

What's on December 2023 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, food and company, 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. Contact:

Community Activities Organiser: Alanda Anderson 01595 720344/07760177049

Dementia Advisor: Jan Brown 01595 720343/07795256424

In Person Group		
Wednesday 6th December	Dus Do Mind, reminiscence group Staney Hill hall Ladies Drive, Lerwick	14.30 – 15.30
Thursday 7 th December	TLC talks – Carer Group 66 Burgh Road, Lerwick	10.30 - 12.00
Thursday 7 th December	Gadderie group Museum visit and tea/coffee Mike McDonnell collection	14.00 - 15.30
Friday 8 th December	Shanty Sing Along with Soup! Scalloway Youth and Community Centre Main Street, Scalloway	13.30 - 15.30
Wednesday 13 th December	Dementia Advisor Drop-in 66 Burgh Road Lerwick	13.00 - 15.00
Thursday 14 th December	TLC talks – Carer Group 66 Burgh Road, Lerwick	10.30 - 12.00
Wednesday 20 th December	Dus Do Mind, reminiscence group Staney Hill hall Ladies Drive, Lerwick	14.30 – 15.30
Thursday 21 st December	TLC talks – Carer Group 66 Burgh Road, Lerwick	10.30 - 12.00

Thursday 28 th December	TLC talks – Carer Group 66 Burgh Road, Lerwick	10.30 - 12.00
Living Well Hub	Do you have a question about services in Shetland and how you can access them? Drop in for a cuppa and a chat with Rita and Theresa at: Scalloway Youth & Community Centre on a Wednesday morning from 9.00 – 13.00 DA visit 10.00 – 12.00 Speldiburn Café, Bressay School on a Wednesday afternoon from 14.00 – 16.00 Brae Youth Centre on a Monday morning from 10.00 – 14.00 or on a Friday from 10.00 – 16.00 DA visit 10.00 – 12.00 6 th & 8 th December Call 01595 744120 livingwellhub@shetland.gov.uk	
Dementia Inclusive Activities and Events in Shetland		
The Well	Worship Experience for Later Life Held the first Wednesday of each month at Lerwick Methodist Church Hillhead, Lerwick	14.00 - 15.00
Cuppa at Quoys	Enjoy some cake and a cuppa every Tuesday morning at Lerwick Baptist Church Quoys, Lerwick	10.00 - 12.00
Paths for All Health Walks	Dementia Friendly Walk Leaders organise weekly walks in different locations across Shetland. For more information about your local group contact Krissi Sandison: 01595 807494 / 07824477225	
Yarners Group	Thursday afternoon reminiscence sessions on 7 th & 14 th December (Cuppa & Chat) Hoswick Visitor Centre, Sandwick * Please check details with the centre on 01950 431406 before you set off.	14.30 - 16.00

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

Dementia Advisor: Jan Brown 01595 720343/07795256424

Community Activities Organiser Alanda Anderson 01595 720344/07760177049

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/>

Our National Dementia Advisor Service is now available:
Monday – Friday 9am – 5pm
0300 373 5774

