health Walks	Dementia Friendly Walk Leaders organise weekly walks across Shetland For more information about your local group contact Krissi Sandison: 01595 807494 / 07824477225	Various days and times
Yarners Group	Thursday afternoon reminiscence sessions (twice monthly) Hoswick Visitor Centre Sandwick * Please check dates with the centre on 01950 431406.	14.30 – 16.00
The Well	Worship Experience for Later Life Held the first Wednesday of every month Lerwick Methodist Church Hillhead Lerwick	14.00 – 15.00
Living Well Hub	Join Rita and Theresa for support, advice and a cuppa. The Hub is at Brae Youth Centre on a Monday & Friday at Scalloway Youth & Community Centre on Wednesdays At Old Bressay School on Wednesdays Contact Rita on 01595 744120	10.00 – 14.00 09.00 – 13.00 14.00 – 16.00
Shetland Befriending Scheme	Tea & Cake at The Islesburgh Centre Lerwick – August 18 th A monthly group for adults to meet, chat and make new friends. Contact Ian Edwards on 01595 743964	14.30-16.00

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

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

24 HOUR


**Alzheimer
Scotland**
Action on Dementia

Dementia
Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org