

What's on



February-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.

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

NDAS Carers Education

We previously had a new block of the NDAS Carer Education programme beginning on the 11th of February, however due to unforeseen circumstances this has now been postponed and will now be running in March. The new booking links can be found on the March what's on guide.

You Me and Grief (YMG)

Our **YMG Carer Bereavement Programme** begins this month and runs for 6 weeks, if you wish to be added to the programme and hadn't attended our welcome session- please contact the Iain Houston via email: ihouston@alzscot.org to be allocated a space or Hayley Lyons:

hlyons@alzscot.org for information on future blocks

Please note: the programme is designed to be booked in 6-week blocks and spaces are limited to 8. More information on this programme can be found in our YMG available on demand information video.

Contact details for the VRC Coordination

Suzie Beresford Digital Content Officer

Email: sberesford@alzscot.org **Tel:** 075861848

| Date | Sessions available to book | Time |
|-------------------|--|------------|
| 05/02/25 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 |
| 06/02/25 Thurs | <p>You Me and Grief Week 1 Theories of grief and loss</p> <p>Join Iain and Jaclyn as the group discuss the difference between grief and bereavement.</p> <p>Email ihouston@alzscot.org to enrol</p> | 2-4pm |
| 13/02/25 Thurs | <p>You Me and Grief Week 2 Coping techniques</p> <p>This week Iain and Jaclyn help to guide you through individual, peer support and professional supports available.</p> <p>Email ihouston@alzscot.org to enrol</p> | 2-4pm |
| 14/02/25 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 |
| 19/02/25 Wed | <p>Disability Benefits Available for Those Living with Dementia</p> <p>Join us in this information session on the disability benefits available to those living with dementia. This session explains the current disability benefits available, who these apply to and signposting for further information.</p> <p>Click HERE to book</p> | 10.30-11am |
| 20/02/25 Thurs | <p>You Me and Grief Week 3 Practical Matters</p> | 2-4pm |

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|----------------------------|---|---|
| | <p>Join Iain and Jaclyn as they take a look at some practical supports available, for example housing and benefits or allowances.</p> <p>Email ihouston@alzscot.org to enrol</p> | |
| 21/02/25 Frid | <p>Traditional Scottish Ceilidh</p> <p>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.</p> <p>Click HERE to book</p> | 2-3pm |
| 26/02/25 Wed. | <p>Còmhradh agus Òrain Gàidhlig (Gaelic Conversation & Songs)</p> <p>Join us for a friendly chat in Gaelic and enjoy singing along to popular folk Gaelic songs.</p> <p>Click HERE to book</p> | <p>2-3pm</p> <p> Bòrd na Gàidhlig</p> <p><i>Le taic bho Bhòra na Gàidhlig</i></p> |
| 27/02/25 | <p>You Me and Grief (YMG) Week 4 Adapting to Change</p> <p>Helpful tips and signposting to available supports. This is a pre-enrolled group contact Hayley Lyons hlyons@alzscot.org for information on the next available block.</p> | 2-4pm |
| 28/02/25 | <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 |
| Available on Demand | | |
| | <p>Brain Health Scotland: The importance of early detection of Alzheimer's.</p> <p>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.</p> | |

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 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 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: 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.

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Scottish Ballet -A Time to Dance Session 1

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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The Living Memory Association (THELMA) Games and toys

Games and toys of the 1940's -1970's, reminisce with the Living Memory Association.

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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>

