

What's on

March 2024 - Shetland



Partially funded by
 Shetland Charitable Trust

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

Commissioned Service Lead: Catriona MacRitchie 07824561305/cmacritchie@alzscot.org

The National Dementia Advisor Service provides a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia. Our National Dementia Advisor Service complements our existing National Support Services such as our 24-hour Freephone Dementia Helpline and our National Counselling Service.

Lines open: Monday – Friday, 9am – 5pm

To speak to one of our Dementia advisors:

Call us on: 0300 373 5774 (Charged at a local call rate)

Email us at: NDAS@alzscot.org

In Person Group		
Wednesday's 20 th March	DRC Drop in DRC, 66 Burgh Road, Lerwick	13.00 – 15.00
Wednesday's 13 th & 27 th March	Museum socials Shetland Museum visit, explore heritage themes with tea/coffee Hays Dock, Lerwick	14.00 – 15.30
Thursday's 7 th , 14 th , 21 st & 28 th March	DRC Drop-in DRC, 66 Burgh Road, Lerwick	13.00 – 15.00
Thursday 7 th March	TLC talks – Carer Group	10.30 – 12.00
Thursday's 14 th , 21 st & 28 th March	TLC talks – Carer Group DRC, 66 Burgh Road, Lerwick	13.00 – 14.30
Friday's 1 st , 8 th , 15 th , 22 nd & 29 th March	Shanty Sing Along with Soup! Staney Hill Hall, Ladies Drive, Lerwick	13.30 – 15.30

