

# What's on



## December-Virtual Resource Centre (VRC)

Welcome to the Virtual Resource Centre (VRC). The VRC offers a selection of information sessions and regular activities online through our website Virtual Resource Centre page.

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 and how to join a session there is a guide found on the VRC website page under the joining a VRC session button.

### Wintering Well

As part of the Wintering Well Campaign to help people keep connected we have added some extra interactive groups, practical information sessions and recorded activities for those who are unable to get to our in-person groups. We hope you enjoy these and would welcome any photos of what you create; these can be sent via email to the Digital Learning and Development Coordinator [sberesford@alzscot.org](mailto:sberesford@alzscot.org)

### The National Dementia Advisor Service (NDAS)

The NDAS **Carer's Evening Peer Support** group can be accessed by contacting Cherie Raby email: [craby@alzscot.org](mailto:craby@alzscot.org)


### Contact details for the VRC

Suzie Beresford Digital Learning and Development Co-Ordinator

**Email:** [sberesford@alzscot.org](mailto:sberesford@alzscot.org)

**Tel:** 075861848

Date	Sessions available to book	Time
02/12/24 Mon	<p><b>Around the Kitchen Table</b></p> <p>Calling all bakers! Grab a cuppa and join us as we bake some spiced mincemeat swirls with Cherie. <b>Please note</b> this session must be booked 60 mins prior to access. Please look over/print out our recipe instructions for this month first and pre-measure your ingredients before attending the group (see this month's recipe for full guidance).</p> <p>Click <a href="#">HERE</a> to book</p>	2-3pm
03/12/2024 Tues	<p><b>Allied Health Professionals Series- Tips for Eating and Drinking</b></p> <p>Claire a Speech and Language Therapist shares some tips to help those living with dementia to manage eating and drinking when difficulties arise.</p> <p>Click <a href="#">HERE</a> to book</p>	10.30-11am
03/12/2024 Tues	<p><b>You Me and Grief Drop-in Session</b></p> <p>A supportive group discussion about the importance of looking after yourself and some useful coping techniques after the bereavement of a loved one.</p> <p>Click <a href="#">HERE</a> to book</p>	6-7.30pm
04/12/24 Wed	<p><b>NDAS Carers Evening</b></p> <p>Join this friendly informal group for carers to meet others who are caring for someone living with dementia. A chance to share experiences and information to develop coping strategies.</p> <p>Email <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> to access</p>	7-8pm
06/12/24 Frid	<p><b>Traditional Scottish Ceilidh</b></p> <p>Join us for a musical morning, with live musicians, traditional Scottish songs and storytelling. No musical ability is needed you can join in or just listen to our musicians and storytellers from the comfort of your armchair.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
11/12/24 Wed	<p><b>Every Voice Choir Live Christmas Performance.</b></p>	1-2.15pm

	<p>Not one to be missed a festive treat for all the family! Sing-along to a selection of classic carols and Christmas favourites in this live Every voice Choir performance.</p> <p>Click <a href="#">HERE</a> to book</p>	
13/12/24 Frid	<p><b>Traditional Scottish Ceilidh</b></p> <p>Join us for a musical morning, with live musicians, traditional Scottish songs and storytelling. No musical ability is needed you can join in or just listen to our musicians and storytellers from the comfort of your armchair.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
17/12/24 Tues	<p><b>Music and More – Christmas Quiz</b></p> <p>Test your Christmas knowledge and get festive with our Christmas Quiz</p> <p>Click <a href="#">HERE</a> to book</p>	11-11.45am
18/12/24 Wed	<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> <p> <b>Bòrd na Gàidhlig</b></p> <p><i>Le taic bho Bhora na Gàidhlig</i></p>
20/12/24 Friday	<p><b>Traditional Scottish Ceilidh</b></p> <p>Join us for a musical morning, with live musicians, traditional Scottish songs and storytelling. No musical ability is needed you can join in or just listen to our musicians and storytellers from the comfort of your armchair.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
<b>Available on Demand</b>		
	<p><b>Brain Health Scotland: The importance of early detection of Alzheimer's.</b></p> <p>Margaret and Barry discuss their personal experience of the diagnosis process. In a discussion with Alison, the projects lead</p>	

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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

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### **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

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### **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

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### **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

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### **About Digital And Me (ADAM)**

Learn more about our updated MeetADAM website. Where you can browse to see the latest reviews and insights on consumer technology from those with lived experience. From simple devices with very little to no set to more complex technology.

Click [HERE](#) to view

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### **5 Top Tips when using Voice Prompt Technology**

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Rachel, one of our Digital Advisors shares some helpful insights when using voice assistant technology.

Click [HERE](#) to view

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### **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

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### **Allied Health Professionals: Music Therapists**

An informative session with Music Therapists Cassandra 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

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### **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

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### **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

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### **Wellbeing series: Mindfulness**

Prepare for some relaxation in our 'Wellbeing series'. We join Louise as she guides us through a 'body scan' mindfulness practice. Allow 20 minutes to complete this activity.

Click [HERE](#) to view

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## Therapeutic Table-top Activities featuring the Dementia Arts Trust: Creating a post-box winter scene



Paint a winter scene with the talented Dementia Arts Trust Team. In this step-by-step post box painting. **You will need:** A sketching pencil, water coloured paper, a selection of water-coloured pencils, a size 6 round paintbrush and a jar of water.

Click [HERE](#) to view

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## Therapeutic Table-Top Activities Trellis: Creating a Christmas Table Decorations.



Create Christmas themed table decorations, with Trellis therapeutic gardening. **You will need:** oasis/florist foam, a butter knife, small tub/container, safety secateurs/scissors, a selection of foliage, Christmas tags, stickers/pinecones to decorate.

**Please note:** Be careful when using sharp equipment to avoid injury. Always cut away from the direction of your body or fingers.

Click [HERE](#) to view

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produced by Alzheimer  
Scotland

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## 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

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## 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.

Click [HERE](#) to view

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Ballet 2021 published  
and re- produced by  
Alzheimer Scotland

## Scottish Ballet –A Time to dance session 2

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

Click [HERE](#) to view

Contact details for the VRC- **Email:** [sberesford@alzscot.org](mailto: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>

