

What's on



August-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.

Our You Me and Grief (YMG) carer bereavement programme for the first of our 6-week blocks will begin on the 10th of September. The welcome session will run on the 27th of August and can be booked below. *Booking the welcome session will enable you to secure a place on the programme.* Please note: the programme is designed to be booked in 6-week blocks and spaces are limited to 8. More information on this programme and contact details of the facilitator can be found in our YMG available on demand information video.

The new block of NDAS the carers education programme begins on the 20th of August, these sessions run as part of a block of 3 and can be booked together or individually. You will see a prompt link highlighted in blue to book more sessions in the block when booking. Please note: these have limited spaces so please ensure you cancel if you are unable to attend.

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
01/08/24	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
08/08/24	Music and More Dog Quiz Calling all dog lovers! A quiz on man's best friend with musical interludes. Click HERE to book	11-12noon

15/08/24	<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
20/08/24	<p>The National Dementia Advisor Service (NDAS) Carers Education</p> <p>Session 1 Dementia Basics: An informative overview of the impact and causes of dementia and approaches to help support. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie.</p> <p>Click HERE to book</p>	2-3.30pm
21/08/24	<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>
22/08/24	<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
27/08/24	<p>You Me and Grief (YMG) : Introductory Session</p> <p>Join Hayley as she presents a welcome session to the YMG programme. This session contains further information about the upcoming YMG programme, and you can find out more and secure a booking for the 6-week programme.</p> <p>Click HERE to book</p>	10-10.30am
27/08/24	<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</p>	2-3.30pm

yourself. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie.

Click [HERE](#) to book

Available on Demand

You Me and Grief (YMG) : Information and Support

Join Hayley as she shares more information on the support available through the YMG programme for bereaved carers.

Click [HERE](#) to view

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

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

Allied Health Professionals: Podiatry

Learn about the key role Podiatry plays from our AHP Kyle. He explains the importance of maintaining foot health to aid overall wellbeing for those living with dementia.

Click [HERE](#) to view

Allied Health Professionals: Physiotherapy

Our AHP Claire explains the right to rehabilitation and ways in which Physiotherapists can enable those affected by dementia .

Click [HERE](#) to view

Wellbeing series- Mikes Creative Journey

Join Mike as he relates his life experiences and the importance of having a positive mindset. He shares his poems, short stories and other creative ways that help him to live as well as he is able while living with dementia.

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

Table-top Arts and Crafts: Teacup floral arrangement

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.

You will need:

1 teacup or small mug
a small piece of pre-soaked oasis or florist foam

a selection of flowers,
some foliage
safety secateurs or scissors

Click [HERE](#) to view

Scottish Ballet- A Time to Dance Introduction

Join Elaine on behalf of Scottish Ballet as she explains how to take part in the movement and exercises as part of the Time to dance programme.

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Scottish Ballet -A Time to dance session 3

Join Elaine on behalf of Scottish Ballet as she guides you through the movement and exercises as part of the Time to dance programme

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Dementia Arts Trust- Painting a Washing Line

Join the Dementia Arts Trust as they share guided step by step to creating a simple washing-line water colour (w/c) painting.

You will need: A sheet of w/c paper, a sketch pencil, a selection of w/c pencils, a size 4 paint brush, a small container of water.

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Click [HERE](#) to view

The Living Memory Association;

Games and toys of the 1940's -1970's, reminiscence with the Living Memory Association

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Click [HERE](#) to view

Contact details for the VRC- **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>



The logo for Alzheimer Scotland's Dementia Helpline is a rectangular graphic with a purple top section and a pink bottom section. In the purple section, the text '24 HOUR' is in a pink rounded rectangle, 'Dementia' is in white, and 'Alzheimer Scotland Action on Dementia' is in white with a logo of two hands. 'Helpline' is written in large white letters. The pink section contains the contact details: 'Freephone 0808 808 3000' and 'Email helpline@alzscot.org'.