

# What's On

July - September Lerwick/  
Shetland Isles



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## Activities

### Memory Lane at Quoys

Tuesdays: 5 July, 19 July, 2 Aug, 16 Aug, 30 Aug, 13 Sep, 27 Sep  
Time: 10am-12pm

A return of our Memory Lane Cafe with the cuppas at Quoys cafe.

Home bakes, tea and coffee will be provided along with support from Community Activities Organiser Kirsten Watt and volunteers of Alzheimer Scotland.

### Lerwick Baptist Church, Quoys Road.

#### Walk Da Rock

Tuesdays: 12 July (Fjara), 26 July (Islesburgh), 9 August (Fjara), 23 August (Islesburgh) Time: 2pm

Dementia Friendly walks that provide socialisation and gentle exercise.

After the walks there's the opportunity to share refreshments.

Walks last 45 mins maximum.

### Sea Shanty Sing Along

Wednesdays: 6 July-21 September  
Time: 2.30pm-3.30pm

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

### The Scalloway Boating Club

#### Green Fingers

Thursdays: 7 July- 22 September  
Time: 11am-12pm

An opportunity for some lightsome gardening and fresh air. There's the option of helping inside the polycrub or around the gardens of Annsbrae.

### Annsbrae House, Church Road.

#### Yarners Group

Thursdays: 28 July, 18 August  
Time: 2.30pm-3.30pm

An opportunity to yarn, socialise and enjoy a cuppa together.

### Hoswick Visitors Centre.

For further information on any of our groups please contact the following:  
Kirsten Watt CAO: 01595 720 346/07760177049 [kwatt@alzscot.org](mailto:kwatt@alzscot.org)  
Mary Gifford Administration: 01595 720 344 [MGifford@alzscot.org](mailto:MGifford@alzscot.org)

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### Online Carers Groups

14 July 4pm-5pm

Husbands and Wives

A carers group from the comfort of your own home for husbands and wives who are caring for partners living with Dementia through any stage of their journey.

14 July 6pm-7pm

Sons and Daughters.

An after work relaxed session to catch up on any challenges you may be facing if a parent is living with Dementia and you find yourself in a caring role and require peer support.

**For any information on these carers groups please contact Dementia Advisor Jan Brown on 07795 256424**

**or [Janbrown@alzscot.org](mailto:Janbrown@alzscot.org).**

### TLC Talks (Tender Loving Care Talks)

Every Thursday: 7 July - 22 Sep

Time: 10.30am - 12pm

A support group for carers with Dementia Advisor Jan Brown.

This group provides carers the opportunity to connect with other carers and speak openly about the challenges they face while supporting a loved one living with Dementia, as well as advice and information from a range of different services.

**The Mission - Creativity and Wellness Centre. Harbour Street.**

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