

## Activities & Events in March 2023 Shetland

### In Person Groups

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. We will be providing more coffee catch ups, or just pop in for a warm drink. 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 staff details are below.

Dates & Times	Activity	Venue	Contact Details
Thursday 9 <sup>th</sup> 10.30 – 12.00	<b>TLC Talks Carers Group</b>	<b>The Mission Harbour Street Lerwick</b>	Jan Brown 07795256424
Friday 10 <sup>th</sup> 13.00 – 15.30	<b>Shanty Sing-Along Dementia Friendly singing Soup is served at 1pm!</b>	<b>Scalloway Youth &amp; Community Centre Main Street Scalloway</b>	Jan Brown 07795256424
Tuesday 14 <sup>th</sup> 10.00 – 11.30	<b>Walk Scalloway with Paths for All</b>	<b>Burns Car Park Main Street Scalloway Return to SYCC</b>	Jan Brown 07795256424
Wednesday 15 <sup>th</sup> 10.00- 12.00	<b>Drop-in at Living Well Hub</b>	<b>Scalloway Youth &amp; Community Centre Main Street Scalloway</b>	Jan Brown 07795256424
Thursday 16 <sup>th</sup> 10.30 – 12.00	<b>TLC Talks Carers Group</b>	<b>The Mission Harbour Street Lerwick</b>	Jan Brown 07795256424

Friday 17 <sup>th</sup> 13.00 – 15.00	<b>Shanty Sing-Along Dementia Friendly singing Soup is served at 1pm!</b>	<b>Scalloway Youth &amp; Community Centre Main Street Scalloway</b>	Jan Brown 07795256424
Tuesday 21 <sup>st</sup> 10.00 – 12.00	<b>Memory Lane Café</b>	<b>Lerwick Baptist Church Quoys Road</b>	Jan Brown 07795256424
Thursday 23 <sup>rd</sup> 10.30 – 12.00	<b>TLC Talks Carers Group</b>	<b>The Mission Harbour Street Lerwick</b>	Jan Brown 07795256424
Friday 24 <sup>th</sup> 13.00 – 15.30	<b>Shanty Sing-Along Dementia Friendly singing Soup is served at 1pm!</b>	<b>Scalloway Youth &amp; Community Centre Main Street Scalloway</b>	Jan Brown 07795256424
Tuesday 28 <sup>th</sup> 10.00 – 12.00	<b>Walk Scalloway with Paths for All</b>	<b>Burns Car Park Main Street Scalloway Return to SYCC</b>	Jan Brown 07795256424
Wednesday 29 <sup>th</sup> 10.00 – 12.00	<b>Drop-in Dementia Friends Q&amp;A with Dementia Advisor Jan Brown</b>	<b>Shetland Library Hillhead Lerwick</b>	Jan Brown 07795256424
Thursday 30 <sup>th</sup> 10.30 – 12.00	<b>TLC Talks Carers Group</b>	<b>The Mission Harbour Street Lerwick</b>	Jan Brown 07795256424
Thursday 30 <sup>th</sup> 14.30- 16.00	<b>Yarners Group HistoryTrip</b>	<b>Easthouse Croft House Burra Shetland</b>	Jan Brown 07795256424
Friday 30 <sup>th</sup> 13.00 – 15.30	<b>Shanty Sing-Along Dementia Friendly singing Soup is served at 1pm!</b>	<b>Scalloway Youth &amp; Community Centre Main Street Scalloway</b>	Jan Brown 07795256424

**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.**

**<https://www.justgiving.com/fundrasing/AlzheimerScotlandShetland>**

**Or by putting money in our donation tins when you attend any of our groups.**

## Online Groups

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online. Please contact the person listed below the activity and they will send you the link to join.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
			15.00 -16.30 Carers Virtual Café Contact 07795 256424	
13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>
20 <sup>th</sup>	21 <sup>st</sup>	22 <sup>nd</sup>	23 <sup>rd</sup>	24 <sup>th</sup>
			15.00 -16.30 Carers Virtual Café Contact 07795 256424	
27 <sup>th</sup>	28 <sup>th</sup>			

Please note that if there is an in-person group that you would like to attend but are unable to get to, please get in touch and we may be able to offer the chance to join it online. Similarly, if there is an online group you would like to join but you are unable to get online, we may be able to link you into the group from the Dementia Resource Centre.