

What's on



May-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 under the joining a VRC session button.

The National Dementia Advisor Service's Carer Education programme holds its final session its first block of sessions. 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 no longer attend a session it would be appreciated if you cancel your place so others can book on. The next block of sessions will begin in August and will be available to book from the last week of June onwards NDAS@alzscot.org for more information.

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
2/05/24	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
07/05/24	The National Dementia Advisor Service (NDAS) Carers Education Session 3: Strategies for the future Planning options and what to do if things become more difficult. Facilitated by our National Dementia Advisors Janine Adair and Faye Smart. Click HERE to book	2-3.30pm

08/05/24	<p>Table-top Arts and Crafts</p> <p>Join Pam this month as she creates a 'pizza pot' herb planter by upcycling a colander.</p> <p>You will need A colander or similar sized container/plant pot/plastic bag Peat free soil A selection of three herbs; e.g. oregano, basil and chives. Sphagnum moss (optional for use with the colander only).</p> <p>Click HERE to book</p>	11-11.45am
15/05/24	<p>Còmhradh agus Òrain Gàidhlig (Gaelic Conversation & Songs)</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 HERE to book</p>	<p>2-3pm</p>  <p><i>Le taic bho Bhòrd na Gàidhlig</i></p>
16/05/24	<p>Music and More</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 HERE to book</p>	11-12noon
21/05/24	<p>Disability benefits available for those living with dementia</p> <p>Join us in this information session on the disability benefits available to those living with dementia. This session explains the current disability benefits available, who these apply to and signposting for further information.</p> <p>Click HERE to book</p>	11-11.30am
23/05/24	<p>Music and More featuring the Ayrshire Ukulele Clan</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 HERE to book</p>	11-12noon

30/05/24

Music and More ‘ Now and Then Beatles Quiz’

1.30-2.15pm

Calling all Beatles fans. Join us for a light-hearted and entertaining quiz featuring the work, lives loves and influences of the Beatles, with musical interludes.

Click [HERE](#) to book

Available on Demand

Brain Health Scotland: 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

The National Dementia Advisor Service (NDAS) information and support

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.

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

Allied Health Professionals (AHP) information video

A short explanation of AHP their role in dementia care and support and signposting for further information.

Click [HERE](#) to view

Allied Health Professionals: Music therapists

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.

Click [HERE](#) to view

Allied Health Professional: Speech and Language Therapists

Join our AHP Rebecca as she explains the role Speech and Language therapists play in helping to support people living with dementia

Click [HERE](#) to view

Bird Quiz- Garden birds

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!

Click [HERE](#) to view.

Gaelic Conversations and Sing-along

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.

Click [HERE](#) to view

The Living Memory Association (THELMA)- Games and toys in years gone by.

Join THELMA as we reminisce about the games and toys we played with through the years.

Click [HERE](#) to view

Spin Turn Creative Movement- Movement to poetry

Join Elaine from Spin Turn creative Movement as she guides you through a movement to poetry exercise.

Click [HERE](#) to view

Storytelling and crafting session

Prepare to be inspired by the folk tale the 'Bird of Fortune'. Go on to create a bookmark based on the tale through our crafting activity. You will need; some card, scissors, a pencil, felt/fine liner pen, a small feather and a little piece of ribbon to complete the bookmark.

Click [HERE](#) to view

Contact details for the VRC facilitator

Email: sberesford@alzscot.org **Tel:** 0758618481

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>

