

# What's on



## July-Virtual Resource Centre (VRC)

### Welcome

The VRC is an online space where you can take part in regular group activities and helpful information sessions.

To join a session or view on demand sessions visit our website: [www.alzscot.org/community-support/virtual-resource-centre](http://www.alzscot.org/community-support/virtual-resource-centre) and click on the monthly what's on guide to see what's available. Sessions should be booked at least 5 minutes before they are due to start. There are step-by-step guides explaining how to book and join sessions on the VRC page.

Our sessions are hosted on Microsoft Teams. If this is your first time joining a session, we recommend reading the guide and if needed downloading the Microsoft Teams app before your session. Need more help? Email: [vrc@alzscot.org](mailto:vrc@alzscot.org)

### Carers Awareness

The next block of Carers Awareness (formerly Carers Education) sessions begin in August. These have been included in the July guide to enable advanced booking. For more information on these Email [advice@alzscot.org](mailto:advice@alzscot.org)

### Bingo

After booking your bingo session you will receive a printable bingo card by email. **Please note:** if you need one printed and posted you must book by the Friday before the session to receive it on time.

Date	Sessions available to book	Time
Wed 02/07/25	<b>Doggie Bingo</b>  Join Webb our 'activity dog' as he chooses the bingo numbers in true doggie fashion.  Click <b><u>HERE</u></b> to book	11am-12noon
Wed 02/07/25	<b>NDAS Carers Evening</b>  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 <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> to access	7-8pm
Fri 04/07/25	<b>Traditional Scottish Ceilidh</b>	11am-12noon

	<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>	
<p>Wed 09/07/25</p>	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	<p>11am-12noon</p>
<p>Fri 11/07/25</p>	<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>	<p>11am-12noon</p>
<p>Wed 16/07/25</p>	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	<p>11am-12noon</p>
<p>Fri 18/07/25</p>	<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>	<p>11am-12noon</p>
<p>Wed 23/07/25</p>	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	<p>11am-12noon</p>

Wed 23/07/25	<b>Còmhradh agus Òrain Gàidhlig (Gaelic Conversation &amp; Songs)</b>  Join us for a friendly chat in Gaelic and enjoy singing along to popular folk Gaelic songs.  Click <a href="#">HERE</a> to book	2-3pm   <b>Bòrd na Gàidhlig</b> <i>Le taic bho Bhora na Gàidhlig</i>
Fri 25/07/25	<b>Traditional Scottish Ceilidh</b>  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 <a href="#">HERE</a> to book	11-12noon
30/07/25 Wed	<b>Assistance Dog Information Session</b>  Join the Dementia Dog team – a collaboration between Alzheimer Scotland and Dogs for Good. Find out more about Dementia Assistance Dogs and if you fit the criteria to apply. <b>Please note</b> this service is currently only available in Central Scotland.  Click <a href="#">HERE</a> to book	9.45-10.45am
Wed 30/07/25	<b>Reminisce Bingo</b>  Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.  Click <a href="#">HERE</a> to book	11am-12noon
Tues 05/08/25	<b>Carers Awareness: Session 1</b>  Dementia Basics: An informative overview of the impact and causes of dementia and approaches to help support. Facilitated by our Dementia Advisors Janine Adair and Cherie Raby.  Click <a href="#">HERE</a> to book	2-4pm
Tues 012/08/25	<b>Carers Awareness: Session 2</b>  <b>Focus on Caring:</b> A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Facilitated by our Dementia Advisors Janine Adair and Cherie Raby.	2-4pm

	Click <a href="#">HERE</a> to book	
Tues 19/08/25	<b>Carers Awareness: Session 3</b>  <b>Strategies for the future:</b> Planning options and what to do if things become more difficult. Facilitated by our Dementia Advisors Janine Adair and Cherie Raby.  Click <a href="#">HERE</a> to book	2-4pm
Tues 26/08/25	<b>Carers Awareness: Session 4</b>  <b>Technology and Dementia:</b> Looking at simple digital resources to promote independence, wellbeing and manage care within your own home. 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 <a href="#">HERE</a> to book	2-4pm
Available on Demand		
	<b>Brain Health Scotland: The importance of early detection of Alzheimer's.</b>  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 <a href="#">HERE</a> to view	
	<b>The Alzheimer Scotland 24-hour Helpline information and support</b>  An informative video with ways that the Alzheimer Scotland 24-hour Helpline can support you.  Click <a href="#">HERE</a> to view	
	<b>You Me and Grief (YMG): Information and Support</b>  Join Hayley as she shares more information on the support available through the YMG programme for bereaved carers.	

	Click <a href="#">HERE</a> to view	
	<p><b>About Digital And Me (ADAM)</b></p> <p>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.</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>Allied Health Professional: Speech and Language Therapists</b></p> <p>Join our AHP Rebecca as she explains the role Speech and Language therapists play in helping to support people living with dementia</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Allied Health Professionals: Podiatry</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Allied Health Professionals: Physiotherapy</b></p> <p>Our AHP Claire explains the right to rehabilitation and ways in which Physiotherapists can enable those affected by dementia.</p> <p>Click <a href="#">HERE</a> to view</p>	

	<p><b>Wellbeing Series: Mindfulness guided body scan</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Wellbeing series: Seated Yoga</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Wellbeing Series: Mikes creative journey</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Wellbeing series: Creating hand poems</b></p> <p>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.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Therapeutic table-top activities: Herb Planters</b></p> <p>Join Pam as she creates a 'pizza pot' herb planter by upcycling a colander.</p> <p><b>You will need:</b> 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).</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Therapeutic Table-Top Activities- Storytelling and guided craft.</b></p>	

	<p>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. <b>You will need:</b> card, scissors, a pencil, felt/fine liner pen, a small feather and a little piece of ribbon to complete the bookmark.</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>Scottish Ballet- A Time to Dance Introduction</b></p> <p>Join Elaine on behalf of Scottish Ballet as she explains how to take part in the movement and exercises as part of the 'A Time to dance' programme.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>Scottish Ballet -A Time to Dance Sessions 1-3</b></p> <p>Join Elaine on behalf of Scottish Ballet as she guides you through the movement and exercises as part of the 'A Time to dance' programme.</p> <p>Session 1 click <a href="#">HERE</a> to view  Session 2 click <a href="#">HERE</a> to view  Session 3 click <a href="#">HERE</a> to view</p>	<p>© Copyright  Scottish Ballet 2021  published and re-  produced by  Alzheimer Scotland</p>

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](mailto:helpline@alzscot.org)