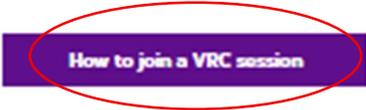


# How to use The VRC What's on guides

## Step-by-Step Instructions

### Find Out How to Join Sessions

- Go to the VRC webpage.
- Look for a **purple button** that says **“How to join a VRC session.”**
- Click this button.
- A page will open with easy instructions you can follow and print.



How to join a VRC session

## What's on

Click the button below to download our What's on guide. This guide shows you what support, services and activities are available at the VRC this month.



Download: What's on

### Locating the what's on guide

- On the same page, find the purple button that says **“Download: What's On.”**
- Click this button to see the list of activities for the month.

Date	Sessions available to book
3/09/24	<p>The National Dementia Advisor Service Carers Education</p> <p>Session 3 Strategies for the future: Planning options and what to do if things get more difficult. Facilitated by our National Advisors Janine Adair and Cherie Rafter.</p> <p>Click <b>HERE</b> to book</p>
5/09/24	<p>Music and More</p> <p>Sing-along to our live music set featuring Penman on vocals and piano from the comfort of your armchair.</p> <p>Click <b>HERE</b> to book</p>

### Choose and Book a Session

- Look for the heading called **“Sessions Available to Book.”**
- You will see:
  - The **date**
  - The **time**
  - What the session is about
- Click the link that says **“Click HERE to book.”**

### Select a Date & Time

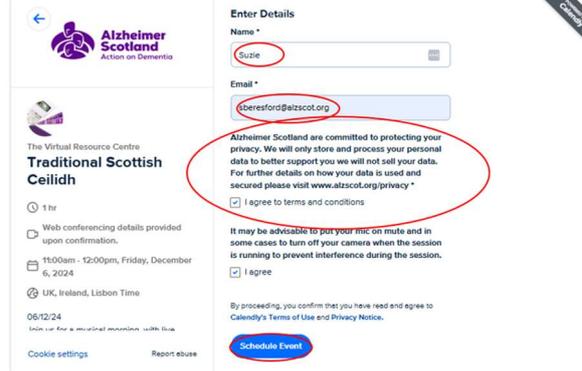
< December 2024 >

Friday, December 6

FRI	SAT	SUN
		1
<b>6</b>	7	8

11:00am

- A booking page will open.
- Click the **date and time** of the session you want.
- Fill in your **name and contact details**.
- Click **Next**.
- Read the short privacy message.
- Tick the box to agree.
- Click **“Schedule Event.”**



**Enter Details**

Name \*  
Suzie

Email \*  
sberesford@alzscot.org

**Alzheimer Scotland** are committed to protecting your privacy. We will only store and process your personal data to better support you we will not sell your data. For further details on how your data is used and secured please visit [www.alzscot.org/privacy](http://www.alzscot.org/privacy)

I agree to terms and conditions

It may be advisable to put your mic on mute and in some cases to turn off your camera when the session is running to prevent interference during the session.

I agree

By proceeding, you confirm that you have read and agree to [Calendly's Terms of Use and Privacy Notice](#).

**Schedule Event**



### ✔ You are scheduled

A calendar invitation has been sent to your email address.

#### Traditional Scottish Ceilidh

 The Virtual Resource Centre

 11:00am - 12:00pm, Friday, December 6, 2024

 UK, Ireland, Lisbon Time

 Web conferencing details to follow.

[→ Carers Education Session 2](#)

## Getting Confirmation

- You will see a message that your booking is done.
- If a session is part of a block of sessions a blue link can be seen underneath, click this to book the next session.
- You will get an **email to confirm your booking**.
- On the day of the session, you will also get a **reminder email** with a blue link to join.
- Click the blue link in the email to join your session.