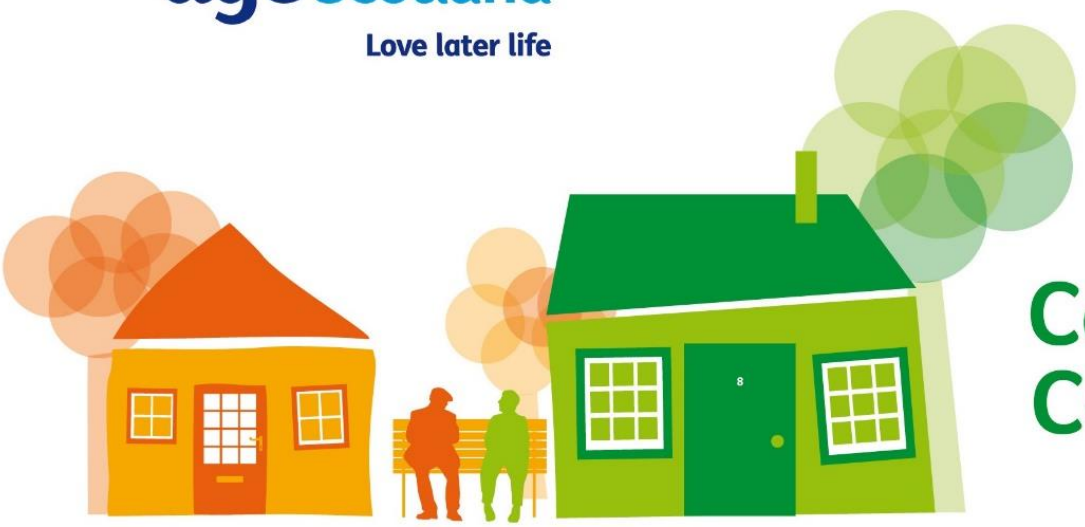
age Scotland
Love later life



Community Connecting

Shetland Befriending Scheme

The Shetland Befriending Scheme is for anyone living at home who feels isolated or who has limited social contact and support. This might be someone who has had a significant loss or change in their life. Social contact and relationships are important for good mental health, staying independent and building self-esteem and confidence. It can be difficult to learn to socialise again or meet new people after a loss or change in your life.

Based on similar interests, a person is matched with a volunteer who they will meet weekly or fortnightly. Meetings can last from an hour up to a few hours and will continue for a minimum of 6 months. The person and the volunteer can participate in various activities around Shetland together. The types of activities that you can take part in are sports activities, arts and crafts, visiting places of interest, going for coffee or lunch and many more.

For more information, please contact Mairi Jamieson on **01595 743 964** or email: mairi.jamieson@shetland.org

Connecting Communities

Your local Connecting Communities team will help you to explore your interests and start doing the things you want. This might be meeting new friends, rediscovering your interests or finding new ones or building your confidence. Their support will be tailored to your needs and will last for around three months. Staff and volunteers will join in with your activities and chat with you regularly about how you feel and what progress you're making. They'll aim to make sure you feel confident and able to keep up your activities.

For more information, please call Connecting Communities Shetland on **01595 695498** or email: connectshetland@redcross.org.uk

Voluntary Action Shetland (VAS)

VAS supports the third sector in Shetland by providing advice, information and practical services. They act as a link between people who want to volunteer, and groups that need volunteers.

Volunteering allows you to build new friendships and helps people sustain a healthier lifestyle. VAS can do all the groundwork for you and arrange introductory meetings and even accompany you to organisations where you might like to volunteer.

For more information, please contact Kathleen Williamson on **01595 743 910** or email: kathleen.williamson@shetland.org

University of the Third Age (U3A) Shetland

University of the Third Age is a unique and exciting nationwide movement which provides its members with life-enhancing and life changing opportunities. U3As are not universities in the traditional sense. There is no curriculum, no entrance qualifications, no campus and no examinations or certificates. They are self-funded informal learning co-operatives drawing on the strengths and enthusiasms of their members who share their knowledge and skills with each other. Shetland U3A are a small friendly group of about 33 members. Currently they have 7 active groups, but are keen to add more if you have any suggestions, they are: Book Group, Bridge Group, General Interest Group, Out and About Group, Lunch Group, Philosophy Group and Photography Group.

For further information, please email: shetlandu3asecretary@gmail.com

Royal Voluntary Service (RVS)

Royal Voluntary Service volunteers can assist older people looking to get help to become more independent. They can help with practical tasks, provide activities and company and even transportation to and from hospital.

They are committed to drawing older people out of isolation with their community activities. Their lunch clubs and social clubs are all run by volunteers who provide a relaxed and friendly atmosphere. They have enabled older people to meet with older friends, make new friends and even learn new skills.

For more information about what services are available in your area, please call RVS Shetland on **01595 743 914.**

Senior Leisure Clubs

Senior Leisure Clubs act as a social club for those aged 65 and over, and are offered in leisure centres across Shetland. Typical activities included swimming, playing scrabble, carpet bowls and having a good old natter. Transport is also available at some leisure centres. For more information, contact your nearest leisure centre.

Unst Senior Leisure Club

Meets every Friday during term time from 2pm - 4pm. It costs £2 per session. For more information, please call: **01595 807 701.**

Whalsay Senior Leisure Club

Meets on Tuesday's during term time from 1.30pm - 3.30pm. It costs £2 per session. For more information, please call: **01595 807 707.**

Yell Senior Leisure Club

Meets on Monday's during term time from 2pm - 4pm. It costs £2 per session. For more information, please call: **01595 807 704.**

Shetland Dementia Resource Centre

The Shetland Dementia Resource Centre is for people living with dementia their partners, families and friends and anyone who is seeking information or advice. They offer a range of support and activities for people living with dementia, their partners, families and friends to help maintain abilities, social activities, relationships and community connections.

Their Memory Lane Cafe in Lerwick offers an opportunity to meet with the Dementia Advisor, Dementia Nurse Consultant and Lead Nurse, Dementia Services in an informal relaxed atmosphere. This café is held in the Baptist Church Hall, Quoys, Lerwick, fortnightly on Thursday mornings from 10am - 12pm. Memory Lane cafes are also held in the Moorfield Hotel, Brae and in the Overtonlea Daycare Unit, Levenwick. They also organise monthly reminiscence sessions and tea dances.

For more information, please contact Ann Williamson on **01595 720 343** or email: awilliamson@alzscot.org

USEFUL NUMBERS

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If you would like further information on other opportunities available in your area, please contact the Age Scotland Helpline and a member of staff will be happy to help. The Age Scotland Helpline can be contacted on **0800 12 44 222**.

The information gathered here has been collated from community contacts, publicly available information and contacts made with agencies and individuals. Should any service wish to remove or edit the information within this document, please contact helpline@agescotland.org.uk

The Community Connecting Service aims to reduce social isolation and loneliness in Scotland, so we are always happy to receive information on services we may not be aware of. If any service providers wish to raise awareness of their services, by sharing information for inclusion in future publications, please get in touch using the contact details provided above.

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Age Scotland, part of the Age Network, is an independent charity dedicated to improving the later lives of everyone on the ageing journey, within a charitable company limited by guarantee and registered in Scotland. Registration Number 153343. Charity Number SC010100.

age Scotland helpline Information, friendship and advice 0800 12 44 222

Age Scotland Enterprises
0800 456 1137 (Edinburgh)
0800 500 3159 (Glasgow)