

Spring 2019

Shetland Branch Newsletter



Welcome to our Spring Newsletter

Dementia Awareness week takes place from Monday 3rd until Sunday 9th June. This year the focus is on dementia research and local support. There are a variety of exciting activities planned for this week, watch out for our adverts in the local press.

Meet the Team

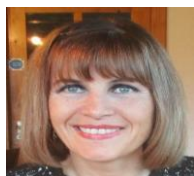
Our staff are all based at the Shetland Dementia Resource Centre in Lerwick and are always willing to answer any questions or concerns that you may have.



Ann Williamson
Dementia Advisor



Laura Whittall
Community Activities
Organiser



Kellie Naulls
Receptionist/Administrator

Achievements 2018

We had a successful year with a total of **1,613** people attending our activities. There were also **152** activities and events held last year. With **5** separate fundraisers including a Creativity and Wellbeing Spree at Mareel. There was a lot support from volunteers and time donated to help us to raise much needed funds for Alzheimer Scotland Shetland Branch. All monies

raised stay in Shetland and help us to deliver our services and activities through the isles.

Spring Activities



Memory Lane Cafes

Memory Lane Cafes are held in various parts of Shetland to help support people living with dementia or those who are socially isolated to stay connected to their community. Everyone is welcome to attend.

South Mainland

The South Mainland venue is the Overtonlea Care Centre Day Care Facility in Levenwick and is normally held on the third Friday of the month. A light lunch is available along with tea and coffee.

Friday 19th April – 11.00am-2.00pm
Friday 17th May – 11.00am-2.00pm

North Mainland

The North Mainland venue is The Moorfield Hotel in Brae and is generally on the second Monday of the month.

Monday 15th April – 10.00am-12.00pm
Monday 13th May – 10.00am-12.00pm

West Mainland

Alzheimer Scotland are guests at The Café in the Church in Walls on the last Friday of the month which is open from 11.00am-2.00pm. Home-made soup, bacon rolls and homebakes are served.

Friday 26th April – 11.00am - 2.00pm
Friday 31st May – 11.00am - 2.00pm

Lerwick

Shetland Branch, Shetland Dementia Resource Centre, Lerwick, Shetland, ZE1 0HJ

Telephone: 01595 720344

E-mail: awilliamson@alzscot.org

Website: www.alzscot.org

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The Memory Lane Café in Lerwick is held every second Thursday in the Baptist Church Hall at Quoys. This is open to everyone as are all our cafes.

Thursday 4th & 18th April – 10.00am-12.00pm
Thursday 2nd, 16th & 30th May – 10.00am-12.00pm

Dancing in the Afternoon



Dancing in the afternoon provides an opportunity to have gentle exercise and listen to well-known tunes played by local musicians Peter Hutchison, Ian Nicolson and Maurice Smith.

Venue: Edward Thomason House, Lerwick on the first Tuesday of the month

Tuesday 2nd April – 2.00pm-3.15pm
Tuesday 7th May – 2.00pm-3.15pm

When I Paint I Remember



“When I Paint I Remember” is an art session held on the first Friday of the month in partnership with the Shetland Museum & Archives. This is an opportunity to have a look at exhibitions being held in Da Gadderie and to the Learning Room to have a chat, cup of tea and have a try drawing or painting if you would like.

Friday 5th April – 2.00pm-3.30pm
Friday 3rd May – 2.00pm-3.30pm

Does Du Mind?



It is planned over the Spring and Summer that reminiscence sessions in collaboration with Shetland Museum & Archives staff will take place away from the Museum & Archives in Lerwick.

Rural museums such as Hoswick Visitors Centre in Sandwick and Taingwick Haa will be amongst the locations for sessions. Dates and times to be confirmed.

Wednesday 17th April – ‘Reminiscing Round the Kitchen Table’ Dementia Resource Centre

Knitting Group



This is an opportunity to bring your own knitting/crocheting and have a chat.

Thursday 25th April – 2.00pm-4.00pm
Thursday 30th May – 2.00pm-4.00pm

Carers Group & Positive Dementia Group

The Carers and Positive Dementia Groups provide the opportunity for carers and those living with dementia to come together, share their experiences, gain peer support and informed about new developments and services from guest speakers.

The groups meet together in the Lerwick Hotel on the last Monday of the month.

Monday 29th April – 3.00pm-4.30pm
Monday 27th May – 3.00pm-4.30pm



Musical Minds Inreach



Following consultation with staff, the therapeutic music group Musical Minds takes place at Edward Thomason (ET) House. This group is in collaboration with local Music Therapist Alice Mullay, care home staff and Community Activities Organiser Laura Whittall. Individuals access the group following referral and assessment.

After an initial six week period it was decided the group should continue on a weekly basis at ET House.

Dementia Resource Centre



Our refurbished Dementia Resource Centre which opened in April 2015 is for people living with dementia, their partners, families and friends or anyone who is seeking information, support and advice.

It is a welcoming hub for the community and we are open Monday, Tuesday and Wednesday from 10.00am – 1pm and on Thursdays from 2pm- 5pm.

There is a wide variety of up to date resources available in the Centre from written information such as leaflets and books to DVD.



Dementia Friends information sessions are an hour long, the purpose of these are to help you understand what it's like to live with dementia and the actions you can take.

A total number of 715 people of all ages throughout Shetland have undertaken the Dementia Friends training to date. Schools, local businesses and organisations have participated in this helpful training. Please get in touch if you would like to arrange a session.

Purple Alert App

Alzheimer Scotland have developed a new app for helping people with dementia and carers for when they are out and about and have lost each other / lost their way. An alert is sent to other people in the community who have this app asking them to be on the lookout.

For more information, please ask one of the Shetland team at the Shetland Dementia Resource Centre.



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Stephanie and Alison's London Marathon Fundraiser

Local women, Stephanie Bain and Alison Moar are running the London Marathon on the 28th April in memory of their loved ones who lived with dementia.

They have organized a number of fund raising events and have already reached the fund raising target.

There is a night of music and fun with Yell band Rack N Ruin in the Sandwick Social Club on Saturday 20th April.

The local branch have in collaboration with The Dowry organised a Ladies Who Lunch on Sunday 14th April. Tickets for which sold out almost immediately.

Good luck to Stephanie and Alison with the Marathon. Thank you for supporting Alzheimer Scotland Shetland branch.



Big Band Ball



The focus this year for Dementia Awareness Week is Dementia Research and Local Support.

There are a number of events planned locally and on Saturday 8th June there is a special treat in the Sound Hall – the Big Band Ball.

Come along and listen to the bands, drink prosecco and enjoy canapés prepared by our wonderful chefs.

This is a great opportunity to get dressed up and dance the night away. Everyone is welcome to join in the fun.

Proceeds from ticket sales will be donated to Alzheimer Scotland.

