

Date	Day	Venue
February		
18th	Tuesday	Brae - Delting Boating Club
20th	Thursday	Lerwick - Market House
27th	Thursday	Pop Up Menopause Café - Walls Public Hall
March		
4th	Tuesday	Brae - Delting Boating Club
6th	Thursday	South - Cunningsburgh Hall (Ben End)
13th	Thursday	South - Sandwick Youth and Community Centre
18th	Tuesday	Brae - Delting Boating Club
20th	Thursday	Lerwick - Market House
April		
1st	Tuesday	Brae - Delting Boating Club
3rd	Thursday	South - Cunningsburgh Hall (Ben End)
8th	Tuesday	Brae - Delting Boating Club
10th	Thursday	South - Sandwick Youth and Community Centre
15th	Tuesday	Brae - Delting Boating Club
17th	Thursday	Lerwick - Market House
24th	Thursday	Pop Up Menopause Café - Venue to be confirmed
May		
1st	Thursday	South - Cunningsburgh Hall (Ben End)
6th	Tuesday	Brae - Delting Boating Club
8th	Thursday	South - Sandwick Youth and Community Centre
15th	Thursday	Lerwick - Market House
20th	Tuesday	Brae - Delting Boating Club
22nd	Thursday	Pop Up Menopause Café - Venue to be confirmed
June		
3rd	Tuesday	Brae - Delting Boating Club
5th	Thursday	South - Cunningsburgh Hall (Ben End)
12th	Thursday	South - Sandwick Youth and Community Centre
17th	Tuesday	Brae - Delting Boating Club
19th	Thursday	Lerwick - Market House
26th	Thursday	Pop Up Menopause Café - Venue to be confirmed

July		
1st	Tuesday	Brae - Delting Boating Club
3rd	Thursday	
10th	Sandwick	South - Sandwick Youth and Community Centre
15th	Tuesday	Brae - Delting Boating Club
17th	Thursday	Lerwick - Market House
24th	Thursday	Pop Up Menopause Café - Venue to be confirmed
August		
5th	Tuesday	Brae - Delting Boating Club
7th	Thursday	South - Cunningsburgh Hall (Ben End)
14th	Thursday	South - Sandwick Youth and Community Centre
19th	Tuesday	Brae - Delting Boating Club
21st	Thursday	Lerwick - Market House
28th	Thursday	Pop Up Menopause Café - Venue to be confirmed
September		
2nd	Tuesday	Brae - Delting Boating Club
4th	Thursday	South - Cunningsburgh Hall (Ben End)
11th	Thursday	South - Sandwick Youth and Community Centre
16th	Tuesday	Brae - Delting Boating Club
18th	Thursday	Lerwick - Market House
25th	Thursday	Pop Up Menopause Café - Venue to be confirmed
October		
2nd	Tuesday	Brae - Delting Boating Club
4th	Thursday	South - Cunningsburgh Hall (Ben End)
11th	Thursday	South - Sandwick Youth and Community Centre
16th	Tuesday	Brae - Delting Boating Club
18th	Thursday	Lerwick - Market House
25th	Thursday	Pop Up Menopause Café - Venue to be confirmed
November		
4th	Tuesday	Brae - Delting Boating Club
6th	Thursday	South - Cunningsburgh Hall (Ben End)
13th	Thursday	South - Sandwick Youth and Community Centre
18th	Tuesday	Brae - Delting Boating Club
20th	Thursday	Lerwick - Market House

27th	Thursday	Pop Up Menopause Café - Venue to be confirmed
December		
2nd	Tuesday	Brae - Delting Boating Club
4th	Thursday	South - Cunningburgh Hall (Ben End)