

What's on



May-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 and guidance on Microsoft Teams there is a guide found on the VRC website page under the joining a VRC session button. If you haven't used Microsoft Teams before it is advisable to familiarize yourself with the information and download the app in advance of your session.

The National Dementia Advisor Service (NDAS)

NDAS Carers Education

This month we have a new block of the NDAS Carer Education programme beginning on the 6th of May. It aims to help provide informative and supportive sessions for those caring for a loved one living with dementia. These will run in 4 blocks throughout the month 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 and can only be booked at least 5 hours before they are set to run, 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.

There will be another block of these sessions in August for further information sessions please contact the Cherie Raby craby@alzscot.org or Janine Adair jadair@alzscot.org for further details.

Carer's peer support evening session

The NDAS **Carer's peer support** group can be accessed by contacting Cherie Raby email: craby@alzscot.org

Bingo

After booking your bingo session our Community Activities Organiser Diane Smith will send out your printable bingo card. **Please note:** Bingo cards are sent via email however, if you need one printed and posted you must book by the Friday before the session to receive it on time.

Contact details for the VRC Coordination

Suzie Beresford Digital Content Officer
Email: sberesford@alzscot.org **Tel:** 075861848

Date	Sessions available to book	Time
02/05/25 Fri	Traditional Scottish Ceilidh 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. Click HERE to book	11-12noon
06/05/25 Tues	NDAS Carers Education 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. Click HERE to book	2-4pm
07/05/25 Wed	Doggie Bingo Join Webb our 'activity dog' as he chooses the bingo numbers in true doggie fashion. Click HERE to book	11-12noon
07/05/25 Wed	NDAS Carers Evening 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. Email craby@alzscot.org to access	7-8pm
09/05/25 Fri	Traditional Scottish Ceilidh 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. Click HERE to book	11-12noon
13/05/25 Tues	NDAS Carers Education Session 2 Focus on Caring: A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Facilitated	2-4pm

	by our National Dementia Advisors Janine Adair and Cherie Rabie. Click HERE to book	
14/05/25 Wed	Reminisce Bingo Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music. This session is cancelled returning on the 21st of May.	11-12noon
16/05/25 Fri	Traditional Scottish Ceilidh 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. Click HERE to book	11-12noon
20/05/25 Tues	NDAS Carers Education Session 3 Focus on Caring: A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie. Click HERE to book	2-4pm
21/05/25 Wed	Reminisce Bingo Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music. Click HERE to book	11-12noon
23/05/25 Fri	Traditional Scottish Ceilidh Join us for a musical afternoon, 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. Click HERE to book	11-12noon
25/05/25 Tues	NDAS Carers Education Session 4 Technology and Dementia: Looking at simple digital resources to promote independence, wellbeing and manage care within your own home.	2-4pm

	Highlighting the About Digital and Me (ADAM) platform to help guide carers and those living with dementia to find technology that best suits them. Click HERE to book	
28/04/25 Wed	Còmhradh agus Òrain Gàidhlig (Gaelic Conversation & Songs) Join us for a friendly chat in Gaelic and enjoy singing along to popular folk Gaelic songs. Available to book soon, date TBC	2-3pm  Bòrd na Gàidhlig <i>Le taic bho Bhòrd na Gàidhlig</i>
28/04/25 Wed	Reminisce Bingo Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music. Click HERE to book	11-12noon
30/04/25 Frid	Traditional Scottish Ceilidh 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. Click HERE to book	11-12noon
Available on Demand		
	Brain Health Scotland: The importance of early detection of Alzheimer's. Margaret and Barry 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 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	
	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	
	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	
	5 Top Tips when using Voice Prompt Technology Rachel, one of our Digital Advisors shares some helpful insights when using voice assistant technology. 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	

	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: Mindfulness guided body scan 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	
	Wellbeing series: Seated Yoga Take some time out by joining us in our 'Wellbeing series'. Leslie guides us through a seated Yoga practise with a focus on 'ocean breathe'. Allow 30 minutes to complete this activity. 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	
	Wellbeing series: Creating hand poems	

	Take some time out by joining us in our 'Wellbeing series'. This time we take a look and how to create a simple poem through using a 'hand poem' technique. Intrigued? Join us in getting creative. Click HERE to view	
	Therapeutic Table-Top Activities – How to make fat balls for garden birds Calling all bird lovers, join us as we learn how to make fat balls to help feed garden birds over the winter months. You might even get a chance to do a spot of bird watching to boot. You will need: mixed wild bird seed, 200g lard porridge oats (optional) a large bowl, wooden spoon, spatula, pinecones (optional), twine/string (optional). Click HERE to view	
	Therapeutic Table-Top Activities- Storytelling and guided craft. 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	
	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	
	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	© Copyright Scottish Ballet 2021 published and re- produced by Alzheimer Scotland

	Scottish Ballet –A Time to Dance Sessions 1–3 Join Elaine on behalf of Scottish Ballet as she guides you through the movement and exercises as part of the Time to dance programme. Session 1 click HERE to view Session 2 click HERE to view Session 3 click HERE to view	© Copyright Scottish Ballet 2021 published and re- produced by Alzheimer Scotland
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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>

24 HOUR

Dementia



**Alzheimer
Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org