

# What's on



## March-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](mailto:craby@alzscot.org)

### NDAS Carers Education

This month we have a new block of the NDAS Carer Education programme beginning on the 4<sup>th</sup> of March. It aims to help provide informative and supportive sessions for those caring for a loved one living with dementia. These will run in 4 blocks throughout the month and can be booked together or as individual sessions depending on what you feel you would like to attend. **Please note**, spaces to attend these sessions are limited, so early booking is advised. If you can no longer attend a session, it would be appreciated if you cancel your place so others can book on.

There will be another block of these sessions in May please contact the Cherie Raby [craby@alzscot.org](mailto:craby@alzscot.org) or Janine Adair [jadair@alzscot.org](mailto:jadair@alzscot.org) for further details.

### **National Nutrition and Hydration Week**

March 17<sup>th</sup>- 21<sup>st</sup> raises the awareness of the importance of nutrition and hydration, we will be running an information session on eating and drinking facilitated by a Speech and Language therapist. It helps to signpost to Allied Health Professionals resources found on the Alzheimer Scotland website that may help when eating and drinking becomes difficult.

### **Contact details for the VRC Coordination**

Suzie Beresford Digital Content Officer  
**Email:** [sberesford@alzscot.org](mailto:sberesford@alzscot.org) **Tel:** 075861848

Date	Sessions available to book	Time
04/03/25 Tues	<p><b>NDAS Carers Education Session 1</b></p> <p>Dementia Basics: An informative overview of the impact and causes of dementia and approaches to help support. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie:</p> <p>Click <a href="#">HERE</a> to book</p>	2-4pm
05/03/25 Wed	<p><b>NDAS Carers Evening</b></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 <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> to access</p>	7-8pm
06/03/25 Thurs	<p><b>You Me and Grief Session 5</b> <b>The importance of looking after yourself</b></p> <p>A group discussion on self-care tips and signposting. Helpful tips and signposting to available supports. This is a pre-enrolled group contact Hayley Lyons for information on the next available block.</p> <p>Email <a href="mailto:hlyons@alzscot.org">hlyons@alzscot.org</a></p>	2-4pm
07/03/25 Frid	<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>	11-12noon
11/03/25 Tues	<p><b>NDAS Carers Education Session 2</b></p> <p>Focus on Caring: A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie</p> <p>Click <a href="#">HERE</a> to book</p>	2-4pm
13/03/25 Thurs	<p><b>You Me and Grief Session 6</b> <b>Reflections</b></p>	2-4pm

	<p>Some mindfulness and thinking about what's next. (see our on-demand section for some wellbeing and relaxation techniques) This is a pre-enrolled group contact Hayley Lyons for information on the next available block.</p> <p>Email <a href="mailto:hlyons@alzscot.org">hlyons@alzscot.org</a></p>	
14/03/25 Frid	<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>	11-12noon
18/03/25 Tues	<p><b>NDAS Carers Education Session 3</b></p> <p>Focus on Caring: A friendly group discussion discovering carer rights, the help that's available and the importance of looking after yourself. Facilitated by our National Dementia Advisors Janine Adair and Cherie Rabie</p> <p>Click <a href="#">HERE</a> to book</p>	2-4pm
19/03/25 Wed.	<p><b>Còmhradh agus Òrain Gàidhlig (Gaelic Conversation &amp; Songs)</b></p> <p>Join us for a friendly chat in Gaelic and enjoy singing along to popular folk Gaelic songs. <b>Cancelled</b>, returning in April.</p>	<p>2-3pm</p> <p> <b>Bòrd na Gàidhlig</b></p> <p><i>Le taic bho Bhora na Gàidhlig</i></p>
20/03/25 Thurs	<p><b>Allied Health Professionals Series- Tips for Eating and Drinking</b></p> <p>Claire a Speech and Language Therapist shares some tips to help those living with dementia to manage eating and drinking when difficulties arise.</p> <p>Click <a href="#">HERE</a> to book</p>	11-11.30am
21/03/25 Frid	<p><b>Traditional Scottish Ceilidh</b></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>	2-3pm

	Click <a href="#">HERE</a> to book	
25/03/25 Tues	<p><b>NDAS Carers Education Session 4</b></p> <p>Technology and Dementia: 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. Facilitated by Rachel McLauchlan, Digital Advisor.</p> <p>Click <a href="#">HERE</a> to book</p>	2-4pm
28/03/25 Frid	<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>	11-12noon
<b>Available on Demand</b>		
	<p><b>Brain Health Scotland: The importance of early detection of Alzheimer's.</b></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> <p>Hosted through Brain Health Scotland and the Davio Alzheimer's Collaborative (DAL).</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>The Alzheimer Scotland 24-hour Helpline information and support</b></p> <p>An informative video with ways that the Alzheimer Scotland 24-hour Helpline can support you.</p> <p>Click <a href="#">HERE</a> to view</p>	

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## **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

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## **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

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## **5 Top Tips when using Voice Prompt Technology**

Rachel, one of our Digital Advisors shares some helpful insights when using voice assistant technology.

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## **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.

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## **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

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## **Allied Health Professionals: Podiatry**

Learn about the key role Podiatry plays from our AHP Kyle. He explains the importance of

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maintaining foot health to aid overall wellbeing for those living with dementia.

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### **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

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### **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.

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### **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.

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### **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

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### **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

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### **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

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### **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.

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### **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

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### **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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Contact details for the VRC- **Email:** [sberesford@alzscot.org](mailto: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>

