

# What's on



## September - 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:

<https://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)

### 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.

### Coffee with Cop

This is the second of our Coffee with a Cop pilot information sessions. The link to book these will take you to the Eventbrite page to register for the session, this page gives full instructions on how to join.

Date	Sessions available to book	Time
03/09/25 Wed	<b>Doggie Bingo</b>  Join Webb our 'activity dog' as he chooses the bingo numbers in true doggie fashion.  Click <a href="#">HERE</a> to book	11am-12noon
03/09/25 Wed	<b>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.	7-8pm

	Email <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> to access	
05/09/25 Fri	<b>Traditional Scottish Ceilidh</b>  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 <a href="#">HERE</a> to book	11am-12noon
10/09/25 Wed	<b>Reminisce Bingo</b>  Join us for a game of bingo while discussing various topics from wildflowers, dog breeds and music.  Click <a href="#">HERE</a> to book	11am-12noon
12/09/25 Fri	<b>Traditional Scottish Ceilidh</b>  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 <a href="#">HERE</a> to book	11am-12noon
17/09/25 Wed	<b>Reminisce Bingo</b>  Join us for a game of bingo while discussing various topics from wildflowers, dog breeds and music.  Click <a href="#">HERE</a> to book	11am-12noon
19/09/25 Fri	<b>Traditional Scottish Ceilidh</b>  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 <a href="#">HERE</a> to book	11am-12noon
24/09/25 Wed	<b>Reminisce Bingo</b>  Join us for a game of bingo while discussing various topics from wildflowers, dog breeds and music.  Click <a href="#">HERE</a> to book	11am-12noon

24/09/25 wed	<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. Co-facilitated with the Gaelic singer Anne Martin.  Click <a href="#">HERE</a> to book	2-3pm   <b>Bòrd na Gàidhlig</b> <i>Le taic bho Bhòrd na Gàidhlig</i>
26/09/25 Fri	<b>Traditional Scottish Ceilidh</b>  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 <a href="#">HERE</a> to book	11am-12noon
TBC	<b>Coffee with a Cop: Herbert Protocol</b>  Join Police Scotland for an introduction to the Herbert Protocol. Learn about what it is and how it can be used by those affected by dementia to help promote independence and help keep people safe while out and about. There will be an interactive Q&A and discussion at the end of the information session.	TBC
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, Project Lead, about the importance of early detection and timely diagnosis. Hosted through Brain Health Scotland and the Davos Alzheimer's Collaborative (DAL).  Click <a href="#">HERE</a> to view	
	<b>The Alzheimer Scotland 24-hour Freephone Helpline information and support</b>  An informative video which explains how Alzheimer Scotland 24-hour Freephone Helpline can support you.  Click <a href="#">HERE</a> to view	

	<p><b>You Me and Grief (YMG): Information and Support</b></p> <p>Join Hayley as she shares more information on the support available through the YMG programme for bereaved carers.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<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-up 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: Mike's creative journey</b></p> <p>Take some time out by joining us in our 'Wellbeing series'. This time we take a look at how to create a simple poem using a 'hand poem' technique. Intrigued? Join us in getting creative.</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><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 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 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>

Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country. Services such as day care, post-diagnostic support, respite and local community programmes are facing significant cuts to their budgets. This means that they are not available to those who need them most and people are being turned away when they reach out for help. People with dementia, their families, and carers are unable to access the care and support they need, when they need it.

Alzheimer Scotland thinks this is unfair. People with dementia deserve access to high-quality, local support at every stage of their condition and our campaign highlights the need to protect dementia services from cutbacks.

You can help us stop the cuts and demand change by adding your voice to our campaign and signing our petition.

Find out more: [www.alzscot.org/stopthecuts](http://www.alzscot.org/stopthecuts)

Share your support with: #StopTheCuts

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>

