



# ABILITY SHETLAND

SPRING NEWSLETTER 2025

## 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 first newsletter for 2025, our Spring 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 buzzing to share the latest news to brighten your day!

## HIGHLIGHTS INCLUDE:

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



SCAN HERE FOR OUR WEBSITE

# WHAT SOME OF OUR CLUBS HAVE BEEN UP TO



## LERWICK SENIOR YOUTH CLUB

Our Lerwick Senior Youth Club enjoyed getting creative with tie dye earlier in January. Our volunteers were happy to lead the activity and try keep the mess to a minimum!



## WALLS PRIMARY SATURDAY CLUB

The Waas Saturday Club enjoyed a sensory Sounds session in February. Huge thank you to Steve for coming along and sharing his instruments and sounds with us. The bairns loved it.



## URAFIRTH PRIMARY YOUTH CLUB

What a super night our Urafirth Youth Club had back in February. A big thank you to Danny from Shetland Sport and Leisure for coming to do archery with the bairns.



The Urafirth Youth Club also had their own Easter Holiday Club, where the bairns enjoyed loads of activities; including Boccia and lots of Easter themed crafts!



MORE INFORMATION AT:



If you want more information about our clubs and activities, please go to our website or look at our socials.

# EASTER HOLIDAY CLUB HIGHLIGHTS



We had a fun filled and exciting Easter holiday Club with over 70 attendees over 5 days. This was the first time we had a Holiday Club in the South End and we are delighted to now be able to offer support in 4 main locations across Shetland. These include; Central (Lerwick), North (Brae and Voe), West (Aith) and South (Sandwick and Cunningsburgh.)



We were incredibly lucky with the weather this year which allowed us to get out and about in between our favourite activities of swimming, playzone and soft plays. We hope that while the children and young people were

having a whale of a time at club, parents, carers and siblings could enjoy some well-deserved respite. As always, we would like to say a huge thank you to all our wonderful staff and volunteers who make this service possible.



## FOR OUR FAMILIES



We hosted a Pilot Project of 5 Winter Family sessions between December and March this year. Our family sessions are an opportunity for the whole family to attend an activity together and spend time with those who have shared experience.

*Please go to page 11 for upcoming Family Session Dates*

Also the Sibling Group will be starting up again on 31<sup>st</sup> May at Market House.  
*Poster on page 11*

## FUNDING / RECENT INCOME



### FAMILY SUPPORT COORDINATOR

Due to the success of the Winter Family Days Pilot Project, funded by the Community Led Local Development and Community Mental Health Wellbeing funds, we are delighted to be starting our Family Support Work in April! Catriona Thomson (who you all know from Holiday Club) will be increasing her hours and be employed as our Family Support Worker. This post will be funded for a year from the Shetland Community Benefit Fund and the Shetland Charitable Trust's Innovation Fund. She will be coordinating Family Days, Sibling Support and Peerie Stars (amongst other things) – so watch this space!

### CORE FUNDING SECURED

We are delighted to have secured core funding for this year (April 2025 – March 2026) from Shetland Charitable Trust, Garfield Weston Foundation, Bank of Scotland Foundation and the National Lottery! Having core funding makes such a difference to how we can continue and develop our current support, providing security for not only our staff but those who access our support too.

### HOLIDAY CLUB FUNDING

We received £35,000 from Shared Care Scotland, Better Breaks Fund for our Holiday Club. This is a great help as our numbers increase every year for places. Along with this grant the holiday club is also funded by RS Macdonald and the Shetland Islands Council for another year.

### AGNES HUNTER TRUST

£7000 from the Agnes Hunter Trust this year helps to part fund staff costs within the sports development part of our project and another £5227 has been gifted from Cycling UK to purchase more adapted trikes for children and young people. Our Sports Development Team are also funded by Coastal Communities and the Shetland Charitable Trust.



# LOCAL FUNDRAISERS



As ever we are overwhelmed with the generosity of Shetland. This winter alone we received a few donations from various local groups, businesses and individuals.

We received £400 from TL Dallas & Co Ltd who nominated us as one of their local projects to support. Also £143.77 from Tesco due to shoppers purchasing the second hand books.



The Shetland branch of Unite donated £200 at Christmas time. The Ollaberry Kirk also kindly raised £300 for us at their Watchnight Service. Thank you again to the Bressay Development for raising £118 at their carol evening as well.

Thank you to the Lerwick Methodist Church for their Soup & Sandwich fundraiser in February. They raised £643.48.

Well done to our Whalsay Youth Club who were one of the winners at the Whalsay Community Council PB event. They granted the club £500!



This lovely Equalities Group from Brae High School held a bake sale at their school and raised a fantastic £127.16 for Ability Shetland!



## OUR BONUS BALL

We also make an effort to do our part and organise our own fundraising throughout the year. This Winter we organised (by 'we', I mean the royal 'we', it was very much organised by our brilliant Megan Keppie) our Bonus Ball. Thank you to all our staff for selling their numbers and to everyone who bought some! We had three lucky winners and managed to raise £5130.00!





This Winter, we have been Boccia mad!

## SECONDARY SCHOOL BOCCIA COMP

Congratulations to everyone who attended the Shetland Secondary School Boccia Competition 2025! A huge well done to this years winner, Caleb, who took home the win with a tight 3-2 game with Connor.



## SCOTTISH DISABILITY SPORT NATIONAL SCHOOLS' BOCCIA CHAMPIONSHIPS

Shetland had three athletes head down to compete at this years Championships in Glasgow. Erin and Connor, from the AHS and Caleb from the Brae High School. All three played fantastic! However, the competition being as tough as it is, losing any game in the group stages means that you won't progress through and unfortunately Caleb and Erin lost their last game. Connor however battled on until the Semi and Bronze Finals! Connor is the first boccia player from Shetland to gain a medal at any Championships on the mainland. A huge well done to him and everyone who competed.

## DAY CENTRE BOCCIA COMPETITION

Well done to Avril, one of our busy volunteers, for organising our first every Day Centre competition! We played teams in a round robin fixture with a nail biting final. Congratulations to everyone who attended.



Keep an eye on our socials for upcoming Boccia Club dates!





# SCOTLAND LEARNING DISABILITY SPORT NATIONAL GAMES

For the first time ever, Shetland have entered a team in the Scotland Learning Disability Sport National Games. Eighteen athletes will compete across five sport from the 25<sup>th</sup> of July till the 27<sup>th</sup> of July in Stirling. The sports include, bowls, badminton, Boccia, football and swimming.

This competition is highly competitive, with over 400 athletes competing over the 3 days.



## VOLUNTEER'S HIGHLIGHT



We cannot have a volunteer highlight without pointing out the effort in which our athletes, their families, friends and the coaches have made to raise money for the Scotland Learning Disability Sports National Games.

The team have a target of £17,000 to help reach to cover costs of travel and accommodation for the games in Stirling.

The team have organised a variety of fundraisers including;

- A Fish and Chips evening at the Whiteness and Weisdale Hall
- Karla ran a very successful Bingo Night at the Bixter Hall
- Packing bags at Tesco
- Leanna has created a Just Giving Page for her 10,000m swim fundraiser
- A Sunday Teas event at the Cunningsburgh Hall



## SALTIRE AWARDS

We have also been busy submitting completed Saltire Sheets for our many Young Volunteers in preparation for the upcoming Saltire Awards this Summer!



# UPCOMING TRAINING



## 3 SISTERS CONSULTANCY

Our success with the Hugh Fraser Foundation means that we can fund further training for parents and carers. We are excited to get the Three Sisters Consultancy involved again who are going to deliver 4 online sessions over the coming year looking at:

- 1<sup>st</sup> May - Neurodivergency and our environments: making sense of sensory processing;
- 5<sup>th</sup> June - Creating positive home routines for children and teens with additional support needs;
- 7<sup>th</sup> October - A gentle introduction to puberty and growing up: supporting children and young people with additional support needs;
- 19<sup>th</sup> November - Coping with Christmas.

This training will be delivered online via Zoom in the evenings. Please contact us if you would like to book a space on these courses. You can contact us by email:



[abilityshetland@shetland.org](mailto:abilityshetland@shetland.org)





# DATES FOR YOUR DIARY

## APRIL

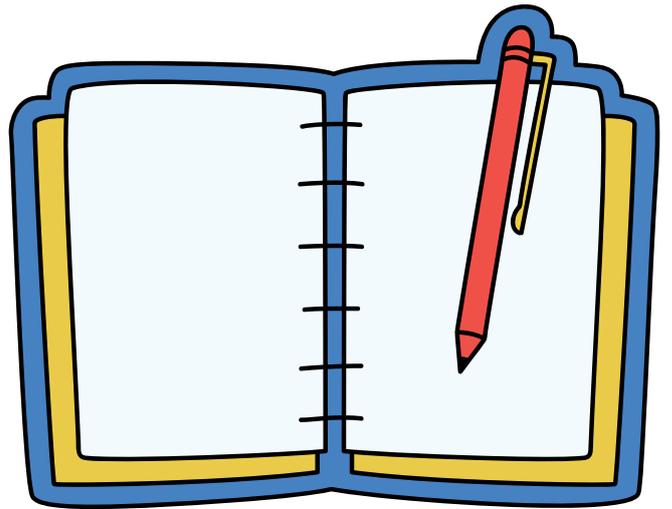
- 25<sup>th</sup> April - Family Session
- 26<sup>th</sup> April - Adult Sports, Parasports and the Peerie Sports Festival
- 29<sup>th</sup> April - Football Training starts (Tuesdays)

## MAY

- 1<sup>st</sup> May - 3 Sisters Consultancy Online Training
- 10<sup>th</sup> May - Come Try A Cycle
- 23<sup>rd</sup> May - Family Session (West Mainland Leisure Centre)
- 24<sup>th</sup> May - Come Try A Cycle (Brae)
- 28<sup>th</sup> May - Peerie Stars starts up again (Wednesdays)
- 31<sup>st</sup> May - (Re)launch of the Sibling Group

## JUNE

- 5<sup>th</sup> June - 3 Sisters Consultancy Online Training
- 7<sup>th</sup> June - Family Session (Voe Soft Play)
- 20<sup>th</sup> June - Family Session (Clickimin)
- 28<sup>th</sup> June - Come Try A Cycle (Happy Hansel School)



OUR NEXT NEWSLETTER WILL BE OUT IN AUGUST!



**POSTERS / FLYERS**  
(UPCOMING SPORTS EVENTS)



**Shetland Parasport Festival**  
supported by Motability Scheme.  
Saturday 26th April 2025 @Clickimin  
For children and young people aged between 6 and 18 years with physical, visual & hearing impairments!  
To register please contact [abilityshetland@shetland.org](mailto:abilityshetland@shetland.org) or 01595 743929



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**Peerie Sports Festival**

**FOOTBALL | HOCKEY | BADMINTON**  
**NETBALL | KAYAKING**

**Saturday 26th April 10:00 AM - 13.30 PM**  
@Clickimin

Open to children and young people aged between 6 and 18 years.  
Limited spaces available. For more information, and to book, [abilityshetland@shetland.org](mailto:abilityshetland@shetland.org) or call 01595 743929.

**ABILITY SHETLAND Adult Sports Festival**

**SATURDAY 26TH APRIL 2025**

10.00-11.00 Netball  
11.00-12.00 Hockey  
12.00-13.00 Football  
14.00-15.00 Table Tennis  
15.00-16.00 Kayaking & Swimming

**OVER 18S ONLY**  
**LIMITED SPACES AVAILABLE**  
**SESSIONS CAN BE BOOKED INDIVIDUALLY**  
**EMAIL [ABILITYSHETLAND@SHETLAND.ORG](mailto:ABILITYSHETLAND@SHETLAND.ORG) TO BOOK**

**COME TRY A CYCLE** ☀️

**COME ALONG AND TRY OUR RANGE OF ADAPTED CYCLES: TANDEM, WHEELCHAIR BIKES, TRIKES AND MORE!**

10<sup>TH</sup> MAY (CLICKIMIN)  
24<sup>TH</sup> MAY (BRAE ASTROTURF)  
28<sup>TH</sup> JUNE (HAPPYHANSEL SCHOOL)  
12<sup>TH</sup> JULY (CLICKIMIN)  
23<sup>RD</sup> AUGUST (CLICKIMIN)  
13<sup>TH</sup> SEPTEMBER (CLICKIMIN)

**POSTERS / FLYERS**  
(UPCOMING SPORTS EVENTS)



# FOOTBALL TRAINING

Open to anyone 16  
years old and over  
who has a learning  
disability.

@Gilbertson Park starting  
29<sup>th</sup> April  
**Every Tuesday | 6-7pm**

For more information please contact  
[Danny.Peterson@shetland.gov.uk](mailto:Danny.Peterson@shetland.gov.uk)



# POSTERS / FLYERS

(FOR OUR FAMILIES)



## SPRING FAMILY SESSIONS

Fun for ALL the family

**March**  
Sunday 30th  
Voe Soft Play :  
1000-1200

**April**  
Friday 25th  
Clickimin  
Leisure Centre:  
1500-1700  
Playzone

**May**  
Friday 23rd  
West Mainland  
Leisure Centre:  
1400-1600  
Playzone

**June**  
Saturday 7th  
Voe Soft Play:  
1400-1600

Friday 20th  
Clickimin Leisure Centre:  
1500-1700  
Playzone

**DROP IN ANY TIME**  
Tea, coffee, juice and biscuits available

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...working together

## ABILITY SHETLAND PEERIE STARS

A relaxed social group for  
parents / carers and Pre-  
School children with  
additional support  
needs.  
(please note no formal  
diagnosis is required)

For more information please contact:  
[catriona.thomson3@shetland.org](mailto:catriona.thomson3@shetland.org)

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## SIBLINGS GROUP

A group for children and young people who have a sibling with additional support needs to meet with peers and have fun.

**LAUNCHING MAY 31<sup>ST</sup> 2025**  
11AM-1PM  
MARKET HOUSE - CONFERENCE ROOM

Please email [catriona.thomson3@shetland.org](mailto:catriona.thomson3@shetland.org)  
to book a place

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## ABILITY SHETLAND PEERIE STARS

**Wednesdays**  
May 28th  
June 4th  
June 11th  
June 18th  
June 25th

Soft Play @ The Squash Courts  
Clickimin  
1-2:30pm

For more information please contact:  
[catriona.thomson3@shetland.org](mailto:catriona.thomson3@shetland.org)