

# What's on

Partially funded by  
 Shetland  
Charitable Trust



**Alzheimer  
Scotland**  
Action on Dementia

## March 2024 - 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

Commissioned Service Kead: Catriona MacRitchie [07824561305/cmacritchie@alzscot.org](mailto:07824561305/cmacritchie@alzscot.org)

**The National Dementia helpline and National counselling service: Lines are open Monday – Friday, 9am to 5pm**

**Call us on: 0300 373 5774 (charged at local rate). Email us at : [NDAS@alzscot.org](mailto:NDAS@alzscot.org)**

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

## Dementia Inclusive Activities and Events in Shetland

<b>Living Well Hub</b>	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: Salloway Youth & Community Centre on a Wednesday morning from 9.00 – 13.00 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 Call 01595 744120 <a href="mailto:livingwellhub@shetland.gov.uk">livingwellhub@shetland.gov.uk</a>
<b>Life after Loss 1<sup>st</sup>, 15<sup>th</sup> &amp; 29<sup>th</sup> March</b>	An informal support group drop in from 15.00 – 16.00 Brae Youth Centre
<b>The Well</b>	Worship Experience for Later Life Held the first Wednesday of each month at Lerwick Methodist Church, Hillhead, Lerwick
<b>Cuppa at Quoys</b>	Enjoy some cake and a cuppa every Tuesday morning at Lerwick Baptist Church, Quoys, Lerwick
<b>Paths for All Health Walks</b>	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
<b>Yarners Group</b>	Thursday afternoon reminiscence sessions (Cuppa & Chat) Hoswick Visitor Centre, Sandwick * Please check details with the centre on 01950 431406 before you set off.

For further information about any of our groups please contact us:  
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 373 577

