



Supporting disabled people
and their families in Shetland



About us...

Ability Shetland is a registered charity which provides direct support to children and adults with disabilities and their families.

Responding to individual needs, we run groups and clubs and offer 1 to 1 outreach support.

We help people to improve their physical abilities and enhance their personal, social and relationship skills. We aim to ensure that they have equal opportunities and avoid the loneliness and social exclusion, which often results from disability.

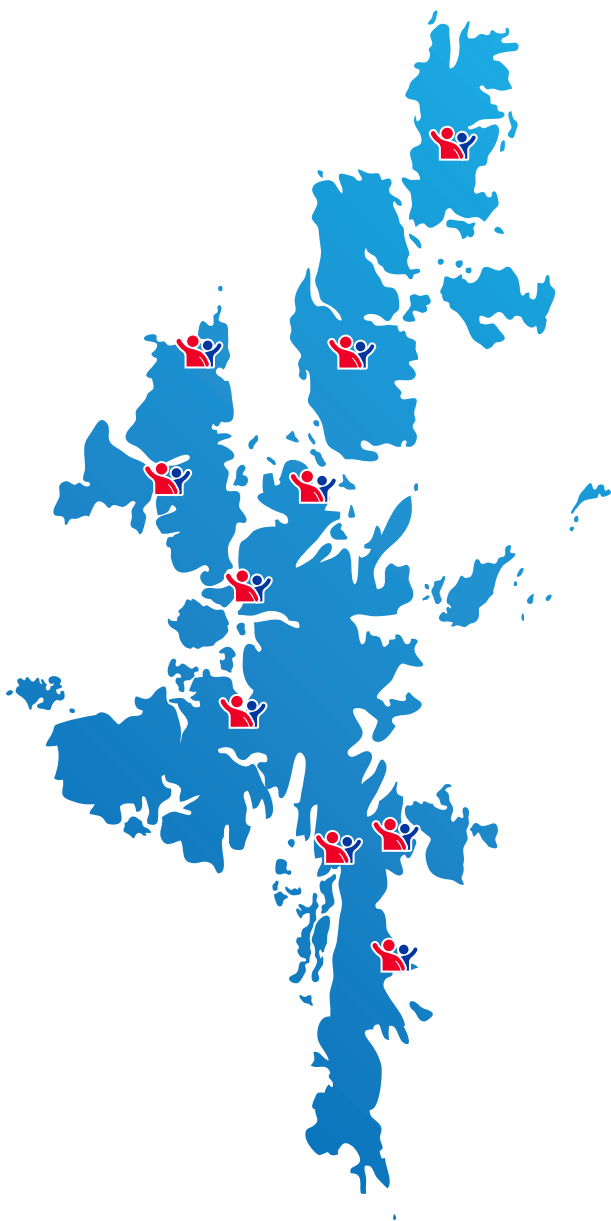
To achieve these aims, we tackle the challenge of reaching people in all communities, many of whom are in remote, rural and island areas.

The organisation, which is based in Lerwick's Market House, is led by a board of volunteer trustees and staff who manage and support the work of our club leaders, support workers and over sixty volunteers.

Ability Shetland is supported financially by a variety of funders both local and national, our own fundraising and most importantly, by the generosity of the Shetland public.



Clubs and activities throughout Shetland



 **We also provide**



**DISABILITY AWARENESS
TRAINING**



INDIVIDUAL SUPPORT



ADVICE & INFORMATION



**Ability
Shetland**

...working together

For further information:

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Email **abilityshetland@shetland.org**

Or visit our website:

www.abilityshetland.com



Find us on    **Ability Shetland**

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