

What's on



April-Virtual Resource Centre (VRC)

We are delighted to launch our live stream service. This service offers a selection of information sessions and regular activities through our Virtual Resource Centre page, and we warmly invite you to take part.

Everybody is welcome at our online group sessions. You can attend independently or with a companion but please note that our live sessions require a pre-booking at least 5 minutes before they are due to begin. We also have a series of sessions 'available on demand' to be enjoyed anytime. Further support for using this form can be found on the VRC website page in the 'How to ' video at the bottom of the page. For information on what to expect when joining a session there is a guide found on the VRC website page by clicking the joining a VRC session button.

This month we introduce the National Dementia Advisory Service's Carer Education programme. It aims to help provide informative and supportive sessions for those caring for a loved one living with dementia. These will run in three blocks and can be booked together or as individual sessions depending on what you feel you would like to attend. **Please note;** spaces to attend these sessions are limited, so early booking is advised. If you can't no longer attend a session it would be appreciated if you cancel your place so others can book on.

Any feedback, suggestions and ideas for further sessions are welcomed and can be provided through our feedback button on the VRC page or via EMAIL.

| Date | Sessions available to book | Time |
|----------|---|-----------|
| 4/04/24 | Music and More Sing-along to our live music set featuring Aimee Penman on vocals and piano from the comfort of your armchair. Click HERE to book | 11-12noon |
| 10/04/24 | Tabletop Arts and Crafts Join us as we hear an inspirational folktale 'the peas of joy'. Then create a selection of positivity pebbles in a tabletop crafting activity. You will need: A selection of medium to large sized flat pebbles (at least 3). White acrylic paint Acrylics paint pens A small flat varnish brush Clear varnish/clear nail varnish Click HERE to book | 2-2.30pm |

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| 11/04/24 | Music and More “Through the keyhole” Quiz Can you guess the celebrity from the clues about their lives and the house they live in. Based on the popular tv programme series. Click HERE to book | 11-11.30am |
| 16/04/24 | GPS maintaining confidence when out and about. Join our Digital Dementia Advisors in an informative session about using GPS to maintain confidence and independence when out and about. Click HERE to book | 11-11.30am |
| 18/04/24 | Music and More Sing-along to our live music set featuring Aimee Penman on vocals and piano from the comfort of your armchair. Click HERE to book | 11-12noon |
| 23/04/24 | The National Dementia Advisor Service (NDAS) Carers Education Session 1 Dementia Basics: An informative overview of the impact and causes of dementia and approaches to help support.. Click HERE to book | 2-3.30pm |
| 24/04/24 | Còmhradh agus Òrain Gàidhlig (Gaelic Conversation & Songs) Join us for a friendly chat in Gaelic and enjoy singing along to popular folk Gaelic songs. Facilitated by Margaret Nicolson, Gaelic speaker and singer. Click HERE to book | 2-3pm  <i>Le taic bho Bhòrd na Gàidhlig</i> |
| 25/04/24 | Music and More featuring the Ayrshire Ukulele Clan A live session with the Ayrshire Ukulele Clan, complete with a sing-along. Click HERE to book | |

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| 30/04/24 | <p>The National Dementia Advisor Service (NDAS) Carers Education</p> <p>Session 2 Focus on Caring: A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself.</p> <p>Click HERE to book</p> | 2-3.30pm |
| Available on Demand | | |
| | <p>The Alzheimer Scotland 24-hour Helpline information and support</p> <p>An informative video with ways that the Alzheimer Scotland 24-hour Helpline can support you.</p> <p>Click HERE to view</p> | |
| | <p>The National Dementia Advisory Service (NDAS) information and support</p> <p>Join some of the NDAS team as they discuss ways the new national service can offer support and the new programmes that will be running online through the VRC.</p> <p>Coming Soon</p> | |
| | <p>Allied Health Professionals (AHP) information video</p> <p>A short explanation of AHP their role in dementia care and support and signposting for further information.</p> <p>Click HERE to view</p> | |
| | <p>Allied Health Professionals: Music therapists</p> <p>An informative session with Music Therapists Kassandra and Laura as they discuss the role music therapists play in supporting those affected by dementia. Along with some practical ways that music can be used by non-professionals to support and engage.</p> <p>Click HERE to view</p> | |

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| | <p>The Digital Dementia Advisors role, using consumer technology to support and enable</p> <p>How to access digital support through Alzheimer Scotland.</p> <p>Click HERE to view</p> |
| | <p>10 top tips when using voice assistant technology</p> <p>Rachel, one of our Digital Dementia Advisors shares some helpful insights when using voice assistant technology.</p> <p>Click HERE to view</p> |
| | <p>Dementia Dog project</p> <p>Learn more about our amazing Dementia Dog project, and ways to get involved</p> <p>Click HERE to view</p> |
| | <p>The Living Memory Association (THELMA)- School days 1940-1960's</p> <p>Join THELMA as we go back in time to look at what a school might have looked like for some of you. A chance to reminisce.</p> <p>Click HERE to view</p> |
| | <p>Spin Turn Creative Movement- Seated Waltz</p> <p>Join Elaine from Spin Turn creative Movement as she guides you through a seated waltz exercise.</p> <p>Click HERE to view</p> |
| | <p>Bird Quiz- Garden birds</p> <p>Join Rachel McLauchlan to learn more about the birds you might find in your garden. See if you can guess the bird she is painting from the clues in the quiz. Happy birding!</p> <p>Click HERE to view.</p> |

Contact details for the VRC facilitator

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Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>

