



ABILITY SHETLAND

WINTER 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 Winter 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.

So grab a cuppa, snuggle up and read all about our Wintery activities.

HIGHLIGHTS INCLUDE:

- WHAT OUR CLUBS HAVE BEEN UP TO
- OCTOBER HOLIDAY CLUB
- LOCAL FUNDRAISERS
- ALL THINGS SPORTS
- TRAINING AVAILABLE
- VOLUNTEER'S HIGHLIGHT
- DATES FOR YOUR DIARY

WHAT SOME OF OUR CLUBS HAVE BEEN UP TO

ADULT RECREATIONAL CLUB

Our Adult Rec Club ended their summer swimming sessions in style by hosting a Swimming Gala! Thank you to Shetland ACSC for coming down to do our time keeping. Our favourite 'round' being the clothes relay – what a blast! The club have also been busy playing Wheelchair and Running Basketball.



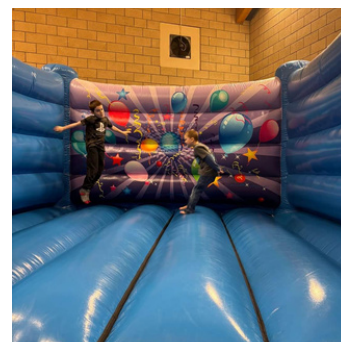
WHALSAY YOUTH CLUB

Our newest club have been enjoying a variety of activities, including baking healthy(ish) snacks for eight year old, Willa's, Blog called 'Wellness with Willa'. Our other club members are happy to support, especially in the tasting!

OUR SATURDAY CLUBS

Both our Saturday Clubs have enjoyed trips out and about! Our Lerwick Saturday Club had a trip up to the Voe Soft Play and Play Park, and our Walls Saturday Club enjoyed their trip to the Aith

Leisure Centre as an October Holiday treat.



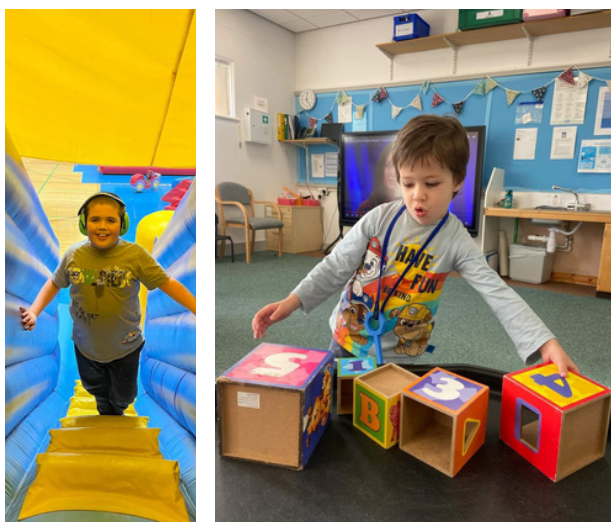
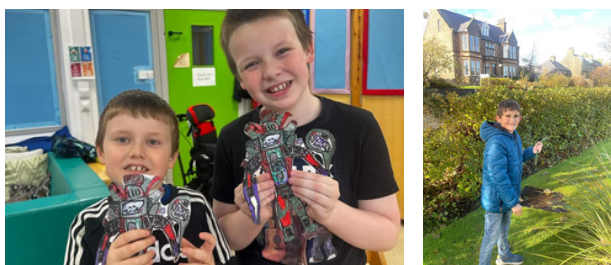
FEELING FESTIVE

A few of our clubs have been getting into the Halloween Spirit! Our Adult Relaxed Club had fun decorating cupcakes (even more fun tasting them!) The Lerwick Senior Youth Club have been busy making Halloween decorations (led by our artistic volunteer, Faye!) for their Halloween Party.



OCTOBER HOLIDAY CLUB HIGHLIGHTS

And like that, the last Holiday Club of 2024 has finished! All the children and staff had a blast with visits to the Clickimin Pool and Playzone. As the weather wasn't playing ball, we had lots of indoor activities, such as baking, visiting museums and various crafts!



We also offered the chance for parents / carers and their families to join in at Family Fun Days at the Clickimin Playzone.

The ASN Holiday Club runs for one week at Easter, four weeks at Summer and one week in October.

We'd like to say a huge Thank you

to all our wonderful staff and volunteers who make this service possible.



FOR OUR FAMILIES

ABILITY SHETLAND'S

FAMILY CHRISTMAS PARTY

SANDVEIEN NEIGHBOURHOOD CENTRE

- Bouncy Castle
- Disco Room
- Sensory and art activities
- Facepainting
- Tea, Coffee and homebakes
- Santas Grotto
- Gifts for every child

SATURDAY 14TH DECEMBER
10AM - 1PM
~POP IN ANY TIME~

A festive poster for a family Christmas party. The background is red with white snowflakes and falling snow. At the bottom, there are illustrations of snow globes and houses.

RECENT FUNDRAISERS

VOE HALL SUNDAY TEAS

We would like to thank everyone who helped out at our Summer Sunday Teas Fundraiser at the Voe Hall. We had many folk help out at the hall as well as many who donated amazing bakes. Thank you everyone who supported us. We raised a total of £1300!



RSM SOUP & SWEET, & BOOK SALE

A huge Thank You to our accountants at RSM who have raised over £2,222 with their fundraising efforts, including hosting a Soup and Sweet event and also a Book and Bake Sale!

AILIDH RISK

Ailidh raised an amazing £4827 for taking part in the Great Northern Run. Thank you, Ailidh!

TESCO TOKENS

We would like to say a big Thank You to all the Tesco shoppers

for nominating us. This means that a grant of £1,500 will be donated to our ASN Holiday Club from the Tesco Stronger Starts Scheme! Woohoo!

INEOS FUNDRAISER

Staff at INEOS took part in a Tour de France fundraising challenge, with each team choosing a charity to benefit from their cycling efforts. Ryan Brannan's big sister (Denise) was one of those staff team and chose us to benefit! Thank you Denise and all the staff! Stephanie was happy to collect the cheque for £1000 from Ryan Brannan.



LEVENWICK HEALTH CENTRE

The Levenwick Health Centre are donating their book shelf donations to Ability Shetland in December. Thank you!

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



SHETLAND BOCCIA COMPETITION

Our annual Shetland Boccia Competition was held on the 20th of October in the Clickimin Leisure Centre. Similar to last year, we had a good turnout which made for a very competitive day!

The competition started with the group stages which determined who would progress to Round 16. After many tough knockout matches (and a few matches



having to be decided with a tie breaker End!) We were left with Charles Gear and Samuel Bailey competing for Bronze and Erin Miller and Lottie Murie competing in the final.

The final was a close 3-2 match which ended in Lottie's favour to

crown her the Shetland Boccia Champion 2024. Erin finished 2nd place and Samuel finished in 3rd place.

A huge well done to everyone who competed and a big thank you to all our volunteers for making this event happen!



SHETLAND SPORTS AWARDS

The 2024 Shetland Sports Awards will be held on Friday the 8th of November.

Boccia has been nominated for the first year in Shetland with Harrison Morris up for Young Sportsperson of the Year following finishing 4th place at the Scottish National Schools Competition and Avril Starmore up for Volunteer of the Year for her commitment to delivering Boccia across the island.

The Inclusivity Award, which is sponsored by Ability Shetland, has three clubs competing to be crowned this year's winners. Shetland ACSC, Delting FC and Shetland Canoe Club are all up for the award this year for going above and beyond to promote inclusion.



ACCESS PANEL

Disability Equality Scotland and Ability Shetland are forming the Shetland Access Panel.

If you have a disability (visible or invisible), your perspective is crucial in our mission to improve accessibility in Shetland.

Join us to; Share your experiences, Influence local decision making, connect with like-minded individuals.



The poster features logos for Ability Shetland, Disability Equality Scotland, and a stylized starburst icon. The text is centered on a yellow background with a sunburst pattern.

Access Panel Launch Event and Open Day

Friday 29th November
11am to 1pm (main event)
1pm - 3pm (drop in)
Islesburgh Community Centre

Join us in celebrating the launch of the new Shetland Access Panel.

Come along and learn how you can get involved to help make Shetland more accessible for disabled people.

We will discuss the typical work of an Access Panel, as well as explain what being part of a Panel might be like, including different roles you could take up.

Come along and get involved!

TRAINING

COPING WITH CHRISTMAS



The poster has a festive theme with pine branches, a gold bauble, and a red poinsettia. The text is in red and black.

Coping with Christmas

Training for parents, carers and practitioners who support people who struggle with sensory processing

Thursday 7th November
6.30 - 8 pm online via ZOOM

Delivered by Three Sisters Consultancy, funded by Ability Shetland



This online training session is currently fully booked, however please get in touch if you would like to be added to the waiting list.



VOLUNTEER'S HIGHLIGHT

ERIC LIDDELL AWARD

Avril Starmore was presented with the Eric Liddell Pin Badge by Wizzy the Grampian and Shetland Scottish Disability Sport (SDS) Regional Manager at the Shetland Boccia Competition. Only 100 Eric Liddell Pin Badges have been awarded across Scotland. They are awarded to someone who demonstrates Eric Liddell's values while developing disability sport in Scotland. These values include;

- Passion,
- Enthusiasm,
- Dedication,
- Optimism,
- Self-Belief
- Compassion
- Humility,
- Selflessness,
- Care
- Respect
- Community-Minded
- Integrity
- Discretion,
- Loyalty,
- Self-Sacrifice,
- Principled



Avril has been recognised for her commitment and dedication to the development of boccia in Shetland and promoting this inclusive sport with enthusiasm across the island. She has worked alongside other boccia leaders to deliver to over 100 pupils across the island and is now going delivering in the community. Well done Avril!

WILLIN HAANDS AWARDS

Many of our volunteers received their Willin Haands Awards, including our long standing Trustees. Well done!



ABILITY SHETLAND PLACEMENT

We were delighted to have Keira on a six week placement with us though the *Developing the Young Workforce - Shetland*.

(continued on next page..)



VOLUNTEER'S HIGHLIGHT CONTINUED..

Kiera decided to spend her time volunteering at the Shetland Boccia Club where she achieved all her aims for her placement, this included building her confidence and through this also start to lead at sessions. She even refereed at our recent Boccia Competition! This ended up being one of her highlights from the placement, which was watching two experienced players from the club go head to head.

Alongside her placement, Keira also gained 15 hours towards her Saltire Award, her Disability Awareness Certificate and has also gained her PVG.



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 this interests you, please go onto our website to fill out an online volunteer form, or contact us directly to enquire.

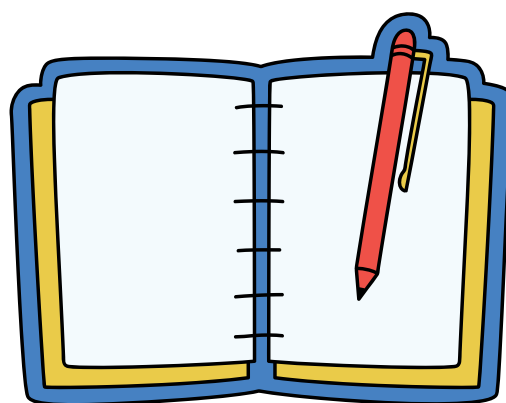
DATES FOR YOUR DIARY

NOVEMBER

- Coping With Christmas Online Training - Thurs 7th Nov.
- Shetland Sports Awards - Fri 8th Nov.
- Shetland SL&O Quiz Night - Fri 8th Nov.
- Ability Shetland Winter Ball - Friday 22nd Nov.
- Scalloway Hall Christmas Market - Sun 24th Nov.
- Access Panel Launch Event and Open Day - Friday 29th Nov.

DECEMBER

- Christmas Family Day - Sat 14th Dec.



DATES FOR YOUR DIARY
(CLUB LAST DATES 2024 &
RETURN DATES 2025)

Ability Shetland's

CLUB DATES

2024 / 2025

Unst I.G Social Club	TBC	TBC
Urafirth Youth Club	04/12/24	08/01/25
North Roe Youth Club	16/12/24	13/01/25
Mossbank Adult Club	03/12/24	14/01/25
Mossbank Youth Club	18/12/24	08/01/25
Whalsay Youth Club	26/11/24	TBC
Adult Rec. Club	16/12/24	13/01/25
Relaxed Social Club	18/11/24	TBC
Lerwick Adult Wed Club	18/12/24	08/01/25
Young Adult Club	19/12/24	16/01/25
Secondary Youth Club	19/12/24	09/01/25
Saturday Club	14/12/24	11/01/25

POSTERS / FLYERS

(FUTURE FUNDRAISERS &
MORE INFO)



Ability Shetland's
Winter Ball

Come and join us for an evening of dancing, live music, raffles and a buffet!

Friday, 22nd November
7pm - 10pm
Sound Community Hall

Tickets - £10 on the door



SUPPORTED LIVING & OUTREACH

QUIZ NIGHT

FUNDRAISER

FRIDAY 8TH NOVEMBER
@ **LERWICK LEGION**
6.30pm - 8.30pm

£5 PER TEAM
TEAMS OF 4



Legion Scotland

Proceeds in aid of Ability Shetland and Supported Living & Outreach.

Christmas Market

Join us for Christmas shopping with local makers and small businesses, and stay for festive teas

Tables available at £10 each. Please contact 07957525762 or 07917155083 for more info

Scalloway Hall
24 November
12-4pm



All proceeds to **Ability Shetland**



Shetland Boccia Club

All are welcome to join Shetland Boccia Club sessions.

Open to all ages and abilities. No prior experience needed.

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

WHERE?
@Clickimin Main Hall

CONTACT
Contact charis.scott3@shetland.org for more information.

WHEN?
Friday 4.30pm-5.30pm on these dates:
November
8th, 15th, 22nd, 29th
December
13th



POSTERS / FLYERS

(MORE INFORMATION)



ADULT RECREATIONAL CLUB SPORTS SCHEDULE

21ST OCT	BOCCIA	
	BADMINTON LEAGUE	28TH OCT
4TH NOV	TABLE CRICKET	
	BADMINTON LEAGUE	11TH NOV
	BADMINTON LEAGUE	18TH NOV
	BADMINTON LEAGUE	25TH NOV
2ND DEC	TABLE CRICKET	
	BADMINTON FINAL	9TH DEC
16TH DEC	WHEELCHAIR BASKETBALL	

WE ASK FOR A £1 CONTRIBUTION FEE TO ALL OUR CLUBS AND ACTIVITIES

ALL ABILITY RUGBY

FOR PRIMARY AND SECONDARY SCHOOL AGED CHILDREN. ALL ABILITIES ARE WELCOME.

WEDNESDAY 5PM-6PM
30TH OCT
13TH NOV
27TH NOV
11TH DEC

@Clickimin Main Hall

DELTING FC

All-ability sessions

NEW TIME SLOT

Delting FC are delighted to announce the introduction for football sessions for children and young people from P1 - S4.

Brae Games Hall
MONDAYS from **4.00 - 5.00pm**
starting 26th August 2024.

The sessions will be free of charge.

For more information, e-mail
dannygp531@gmail.com

ASN SENSORY SESSIONS

QUOYS LERWICK BAPTIST CHURCH
WEDNESDAYS - 6.30PM - 7.30PM
£5

23RD OCTOBER
13TH, 20TH & 27TH NOVEMBER
11TH DECEMBER
18TH DECEMBER (XMAS PARTY)

COME ALONG FOR AN HOUR OF SENSORY FUN!
WE HAVE THE LIGHTS, MUSIC & FLASHING TAMBORINES!
YOU WILL DANCE ALONG TO MUSIC YOU LOVE!
SIMPLE TO FOLLOW ROUTINES. SEATED OR STANDING,
THE CHOICE IS YOURS!
IF YOU WANT SOME FUN, WE WANT TO SEE YOU!

ALL WELCOME!