

What's on



January-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 therapeutic activities to aid wellbeing, 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

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

Contact details for the VRC

Suzie Beresford Digital Learning and Development Co-Ordinator

Email: sberesford@alzscot.org

Tel: 075861848

| Date | Sessions available to book | Time |
|------------------|---|-----------|
| 03/01/24 Frid | <p>Traditional Scottish Ceilidh</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 HERE to book</p> | 11-12noon |
| 08/01/25 Wed | <p>NDAS Carers Evening</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 craby@alzscot.org to access</p> | 7-8pm |
| 10/01/25 Frid | <p>Traditional Scottish Ceilidh</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 HERE to book</p> | 11-12noon |
| 17/01/25 Frid | <p>Traditional Scottish Ceilidh</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 HERE to book</p> | 11-12noon |
| 21/01/24 Tues | <p>Music and More: Cake Quiz</p> <p>Calling all cake lovers. Join us for this picture quiz and find out the history behind some of the nation's favourite sweet treats.</p> <p>Click HERE to book</p> | |
| 24/01/25 Frid | <p>Traditional Scottish Ceilidh</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</p> | 11-12noon |

| | | |
|----------------------------|---|--|
| | listen to our musicians and storytellers from the comfort of your armchair. Click HERE to book | |
| 28/01/25 Tues | About Digital And Me (ADAM) Website Walk Through An informative session, helping us discover how to utilize the updated ADAM platform to find the best technology for you. Click HERE to book | 11-11.30am |
| 29/01/25 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. Click HERE to book | 2-3pm  <i>Le taic bho Bhora na Gàidhlig</i> |
| 31/01/25 Friday | 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

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: 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

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: 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: Reflective Walking

Get you winter woollies on as we explore the outdoors in a reflective walking exercise.

Click [HERE](#) to view

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

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

Bird Quiz- Garden birds

Join Rachel McLauchlan to learn more about the birds you might find in your garden. See if you can guess the bird she is painting from the clues in the quiz. Happy birding!

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.

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Scottish Ballet -A Time to dance session 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

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Contact details for the VRC- **Email:** 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>



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org