



ABILITY SHETLAND

SUMMER NEWSLETTER 2024

WHO ARE WE?

Ability Shetland supports the efforts of disabled people to realise their full potential in all areas of life.

In addition to providing advice and information to service users and service providers, Ability Shetland runs a variety of clubs and recreational activities throughout the year. If you are interested in any of our services or would like to support Ability Shetland as a volunteer or fundraiser, we would love to hear from you.



Hello everyone!
Welcome to Ability Shetland's Newsletter, our Summer edition. We are hoping this is an easy way to keep all



our participants, parents, carers, followers, fund raisers and funders in the loop about what we have been up to and what we are looking forward to.

We are currently enjoying a leisurely Summer break, drinking a cuppa with our feet up. As if?! We have been as busy as ever and that's how we like it! Happy reading :)

HIGHLIGHTS INCLUDE:

- WHAT OUR CLUBS HAVE BEEN UP TO
- SUMMER HOLIDAY CLUB
- LOCAL FUNDRAISERS
- ALL THINGS SPORTS
- THE WOOTTON LASS / ATW'S
- TRAINING AVAILABLE
- VOLUNTEER'S HIGHLIGHT
- UPCOMING SUNDAY TEAS FUNDRAISER AND EVENTS

WHAT SOME OF OUR CLUBS HAVE BEEN UP TO

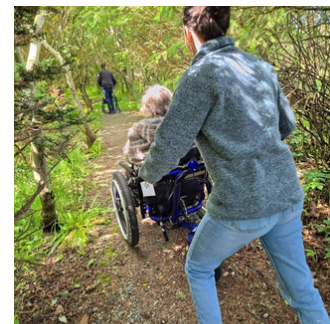
ADULT RELAXED SOCIAL CLUB

Our newest Adult Club enjoyed a trip to the Scalloway Museum in June. Where they learnt more about the history of Scalloway and also visited the (neigh)bouring Shetland ponies.



Did you know that Michaels Wood have their own ATW? Thanks to the Aith JHS Youth Philanthropy Project and fundraising in 2021, the pupils were able to purchase and gift Michaels Wood their own for the public to use.

If you would like to know more information on our fleet of All Terrain Wheelchairs, please skip to page 7 for more details.



LERWICK SATURDAY CLUB



Our Saturday Club did a fantastic job in rejuvenating the planters

outside the Sandveien Neighbourhood Centre back in June.

MOSSBANK ADULT CLUB

Our Mossbank Adult Group enjoyed a rare sunny walk into Michaels Wood! To enable this trip to be more accessible for some of our members, we made good use of our All Terrain Wheelchairs.

URAFIRTH YOUTH CLUB

Thanks to a grant from the Northmaven Community Council, our Urafirth Youth Club enjoyed their tea at the Braewick Café in June. The bairns enjoyed chicken, fish and sausages with cake, jelly and ice cream for pudding! All afore heading outside for a good run around.



SUMMER HOLIDAY CLUB HIGHLIGHTS

Around 100 children and young people were supported throughout the Summer Holiday Club 2024! All the children and staff had a blast with visits to Shetland Riding School, Aith Climbing Wall, Voxter House and Voe Soft Play. We also had activities provided by Jane Cockayne and Gareth Powell from



Species on the Edge, RSPB. This as well as everyone's favourites, swimming and playzone! Our overnight at Bridge End Outdoor Centre was a great success and a whole lot of fun was had by all! A special thanks to everyone who

made it all possible! The ASN Holiday Club runs for one week at Easter, four weeks at Summer and one week at October. Our next October Club 2024 will be the week beginning the 14th.



FOR OUR HOLIDAY CLUB FAMILIES



RECENT FUNDRAISERS

STEVIE COUTTS

We would like to thank the family and friends of Stevie Coutts who helped raise £2862.15 for Ability Shetland in memory of Stevie. This money will go towards our children's clubs and will make a difference to ASN children in Shetland.



📷 Photo Kevin Jones.

Our Holiday Club Coordinator, Catriona, was pleased to accept the big cheque from Stevie's son.

BALTASOUND YPI PROJECT

A huge Thank You to the S3 YPI group from Baltasound JHS who raised an amazing £817.18 at their concert evening recently. Thank you!



RITCHIE PITT

Ritchie, who is also one of our keen volunteers, has decided to challenge himself to row from Lerwick to Aberdeen (222 miles) on an indoor rowing machine to raise money for Ability Shetland.

Ritchie completed his challenge on the 1st August and has raised over £1500 so far. That's over 3x his original target!



For news on any upcoming fundraisers, please go to page 9 & 10 for more information.

TESCO TOKENS #TESCOSTRONGERSTARTS

The Stronger Starts Tesco scheme awards up to £1,500 to local community projects, with a particular focus on children and young people. Our Holiday Club are one of three local community groups on the

shortlist and we would love to receive your vote! So mind and grab a blue token when you shop.



COME TRY A CYCLE

It has been fantastic to see so many people come along to this year's Come Try a Cycle events at the Clickimin Running track. At one session we broke the record for our highest number of participants in attendance at 70 people!

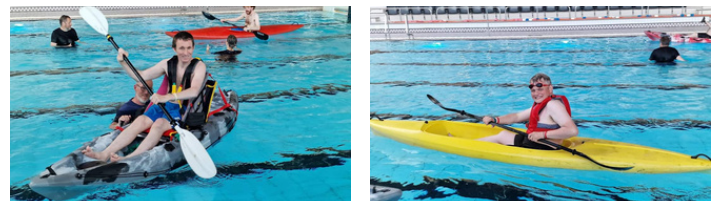


Ability Shetland have a number of adapted cycles from wheelchair bikes to trikes. If you would like to try one of our adapted cycles please contact us directly, our contact details are on our website. Some of our bikes are available on short term loans.



KAYAKING SESSIONS

PARTNERSHIP WORKING AT ITS BEST!



SHETLAND CANOE CLUB

Shetland Canoe Club came along to our Adult Recreational Club with their brand new kayaks which they received funding from Cooke Scotland and Awards for All to purchase.



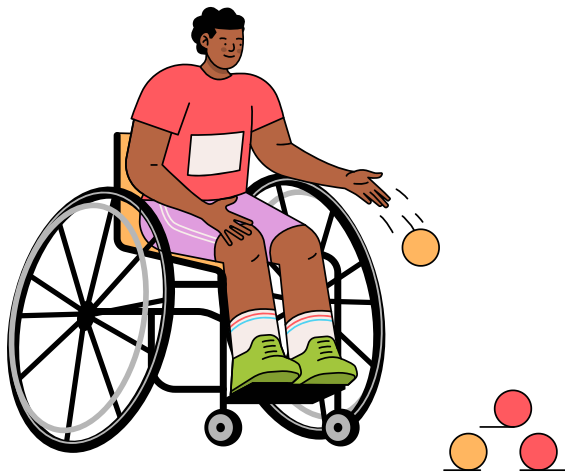
This along with the Aquabac which was bought last month with a generous donation allowed everyone to have a shot on the water in

a kayak.

A few months ago we recieved a donation of money to buy an Aquabac support system after someone in the community saw one being used. Thank you, Anonymous.

PRIMARY SCHOOL BOCCIA FESTIVAL

In June we had pupils from across 7 schools in Shetland come together at the Gilbertson Park Games Hall to take part in the annual Boccia Festival. There were 19 pupils in total who took part in a series of boccia stations, rounded off with some big group Boccia games.



YOUNG ISLANDER FUNDING

YOUNG ATHLETE FUNDING SUPPORT!

Young Islanders Network, in partnership with Ability Shetland and Shetland Sport and Leisure, have come together to offer young athletes in Shetland the opportunity to apply for funding to further their sporting journey. If you are aged between 5 and 25 years old and participate in a sport in which you have limited opportunities on island for advancing due to no club, lack of facilities or limited opportunities you can apply for support with funding. Athletes can apply for up to £500 of funding support. There is a limited pot of funding, therefore all applications will be reviewed by a panel.

Applications can be requested through [contacting charis.scott3@shetland.org](mailto:charis.scott3@shetland.org) or Ability Shetland directly.

Deadline for applications is Sunday the 11th of August 2024.

For more information, please skip to page 10.

ATW'S & THE WOOTTON LASS

TRAINING



As the weather has been improving (for the most part) we've had a few trips out on our boat, the M.V Wootton Lass. She is based in the Lerwick Marina and (thanks to our wonderful volunteer Skippers!) is available for short sight-seeing or fishing trips around the harbour which is available to organisations, families, or individuals.

We have 4 All Terrain Wheelchairs available. 2 Attendant wheelchairs and 2 self-propelled chairs. Having this kind of equipment removes barriers and ensures everyone can be included in activities in their own communities and places of interest to them. Like our boat, there is no charge to borrow the wheelchairs however if you feel able to make a donation this would be most welcome.

SCOTTISH DISABILITY SPORT

Scottish Disability Sport travelled up to Shetland to co-deliver All Ability Health Walk, Boccia Leaders Award and Inclusive Approaches in Active Schools Phase 2 training. Charis has now been accredited to deliver Disability Inclusion Training and Boccia Leaders training.

TRAINING OPPORTUNITY FOR PARENTS/ CARERS

PAYING ATTENTION TO OUR ADHD CHILDREN

THURSDAY 22ND
AUGUST
6 - 8PM
ONLINE VIA ZOOM

NEURODIVERGENCY AND COMMUNICATION: SUPPORTING COMMUNICATION WITH OUR CHILDREN AND YOUNG PEOPLE

TUESDAY 13TH AUGUST
6 - 8PM
MARKET HOUSE



Please contact us directly to book.

VOLUNTEER'S HIGHLIGHT

SALTIRE AWARDS

We went along to congratulate our Young Volunteers who attended the Saltire Awards Ceremony hosted by Volunteering Action Shetland at Mareel in early June, many collecting voluntary awards with multiple organisations!



Our committed volunteers, Andy Anderson and Kier Shannon, opened the ceremony with their inspiring and heart felt speeches about volunteering and why it is so important to them.

BOCCIA LEADERS IN SCHOOLS

We now have a number of volunteer Boccia leaders who are going into schools to deliver sessions and introduce people to the brilliant inclusive sport of Boccia. Over the last academic year, Boccia leaders have

delivered sessions at Baltasound, Mid Yell, Tingwall, Skeld, Sandness, Whiteness, Dunrossness and Aith.



SIGN UP TO BECOME A VOLUNTEER!



Ability Shetland would not be where it is today without the help of our amazing volunteers. Volunteers help throughout our charity in various roles. This includes; Club Volunteers, Skippers, Drivers, Boccia Leaders, Trustees and so much more.

If you are interested in becoming a volunteer, please contact us either through email or fill out the online Volunteer Application Form on our website.

DATES FOR YOUR DIARY

AUGUST

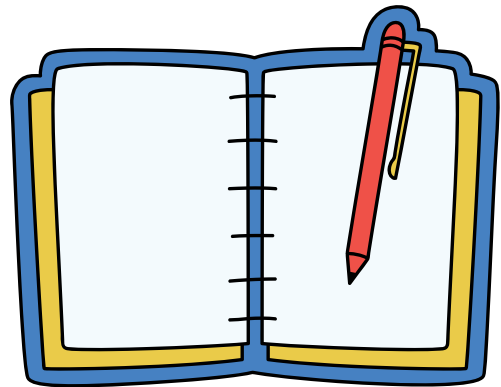
- Holiday Club Family Day - Friday 9th
- Lerwick Saturday Club Day Trip - Sat 10th
- Sunday Teas Fundraiser - 11th
- Training for Parents and Carers - 13th and 22nd
- Adult Recreational Club's Swimming Gala - Monday 18th
- Lerwick Sunday Cycle - Sunday 25th
- Ability Shetland's AGM - 28th

SEPTEMBER

- Paralympics Screening (watch this space) - Wednesday 4th

OCTOBER

- October Holiday Club - Week beginning 14th.
- Shetland Boccia Comp - Sunday 20th.



THE SCHOOLS GO BACK - SO
DO SOME OF OUR YOUTH
CLUBS



POSTERS / FLYERS
(MORE INFORMATION)

ABILITY SHETLAND'S
SUNDAY TEAS

Voe Hall
11th August
2pm - 4pm

Donations Only

All money raised will go towards
Ability Shetland

Young Islander
Sports Funding 2024



- Are you aged between 5 and 25 years old living in Shetland?
- Do you participate in a sports which has limited opportunities on island for advancing due to no club, lack of facilities or limited opportunity on island?

If yes then you can apply for funding to help with the cost of traveling off island.

For more information including how to apply, please contact charis.scott3@shetland.org or contact Ability Shetland directly.

CLOSING DATE: 11/08/24



LERWICK SUMMER CYCLE

Sunday 25th August
2.00-4.00pm
KING GEORGE V
PLAY PARK

Come join us and enjoy a chance for the whole family to cycle on closed roads around Lerwick!

BRING YOUR BIKE AND HELMET
(Some bikes and helmets will be available to borrow)



Wide range of adapted bikes available for children and adults with ASN

FUN BIKE SKILLS OBSTACLE COURSE IN PLAY PARK
NO BIKES WITH STABILISERS



IN THE FLOWER PARK
TEAS
(operated by Relay for Life Shetland)
FREE TENNIS
FREE PUTTING

KEEP AN EYE ON OUR FACEBOOK PAGE FOR UPDATES AND ONLINE REGISTRATION OPENING!
FACEBOOK = SHETLAND SPORT AND LEISURE



Adapted bikes must be **PRE BOOKED** before the day. Bikes can be booked in 30 minute intervals from 2pm-4pm. Fill out an online form at Shetland Sports and Leisure or contact Ability Shetland directly.



POSTERS / FLYERS
(MORE INFORMATION)



Supported through




SHETLAND BOCCIA
COMPETITION 2024

2PM-4.30PM / **SUNDAY 20TH OF OCTOBER**

CLICKIMIN MAIN HALL
 Open to all ages and abilities.
 Registration opens at 1.45pm.
 Pre-register by contacting
charis.scott3@shetland.org








TASTER SESSIONS

Free for all ages @Lerwick Bowling Club
 Every Friday from the 12th of July to the 16th of August from 1pm-3pm.

Para-Handy Wheelchair will be available to borrow to use on the green. Please contact charis.scott3@shetland.org to book this.









 **ANNUAL GENERAL MEETING**

Wednesday 28th August 5.30pm
Training Room, Market House





 Adult Recreational Club 
SWIMMING Gala

Monday 19th August 7pm-8.30pm

Fun games plus timed races for anyone who wants to compete.



We ask for a £1 contribution fee to all our clubs and activities