

# What's on



## April-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 and guidance on Microsoft Teams there is a guide found on the VRC website page under the joining a VRC session button. If you haven't used Microsoft Teams before it is advisable to familiarize yourself with the information and download the app in advance of your session.

### 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)

### Bingo Pilot

Throughout the month we will be trailing online bingo sessions each Wednesday. The first Wednesday of the month will have a doggie bingo with the help of Webb our Community Dog, who will choose the numbers. The rest of the month will feature reminisce bingo, discussing various topics from wildflowers, dog breeds and music.

After booking your session our Community Activities Organiser Diane Smith will send out your printable bingo card. **Please note:** Bingo cards are sent via email however, if you need one printed and posted you must book by the Friday before the session to receive it on time.

### 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
02/04/25 Wed	<p><b>Doggie Bingo</b></p> <p>Join Webb our Community Dog as he chooses the bingo numbers in true doggie fashion.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
02/04/25 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
04/04/25 Fri	<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
09/04/25 Wed	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
11/04/25 Fri	<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
16/04/25 Wed	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon

18/04/25 Fri	<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> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
23/04/25 Wed	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
25/04/25 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
30/04/25 Wed	<p><b>Reminisce Bingo</b></p> <p>Join us in a game of bingo while discussing various topics from wildflowers, dog breeds and music.</p> <p>Click <a href="#">HERE</a> to book</p>	11-12noon
30/04/25 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. Featuring Gaelic singer Robert John MacInnes.</p> <p>Click <a href="#">HERE</a> to book</p>	<p>2-3pm</p> <p> <b>Bòrd na Gàidhlig</b></p> <p><i>Le taic bho Bhòrd na Gàidhlig</i></p>
Available on Demand		

	<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>	
	<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 to more complex technology.</p> <p>Click <a href="#">HERE</a> to view</p>	
	<p><b>5 Top Tips when using Voice Prompt Technology</b></p> <p>Rachel, one of our Digital Advisors shares some helpful insights when using voice assistant 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 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.</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: Mikes creative journey</b></p> <p>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.</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 – How to make fat balls for garden birds</b></p> <p>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.</p> <p><b>You will need:</b> mixed wild bird seed, 200g lard porridge oats (optional) a large bowl, wooden spoon, spatula, pinecones (optional), twine/string (optional).</p> <p>Click <a href="#">HERE</a> to view</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. 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.</p>	

	Click <a href="#">HERE</a> to view	
	<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 the movement and exercises as part of the Time to dance programme.</p> <p>Click <a href="#">HERE</a> to view</p>	© Copyright Scottish Ballet 2021 published and reproduced by Alzheimer Scotland
	<p><b>Scottish Ballet -A Time to Dance Session 2</b></p> <p>Join Elaine on behalf of Scottish Ballet as she guides you through the movement and exercises as part of the Time to dance programme.</p> <p>Click <a href="#">HERE</a> to view</p>	© Copyright Scottish Ballet 2021 published and reproduced by Alzheimer Scotland

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>

24 HOUR


**Alzheimer Scotland**  
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)