

# What's on



## March– 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.

This month as part of Brain Awareness Week we have a special feature to engage our imaginations with the 'Stitching stars' initiative. Stitching Stars is our new Facebook fundraising challenge which will run through March 2024. It is inspired by the same concept as the Brain Health Scotland STARS programme – that there are as many connections in our brains as stars in the sky. This can be found in our available on demand section.

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
07/03/24	<b>Music and More</b>  Sing-along to our live music set featuring Aimee Penman on vocals and piano from the comfort of your armchair.  Click <a href="#">HERE</a> to book	11-12noon
11/03/24	<b>About Digital And Me (ADAM) walk through</b>  An informative session, helping us discover how to utilize the ADAM platform to find personalised consumer technology solutions.  Click <a href="#">HERE</a> to book	11-11.30am
13/03/24	<b>Tabletop Arts and Crafts</b>  Join Pam as she guides us through a creative activity from her tabletop. This month we will get crafty by creating a tea-cup floral display.  <b>You will need:</b> 1 teacup or small mug a small piece of pre-soaked oasis or florist foam	1.30-2pm

	<p>a selection of flowers, some foliage safety secateurs or scissors</p> <p>Click <a href="#">HERE</a> to book</p>	
14/03/24	<p><b>Music and More “Through the keyhole” Quiz</b></p> <p>Can you guess the celebrity from the clues about their lives and the house they live in. Based on the popular tv programme series.</p> <p>Click <a href="#">HERE</a> to book</p>	11-11.30am
20/03/24	<p><b>Còmhradh agus Òrain Gàidhlig (Gaelic Conversation &amp; Songs)</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to book</p>	<p>2-3pm</p> <div>  <p><b>Bòrd na Gàidhlig</b></p> <p><i>Le taic bho Bhora na Gàidhlig</i></p> </div>
21/03/24	<p><b>Music and More</b></p> <p>Sing-along to our live music set featuring Aimee Penman on vocals and piano from the comfort of your armchair.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
26/03/24	<p><b>AHP Connecting People Connecting Support website walk through</b></p> <p>Our Allied Health Professionals provide an informal walkthrough of the Dementia Together website. Find out how to utilize the <i>Connecting People Connecting Support</i> website and resources to help towards maintaining positive wellbeing and brain health.</p> <p>Click <a href="#">HERE</a> to book</p>	2-2.30pm
28/03/24	<p><b>Music and More featuring the Ayrshire Ukulele Clan</b></p> <p>A live session with the Ayrshire Ukulele Clan, complete with a sing-along to some of your old Scottish favourites.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon

### **Brain Health Scotland feature: The importance of early detection of Alzheimer's.**

Join Margaret and Barry as they discuss their personal experience of the diagnosis process. In a discussion with Alison, the projects lead about the importance of early detection and timely diagnosis.

Hosted through Brain Health Scotland and the Davio Alzheimer's Collaborative (DAL).

Click [\*\*HERE\*\*](#) to view

### **Special Feature for March: Crafting a felt star for the 'Stitching Stars' campaign**

Join us as we engage our imaginations to create a felt star. We hope this will inspire you to take part in the 'Stitching Stars' campaign, more information about the campaign can be found [here](#).

**You will need:** a selection of coloured felt, embroidery thread, embroidery needle/large eye sewing needle, hollow fibre stuffing, buttons/beads/sequins, a star template, scissors and your imagination.

Click [\*\*HERE\*\*](#) to view

### **The Alzheimer Scotland 24-hour Helpline information and support**

An informative video with ways that the Alzheimer Scotland 24-hour Helpline can support you.

Click [\*\*HERE\*\*](#) to view

### **The Digital Dementia Advisors role, using consumer technology to support and enable**

How to access digital support through Alzheimer Scotland.

Click [\*\*HERE\*\*](#) to view

	<p><b>Allied Health Professionals (AHP) information video</b></p> <p>A short explanation of AHP their role in dementia care and support and signposting for further information.</p> <p>Click <a href="#">HERE</a> to view</p>
	<p><b>Allied Health Professionals- Music therapists</b></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 <a href="#">HERE</a> to view</p>
	<p><b>Bird Quiz- Garden birds</b></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 <a href="#">HERE</a> to view.</p>
	<p><b>Gaelic Conversations and Sing-along</b></p> <p>A dual language (Scottish Gaelic and English) sing-along video, featuring folk singer Anna Mhartainn, footage of Scottish scenery to music and some of the children of Portree Gaelic primary school as they sing some traditional Scottish songs.</p> <p>Click <a href="#">HERE</a> to view</p>
	<p><b>Reminisce with music and memories from the swinging sixties</b></p> <p>Enjoy a journey through the Sixties, featuring music and some history to boot! Once you click to view select play all to begin the journey.</p> <p>Click <a href="#">HERE</a> 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>

