



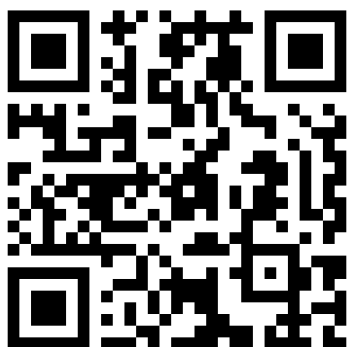
ABILITY SHETLAND'S

SUMMER NEWSLETTER 2026

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.



SCAN HERE FOR OUR WEBSITE

Hello everyone! Welcome to Ability Shetland's summer newsletter 2026. We are hoping this is an easy way to keep all our participants, parents, carers, fundraisers, followers, and funders in the loop about what we have been up to and what we are looking forward to.



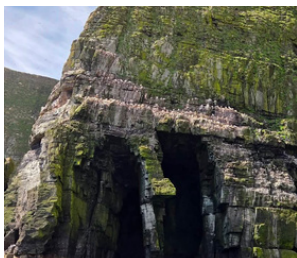
HIGHLIGHTS INCLUDE:



WHAT SOME OF OUR CLUBS HAVE BEEN UP TO

MOSSBANK YOUTH CLUB

Our Mossbank Youth Club P7's enjoyed an amazing tour around Noss with SeaBirds and Seals. They, alongside a few other of our youth clubs and adult social clubs, had the opportunity to head out around Bressay and Noss on their boat. The groups got to see lots of wildlife, including nosey seals, hungry Bonxies and diving Gannets.



ADULT RELAXED SOCIAL CLUB

Our group had a wonderful time in Bressay with our friends from Supported Living and Newcraigielea. They all enjoyed soup, sandwiches and cake made by Beatrice and Andrew, who opened up for us specially. Lyle and his bairns brought lambs and their puppy for everyone to see.



LERWICK SATURDAY CLUB

The Lerwick Saturday Junior Club enjoyed a fun-packed day of baking and playing in the hall.



If you are interested or know someone who may be interested in joining any of our clubs, head over to our website and complete a 'Referral' Form.



FOR OUR FAMILIES

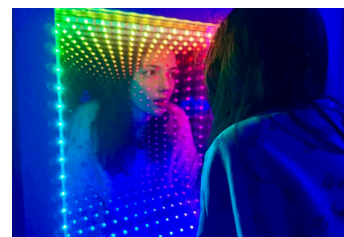
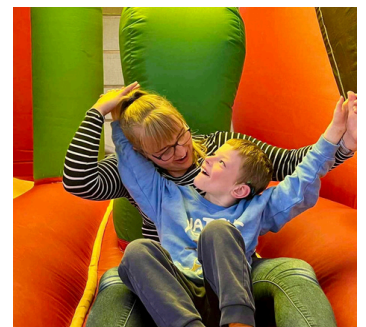
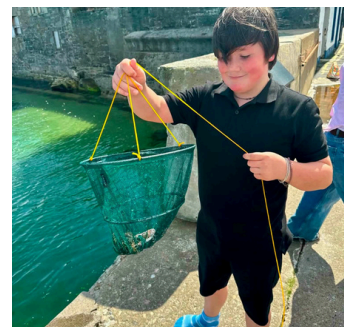
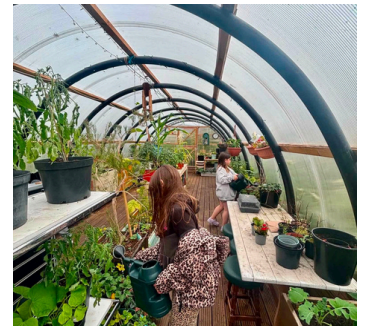
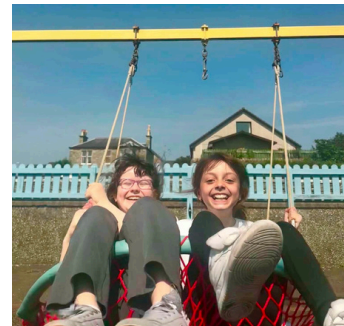
SUMMER HOLIDAY CLUB HIGHLIGHTS

SUMMER CAMP HIGHLIGHTS

This past May, we had a blast at the Voxter Outdoors Center where we held our Summer Camp Weekend.



The Summer Camp consisted of a whole weekend packed with fun! Favourite activities included tree climbing, smore eating, park crawling, pillow fighting and a whole lot of dancing!



Our next Holiday Club will be on the week beginning October 12th.

Go to page 14 for upcoming Family Session Dates, Parent Cuppas and Teen Carers Group meets.

PARASPORT / ADULT SPORT & PEERIE STARS FESTIVAL

We held our Parasport, Adult Sport and Peerie Stars Festival at the Clickimin Leisure Centre this late April.



We had an action-packed day of fun, with a sport activity to suit everyone. We had curling, Boccia, table tennis, fencing, wheelchair basketball, swimming and kayaking on offer throughout the day. I think it is safe to say that the participants have had so much fun, whilst learning, competing and developing their skills and experiences.

A huge Thank You to all our volunteers who helped out, and to all the amazing coaches who gave up their time and expertise to everyone who got involved.

ALL-ABILITY PADDLE SESSIONS

We had the most amazing week in early July paddling around Cunningsburgh, exploring wildlife and sea swimming, as well as indoor paddling pool sessions at the Clickimin Leisure Centre.

None of this would have been possible without the amazing partnership working between us, the Shetland Canoe Club and Roger from Paddle Scotland. Also a further Thank You to Cooke Scotland for sponsoring the adaptive Kayak equipment, which was vital to making kayaking more inclusive, and to Northlink Ferries for sponsoring Roger's travel to Shetland.



PADDLE
SCOTLAND

Shetland Canoe Club

sportscotland
activeschools
SHETLAND

Cooke
SCOTLAND

NorthLink
FERRIES



SPORT CLUBS AND ACTIVITIES

For the Summer of Sport 2026, Ability Shetland have offered a variety of inclusive sports. We have offered multi-sports sessions in Brae and Sandwick as well as at the Commonwealth Games sessions held at Clickimin in July. We have also held Goalball sessions, with the hope to introduce a new sport to our Island.

GOALBALL COME & TRY SESSIONS

Goalball is a unique team sport designed specifically for visually impaired athletes where players use their ears to track a jangling ball and their bodies to block. It features teams of 3 players, blackout eyeshades and a silent playing court. Anyone is welcome to come give it a go!

ASN FOOTBALL CLUB

The ASN Football club started in January this year. This was due to the success of our first off-island football competition at last year's Learning Disability Games. There was a real push to keep the football training going. The group meet weekly, Tuesday evening and is aimed for ages 14+. The club have

been training and getting ready to head south in October for our first competition since last summer's games - the Scottish National Football Competition hosted by Scottish Learning Disability Sport.

☀️ If you're interested in the ASN Football training - please email:

marc.robertson3@shetland.org ☀️



SPORTS VOLUNTEERING OPPORTUNITY

We are currently looking for more volunteers to help out at our various sports clubs and future sporting events.

☀️ To apply to become a volunteer, check out our 'Volunteer' section on our website where you can fill out an online application form. Or email:

holly.leask2@shetland.org ☀️



ERIC GRAY SPORTS DAY

Eric Gray had their Sports Day in late July this year. Thankfully the weather held and we all got to head outside for the obstacle course.



Go to page 13 for information for upcoming Wheelchair Basketball club dates.

COME TRY A CYCLE SESSIONS

We've had an excellent time at the Clickimin Track for our Come Try a Cycle sessions. We've had all types of weather this Summer, however our true dedicated cyclists have turned up in all weathers and had a blast!

It was our first time at Unstfest this year and what a blast it was! We helped Lou and Laurence bring the Shetland Ravens Wheelchair Basketball Club to Unstfest. The sessions were a great success, with folk of all ages and abilities enjoying their chance at a new sport. Special thanks to Lou, Laurence and Charles for coaching throughout the day.



For information on upcoming Come and Try a Cycle Sessions, go to page 12.

ALL THINGS BOCCIA

BOCCIA DAY CENTRE CHAMPIONSHIP

We had the most wonderful day hosting the Day Care Centre Boccia Championship, bringing together folk from local day centres all across Shetland, including the North, East, South, Central and West of the Isles.



The event was filled with laughter, encouragement and great team spirit from everyone taking part. ET and Taing are this year's winners! The Day Centre Boccia trophy will take pride of place in their Day Care room. Special thanks to Avril and Andy for coaching and helping out.

PRIMARY BOCCIA FUN DAY

We hosted our Primary School Boccia Fun Day, with pupils coming from all around Shetland to try some fun Boccia games and test their skills.



SCOTTISH DISABILITY SPORT TRAINING

9.30am - 4.30pm
Clickimin Leisure Complex

LEVEL 1 AWARD IN OFFICIATING BOCCIA

Scottish Disability Sport

2026 SUMMER OF SPORT

The Level 1 Award in Officiating Boccia takes place over seven hours in a practical setting.

By the end of the course delegates will be able to officiate a game of boccia, understand athletes' individual needs and put key skills into practice.

Content

- Boccia basics
- Equipment
- Terminology
- Roles and responsibilities
- The game
- Violations
- Multiple choice assessment
- Officiating opportunities
- Signposting

Resources and Assessment

All resources are hosted online on our virtual learning environment, Brightspace.

There is a multiple choice test at the end of the course, also on Brightspace.

For more information and to book, visit: <https://bit.ly/4nP2XJ>



Scottish Disability Sport

2026 SUMMER OF SPORT

Boccia Leaders Award

- 3-hour theory and practical workshop
- Experience an introduction to playing, coaching and officiating
- Encourages the delivery of inclusive practice
- Support the inclusion of disabled people in meaningful sport and physical activity.

25th July
1.30 - 4.30pm

Clickimin Leisure Complex, Lerwick

Please register at <https://bit.ly/4nP2XJ>



Thanks to the '2026 Summer of Sport' funding, Scottish Disability Sport were able to come to Shetland to facilitate two days of training in officiating and coaching Boccia.



Head to page 13 to see upcoming dates for our Boccia Club.



SHETLAND ACCESSIBILITY

CUNNINGSBURGH HOIST VOLUNTEERS

Our all-ability paddle sessions wouldn't have been possible without the help of some community volunteers who helped Ability Shetland install a hoist at the pier at the Cunningburgh Marina.

Due to the gradient, a slope was needed to be installed to ensure safe access for wheelchair users. Tulloch Developments volunteered their time to ensure a professional job was completed.

Having this equipment means disabled people can access kayaking from the pier safely.



**Check out page 13 for Accessible
Playpark equipment information!**

SANDS OF SOUNDS BEACH ACCESS & EQUIPMENT

The Shetland Islands Council's Outdoor Access department have done an amazing job at making the Sands of Sound beach more accessible. As well as widening and lengthening the existing natural path, they have also installed matting underneath the sand to help with wheelchair access. Ability Shetland have also installed some resources to assist anyone who may need more sand dug out and extra matting to get further down the beach. These are safely placed in a box on entry to the beach. Another great example of partnership working in Shetland.



If you require All-Terrain wheelchairs to access beaches in Shetland, go check out our website for information of our small fleet that is available for hire.



FUNDING / RECENT INCOME

SUMMER OF SPORT FUNDING 2026

The Scottish Government 2026 Summer of Sport Funding has enabled us to offer training opportunities to develop the following disability sports in Shetland – Boccia, Goalball, Curling, and Wheelchair Basketball, as well as the purchase of equipment for these sports. In partnership with SIC Sport and Leisure and Scottish Disability Sport, we have delivered Disability Inclusion Training to coaches and staff who will be delivering sports sessions over the Summer across Shetland, ensuring an inclusive approach to all sports offerings locally.



HOLIDAY CLUB FUNDING

Our Holiday Club runs for 6 weeks throughout the year; 1 week in the Easter Holidays, 4 weeks in the Summer and 1 week in the October Holidays. We received two grants this year to go towards this;

£15,000 from the Three Guineas Trust and also £35,000 from Shared Care Scotland for ASN Holiday Clubs in 2026. This vital funding helps us employ sessional staff, and pay for activities and transport to ensure our children and young people have the best time!

The Three Guineas Trust



CORE FUNDING

We managed to secure £31,585 for core costs up to April 2027 from Inspiring Scotland Improving Access Fund. This is vital as it means that we can have security to develop our support whilst being able to pay our staff and rent, and all the important (but slightly boring) expenses.



LOCAL FUNDRAISERS



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

EDINBURGH HALF MARATHON

A huge thank you to Chloe Keppie who chose to raise money for Ability Shetland in her first half marathon in Edinburgh. She raised an amazing £3157.01 for Ability Shetland!



CHARITY VIKING WALK

Love to Ride and partners hosted a Charity Viking Walk in May and raised money for both Mind Your Head and Ability Shetland. Thank You!



SUNDAY TEAS FUNDRAISER

Ability Shetland hosted a Sunday Teas fundraiser in May to raise funds for the Shetland Boccia Club's Development Squad. The event raised a grand total of £1231.28! Thank you to everyone who contributed to the incredible spread of food, helped on the day and the Shetland Triathlon Club for inviting us along.

AFTERNOON DISCO FUNDRAISER

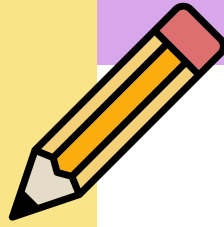
Ability Shetland and friends all had a blast dancing and having a boogie to DJ Mixi Chik's tunes at Mareel. We had so much fun and managed to raise £800 in the process! Thank you again to everyone who helped out, danced and bought or donated a raffle prize.



Go to page 15 for information on our current Bonus Ball fundraiser.



DATES FOR YOUR DIARY



AUGUST

- 11th - End of Summer Family Session
- 12th - Goalball Come Try Session (Brae)
- 13th - Adapted Bike Session
- 19th - Parent Cuppa
- 29th - Siblings Meet Up
- 31st - ADHD Support Shetland

SEPTEMBER

- 2nd - Teen Siblings/ Young Carers Meet
- 5th - Adapted Bike Session
- 10th - Parent Cuppa
- 12th - Bressay Parkrun Takeover
- 17th - Last Adapted Bike Session
- 19th & 20th - Inclusive Orkney Trip
- 23rd - Ability Shetland AGM

OCTOBER

- 12th - Start of Holiday Club week
- 19th - Start of Family Activities Week

Our next newsletter will be published in October.



Keep an eye on our Facebook page to keep up with our current activities, events and news!

POSTERS / FLYERS

(UPCOMING SPORTS ACTIVITIES)



Goalball

COME AND TRY SESSIONS

WEDNESDAY - AUGUST 5TH
BRAE GAMES HALL 1200-1300

WEDNESDAY - AUGUST 12TH
SANDWICK GAMES HALL 1200-1300

GOALBALL IS A STRATEGIC TEAM SPORT DESIGNED FOR
ATHLETES WITH VISUAL IMPAIRMENTS

TWO TEAMS OF THREE PLAYERS COMPETE TO THROW
AND ROLL A BELL-FILLED BALL PAST THE OPPOSING
TEAM'S DEFENSE, USING THEIR BODIES TO BLOCK SHOTS
AND SCORE POINTS

ASN FOOTBALL

FOR THE NEXT 3 WEEKS ONLY WE HAVE
A NEW VENUE AND TIME.

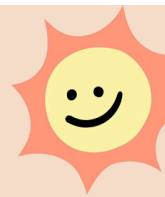
 **NORTH LOCH PARK**

TUESDAY 28TH JULY - 1800-1900
TUESDAY 4TH AUGUST - 1800-1900
TUESDAY 11TH AUGUST - 1800-1900



North Loch Park
The new 3G plastic
pitch located next to
Clickimin running track

COME TRY A CYCLE



COME ALONG TO CLICKIMIN AND TRY OUR
RANGE OF ADAPTED CYCLES: TANDEMS,
WHEELCHAIR BIKES, TRIKES AND MORE!

Thursdays 2-3pm

Saturdays 1-2pm

23rd April
14th May
18th June
16th July
13th August
17th September

11th April
2nd May
6th June
4th July
1st August
5th September



Contact Marc for
any information on
our sports events
or activities:

[marc.robertson3@](mailto:marc.robertson3@shetland.org)
shetland.org



POSTERS / FLYERS (CONTINUED)



Shetland Boccia Club

All are welcome to join Shetland Boccia Club sessions.

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

WHEN?

Friday 5pm-6pm on the following dates:

August: 21st, 28th

September: 4th, 11th, 18th

WHERE?

Clickimin Main Hall

CONTACT

marc.robertson3@shetland.org for more information.

Shetland Playparks - where to find accessible equipment.

Happyhansel: Wheelchair swing, birds nest swing, wheelchair accessible roundabout;

King George V: Wheelchair swing, birds nest swing, wheelchair accessible roundabout, accessible picnic table

Barclaypark, Whalsay: Wheelchair accessible roundabout

Mid Yell JHS: Birds nest swing, accessible picnic table

Haroldswick, Unst: Wheelchair accessible roundabout

Baltasound, Unst: Birds nest swing

Tingwall PS: Birds nest swing, wheelchair accessible roundabout

Sandwick Central: Wheelchair swing, wheelchair accessible roundabout

Voe: Wheelchair swing, wheelchair accessible roundabout, accessible picnic table




SHETLAND RAVENS

WHEELCHAIR BASKETBALL

THURS 1800-2000
CLICKIMIN MAIN HALL

ON THE FOLLOWING DATES:

AUGUST: 20TH, 27TH
SEPTEMBER: 3RD



Ability Shetland

PARKRUN PARTNERSHIP

RUN, WALK OR VOLUNTEER

Runners - Walkers - Marshals - Timekeepers -
Barcode Scanners - Finish Tokens - Tailwalkers



SATURDAY 12TH SEPTEMBER - 9AM FERRY

For more information contact us at abilityshetland@shetland.org

POSTERS / FLYERS

(FAMILY SUPPORT DATES)



CUPPA MORNING

FOR PARENTS OF ASN CHILDREN

WEDNESDAY AUGUST 19TH @
MARKET HOUSE
(TRAINING ROOM)

10:30AM - 12.30PM

Email:
catriona.thomson3@shetland.org

Shetland Charitable Trust Ability Shetland

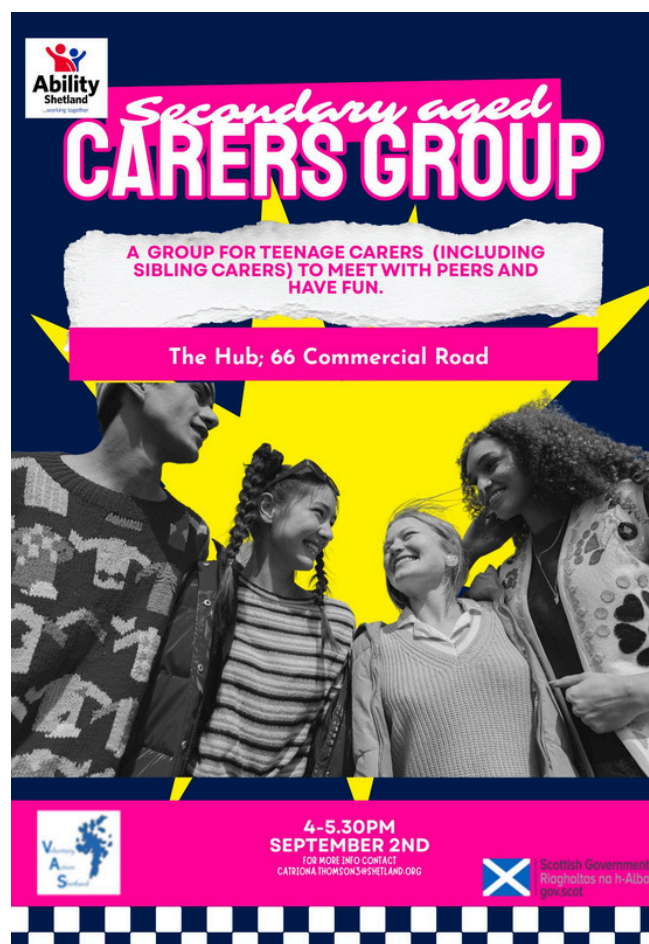


CUPPA MORNING

FOR PARENTS OF ASN CHILDREN

THURSDAY SEPTEMBER 10TH
@
MARKET HOUSE

10:30AM - 12.30PM



Ability Shetland

Secondary aged CARERS GROUP

A GROUP FOR TEENAGE CARERS (INCLUDING SIBLING CARERS) TO MEET WITH PEERS AND HAVE FUN.

The Hub; 66 Commercial Road

4-5.30PM
SEPTEMBER 2ND

FOR MORE INFO CONTACT
CATRIONA.THOMSON3@SHETLAND.ORG

Scottish Government
Riaghaidh na h-Alba
gov.scot



Ability Shetland
...working together

SIBLINGS MEET UP

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

AUGUST 29TH 2026
11AM-1PM
THE HUB; 66 COMMERCIAL ROAD

Please email catriona.thomson3@shetland.org
to book a place

Contact Catriona for
any information on
Family Support:
Catriona.Thomson3@shetland.org

POSTERS / FLYERS



**NOTICE OF
ANNUAL
GENERAL
MEETING**



**ABILITY
SHETLAND
AGM**

WEDNESDAY 23RD SEPTEMBER 2026

5.30PM

TRAINING ROOM, MARKET HOUSE

**FOR MORE INFORMATION PLEASE CONTACT:
ABILITYSHETLAND@SHETLAND.ORG**

**ADHD SUPPORT
SHETLAND**

Monday 31st August
6.30 – 8pm

Market House,
Lerwick

Win £10000!

£10 per number

**BONUS
BALL**

Get in touch with us over Social
Media if you would like to be allocated
a number.

We are raising money for our
LD Football Team to head
south to compete in the
Scottish National Football
Competition!