

# **Age & Opportunity Fayre**

**Tuesday 8<sup>th</sup> October 2019**

**Scalloway Youth & Community Centre  
3pm – 5pm and 6pm – 8pm**

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***The Fayre will be opened by  
Maggie Sandison, Chief Executive  
Shetland Islands Council***

***Organised by the Over 60's Working Group***

**Agencies attending the Age & Opportunity Fayre, Tuesday  
8<sup>th</sup> October 2019, Scalloway Youth & Community Centre  
3pm – 5pm and 6pm – 8pm**

<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>Alzheimer Scotland</b>	<b>Ann Williamson</b>	<b>01595 720343</b> <a href="mailto:awilliamson@alzscot.org">awilliamson@alzscot.org</a>
What They Offer		
Offer a variety of activities and support from the services of a dementia advisor and community activities organiser. Leaflets and information are available from the Dementia Resource Centre at 66 Burgh Road, Lerwick “Making sure nobody faces dementia alone”.		
<b>British Red Cross</b>	<b>Tam Christie</b>	<b>01595 695498</b> <a href="mailto:tchristie@redcross.org.uk">tchristie@redcross.org.uk</a>
What They Offer		
Our Connecting Communities Project which deals with loneliness can help older people who may feel alone.		
<b>Citizens Advice Bureau - CAB</b>	<b>Rosalyn Owen</b>	<b>07508 206510</b> <a href="mailto:Rosalyn.owen2@shetland.gov.uk">Rosalyn.owen2@shetland.gov.uk</a>
What They Offer		
Reducing energy costs, and understanding bills; checking getting all benefits; pensions; consumer issues; legal proceedings; making homes more energy efficient.		
<b>CLAN Cancer Support</b>	<b>Dorothy Jamieson</b>	<b>01595 697275 / 07548 218684</b> <a href="mailto:Dorothy.jamieson@clanhouse.org">Dorothy.jamieson@clanhouse.org</a>
What They Offer		
Support for anyone affected by cancer; regular groups; one to one support; complementary therapies; Children & Family services to support young people come to terms with a diagnosis and support with bereavement.		

<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>Disability Shetland</b>	<b>Stephanie Bain</b>	<b>01595 743922</b> <a href="mailto:Stephanie.bain@shetland.org">Stephanie.bain@shetland.org</a>
What They Offer		
Wednesday Social Club; North Mainland Social Club; sports clubs; yoga club for the less able – Cunningsburgh and Lerwick; accessible boat and all terrain wheelchairs.		
<b>Harper Macleod LLP Solicitors</b>	<b>Leigh Beirne</b>	<b>01595 480757</b> <a href="mailto:Leigh.beirne@harpermacleod.co.uk">Leigh.beirne@harpermacleod.co.uk</a>
What They Offer		
Provides advice on all private client matters to help individuals who are looking to put their affairs in order. This includes advising on Wills and Power of Attorney; asset protection and tax planning for the future; the creation, management and termination of trust arrangements and executory administration.		
<b>Hjaltland One Stop Shop</b>	<b>Avril Smith</b>	<b>01595 741368</b> <a href="mailto:avril@hjaltland.org">avril@hjaltland.org</a>
What They Offer		
Offers an adaptations service for small works, such as grab rails, to be fitted to privately owned homes.		
<b>Royal Voluntary Service</b>	<b>Moira Bell</b>	<b>01595 743914</b> <a href="mailto:Moira.bell@royalvoluntaryservice.org.uk">Moira.bell@royalvoluntaryservice.org.uk</a>
What They Offer		
Transport to appointments, shopping, visit friends and to social clubs; provide regular friendly social contact; help access other services; help with light housework; lunch and social clubs throughout Shetland.		

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<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>Samaritans Shetland</b>	<b>Kirsten Harcus</b>	<b>01595 840670</b> <a href="mailto:a.kharcus@btinternet.com">a.kharcus@btinternet.com</a>
What They Offer		
Provide emotional support listening service by telephone, email or SMS message; support individuals who are experiencing loneliness; signpost to other organisations.		
<b>Shetland Befriending</b>	<b>Lynn Tulloch</b>	<b>01595 743907</b> <a href="mailto:Lynn.tulloch@shetland.org">Lynn.tulloch@shetland.org</a>
What They Offer		
Befriending service – one to one support to enable older people who are applicable for the service to get support to engage in the community regularly in a purposeful way.		
<b>Shetland Carers</b>	<b>Karen Hannay</b>	<b>01595 743932</b> <a href="mailto:Karen.hanne@shetland.org">Karen.hanne@shetland.org</a>
What They Offer		
VAS Carer Support Project supports carers to access all the relevant support and information required by people carrying out an unpaid carer role.		
<b>Shetland Care Attendant Scheme</b>	<b>Karen Fraser</b>	<b>01595 743932</b> <a href="mailto:scas@shetland.org">scas@shetland.org</a>
What They Offer		
Provides regular respite relief to carers in their own homes. Trained Care Attendants are employed to go into carers' homes to look after their loved one/relative to allow them to have a break.		

<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>Shetland College</b>	<b>Alexis Jamieson</b>	<b>01595 771402</b> <a href="mailto:Alexis.jamieson@uhi.ac.uk">Alexis.jamieson@uhi.ac.uk</a>
What They Offer		
Range of iPad courses including getting started; image editing, photobooks and videos. Getting started with Android tablets; introduction to computers; sage and ECDL courses.		
<b>Shetland Community Connections</b>	<b>Helen Robinson</b>	<b>01595 745091</b> <a href="mailto:Helen.robinson2@shetland.org">Helen.robinson2@shetland.org</a>
What They Offer		
Support and advice to access, set up and manage self-directed support; support people to reconnect to their community; activity; interest with one to one support from a Connector.		
<b>SIC - Adult Learning</b>	<b>Denise Nicolson</b>	<b>01595 743884</b> <a href="mailto:Denise.nicolson@shetland.gov.uk">Denise.nicolson@shetland.gov.uk</a>
What They Offer		
Day and evening classes; week-end workshops; one to one or group sessions for literacy, numeracy and computer skills. Intergenerational projects.		
<b>SIC – Community Work</b>	<b>Roselyn Fraser</b>	<b>01595 743879</b> <a href="mailto:Roselyn.fraser@shetland.gov.uk">Roselyn.fraser@shetland.gov.uk</a>
What They Offer		
Support communities to identify and develop local solutions to local issues and to help them play a key role in local planning; working together with local services; access to information to plan, fund, manage their work effectively; help groups access external funding; work in partnership with groups and agencies to identify individuals, families or groups facing particular difficulties or disadvantage.		

<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>SIC – Community Health &amp; Social Care</b>		<b>01595 744457</b> <a href="mailto:Community.care@shetland.gov.uk">Community.care@shetland.gov.uk</a>
What They Offer		
Information and advice in relation to “future proofing” preventative services; health promotion; POA; aids and adaptations, technology skills, telehealth and telecare; social work and social care services.		
<b>SIC – Community Care Social Work</b>	<b>Theresa Wadley</b>	<b>01595 744414</b> <a href="mailto:Theresa.wadley@shetland.gov.uk">Theresa.wadley@shetland.gov.uk</a>
What They Offer		
Self-directed support services; direct payments; support on how to become an employer, what the role includes; choosing how their care is delivered whilst managing their own budget for this personal care package.		
<b>SIC – Housing Service</b>	<b>George Martin</b>	<b>01595 744371</b> <a href="mailto:George.martin@shetland.gov.uk">George.martin@shetland.gov.uk</a>
What They Offer		
Information regarding the role of Housing Officers and Inspection Officers; tenant participation opportunities; housing and support; energy efficiency; aids and adaptations; anti-social behaviour and reporting concerns.		
<b>SIC – Library Service</b>	<b>Louise Arcus</b>	<b>01595 743868</b> <a href="mailto:Louise.arcus@shetland.gov.uk">Louise.arcus@shetland.gov.uk</a>
What They Offer		
Provide books, digital services including eBooks, eAudiobooks, eMagazines all free. Home delivery service and mobile library service. Assist people to get started with their own laptop, smartphone and tablet.		

<b>Organisation</b>	<b>Contact Person</b>	<b>Contact Details</b>
<b>SIC – Occupational Therapy</b>	<b>Jesus Martinez</b>	<b>01595 744319 / 01595 745899</b> <a href="mailto:Jesus.martinez@shetland.gov.uk">Jesus.martinez@shetland.gov.uk</a>
<b>What They Offer</b>		
Help people of any age with a range of disabilities to live independently in their own homes. Giving advice, therapy, providing equipment. Adapting your home.		
<b>Voluntary Action Shetland</b>	<b>Kathleen Williamson</b>	<b>01595 743910</b> <a href="mailto:Kathleen.williamson@shetland.org">Kathleen.williamson@shetland.org</a>
<b>What They Offer</b>		
Volunteer opportunities. Benefits of volunteering; good for mental health, helps prevent isolation, promotes physical activity and offers a structured means of making a meaningful contribution in society.		
<b>YASP</b>	<b>Margaret Gear</b>	<b>01595 747074</b> <a href="mailto:Margaret@yasp.scot">Margaret@yasp.scot</a>
<b>What They Offer</b>		
Free exercise classes for those attending Scalloway 60 Plus Drop In; 50 Plus exercise class; free exercise service for people with Parkinsons; free physiotherapy and subsidised exercise classes for people with MS; Private physiotherapy.		
<b>ZetTrans / SIC Transport Planning</b>	<b>Robina Barton</b>	<b>01595 745802 / 07921 316251</b> <a href="mailto:robina.barton@shetland.gov.uk">robina.barton@shetland.gov.uk</a>
<b>What They Offer</b>		
ZetTrans is responsible for ensuring provision of public transport across Shetland. Public bus networks, feeder and shopper services. Accessible transport for individuals following assessment. Providing Blue Badges and over 60's and disabled bus passes.		

## **Extract from A Fairer Scotland for Older People Framework for Action**

Older people have told the Scottish Minister for Older People Christina McKelvie MSP they want action on the following:

### **Communities:**

- Opportunities to remain actively engaged with, and involved in, their communities
- Measures to improve community safety and reduce their vulnerability to scam callers and other kinds of elder abuse
- Concessionary travel and transport
- Activity that brings different generations together
- Adequate housing that continues to meet their needs as they age

### **Accessing Services:**

- The public services they need
- Adequate numbers of care workers in the wake of Brexit
- The health and social care services they require, including mental health
- Opportunities to influence how health and social care integration is organised and delivered

### **Financial Security:**

- Flexible employment opportunities
- Measures and initiatives that promote their financial security (including pensions, benefits, meeting funeral costs and avoiding fuel poverty)
- Support for planning for life changes
- Measures to address the issues raised by the rising retirement age and the implications it has for older people's caring responsibilities and volunteering opportunities