

# What's on, Shetland

## May 2024



Partially funded by



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:

**Dementia Advisor:** 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

<b>Wednesday's 8<sup>th</sup>, 15<sup>th</sup> &amp; 29<sup>th</sup> May</b>	<b>DRC Drop-in</b> DRC, 66 Burgh Road, Lerwick	14.00 – 15.00
<b>Wednesday's 22<sup>nd</sup> May</b>	<b>Museum socials</b> Shetland Museum visit, explore heritage themes with tea/coffee. Hays Dock, Lerwick	14.00 – 15.30
<b>Thursday's 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> May</b>	<b>TLC talks – Carer Group</b> DRC, 66 Burgh Road, Lerwick	13.00 – 14.30
<b>Thursday's 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> May</b>	<b>DRC Drop-in</b> DRC, 66 Burgh Road, Lerwick	14.30 – 15.30
<b>Friday's 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> &amp; 24<sup>th</sup> May</b>	<b>Shanty Sing Along with Soup!</b> Staney Hill Hall, Ladies Drive, Lerwick	13.30 – 15.30

