

What's On

in April – June 2022

Lerwick/ Shetland Isles



Funded by



****All of the groups must be pre-booked****

Covid-19 Regulations will be in place following Government Guidelines and you will be contacted on the day to ensure you are well enough to attend the group.

Sea Shanty Sing Along (growl you may, go you must!)

Every Friday starting 1 April – 3 June
(except 29 April)
Time: 2.00 pm – 3.00 pm

An opportunity to sing sea shanties, socialise and hear a story.

Scalloway Youth Centre

Yarners Group

Thursdays: 21 April, 19 May, 30 June
Time: 2.30 pm – 3.30 pm

A get together to yarn, listen to stories, socialise and enjoy a cuppa and cake. Jan Brown, Dementia Advisor will be on hand for any advice and information.

Hoswick Visitors Centre

Walk Da Rock

April 5 (Islesburgh), April 19 (Fjara),
May 3 (Islesburgh), May 17 (Fjara),
May 31 (Islesburgh)
Time: 2.00 pm

Dementia friendly walks that provide socialisation, gentle exercise and support. The starting point of each walk will take place from a location in Lerwick. After the walk there's the opportunity to share refreshments. 2 pm start, walks usually last between half an hour to 45 mins.

Carers Group – South

Tuesdays: 19 April, 17 May, 21 June
Time: 10.00 am

A support group for carers living in the Southend to come along for a relaxed and informal chat with Dementia advisor Jan Brown.

Hoswick Visitors Centre

TLC Talks (Tender Loving Care Talks)

Every Thursday starting 14 April – 30 June
Time: 10.30 am – 12 pm

A support group for carers to come and share their thoughts and feelings and receive expert advice from a range of different wellbeing professionals such as counsellor Caroline Leask, VAS worker Kirsten Harcus, Alan Murdoch from Dementia Services, Women's Aid along with others.

The Mission – Creativity and Wellness Centre

Dance For Dementia!

Every Wednesday starting 27 April – 18 May
Time: 3.00 pm – 4.00 pm

A dance class suited for those living with Dementia to come along and discover their creative side. Professional Dance teacher Matthew Lawrence will support students to develop skills in dance techniques, while increasing their flexibility, strength and stamina in physical fitness. CAO Kirsten Watt will be on hand for extra support.

Mareel –The Auditorium:- This is to be booked through Shetland Box Office

What's the Story (Reading Aloud)

Every Thursday starting 26 May – 30 June
Time: 2.00 pm – 3.00 pm

In our busy lives we often find we lack the time or focus to sit and read for pleasure so join us for a relaxed hour in good company in Shetland's beautiful new library. Dementia Advisor Jan Brown and special guests will read a chapter of their favourite book and choose a poem on a specific theme. Come and travel the world with us and dive into some fantasy worlds too. Plenty of time to chat about books you have enjoyed and the power of sharing stories too.

Shetland Library

For further information on any of our groups please contact any of the following:

Kirsten Watt CAO: 01595 720346/ 07760177049 Kwatt@alzscot.org

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