

What's on

September 2023 - Falkirk



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Friday 1st Sept	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	1.30pm-3pm
Mon 4th Sept	Musical Memories- offers singing & musical activity. St Xavier's Church Hall, Hope St, Falkirk FK1 5AT	11am-12.30pm
Mon 4th Sept	Football Memories- offers reminiscence sessions. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	2pm-3pm
Tues 5th Sept	Garden Club- Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	10am-12 noon
Tues 5th Sept	Ten Pin Bowling –Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 6th Sept	Bo'ness café -Information & support provided by our Dementia Advisor Donna Paterson. Richmond Park Hotel, 26 Linlithgow Rd, Bo'ness EH51 0DN	10.30am-12noon
Wed 6th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 7th Sept	Garden Club- Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	10am -12 noon
Thurs 7th Sept	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12 noon
Friday 8th Sept	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	1.30pm – 3pm
Tues 12th Sept	Garden Club- Outside Garden & craft related activities. The Maples 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	10.00am – 12noon
Tues 12th Sept	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ.	2pm-3.30pm

Wed 13th Sept	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson. Richmond Park Hotel, 26 Linlithgow Rd, Bo'ness EH51 0DN	10.30am-12noon
Wed 13th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 14th Sept	Garden Club-Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	10am-12noon
Thurs 14th Sept	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12noon
Friday 15th Sept	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	1.30pm – 3pm
Tues 19th Sept	Garden Club-Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	10.30am – 12noon
Tues 19th Sept	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 20th Sept	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	10.30am-12noon
Wed 20th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 21st Sept	Garden Club-Outside Garden & craft related activities The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12noon
Thurs 21st Sept	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road Falkirk, FK1 1HS.	10am-12noon
Friday 22nd Sept	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	1.30pm– 3pm
Mon 25th Sept	Try Something New- Outdoor & indoor activities, Archery etc.. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	2pm-3.30pm
Tues 26th Sept	Garden Club-Outside Garden & craft related activities The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am – 12noon
Tues 26th Sept	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 27th Sept	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	10.30am – 12noon
Wed 27th Sept	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 28th Sept	Garden Club-Outside Garden & craft related activities. The Maples 33 Johnstone Avenue Stenhousemuir, FK5 4JZ.	10.30am – 12noon

Thurs 28th Sept	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk, FK1 1HS.	10.00am-12noon
Friday 29th Sept	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	1.30pm-3pm

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below and they will send you the link to join.

Online Group	
	Juke Box Days – This has been withdrawn for the time being with the preference for in person groups. We shall continue to review the demand for online groups.

Contact details for groups:

Brain Gym, Garden Club, Football Memories, Ten Pin Bowling, Friday Feeling.

Contact Denise Priestley, Community Activity Organiser on Email: Dpriestley@alzscot.org or Tel: 07970784950

Try Something New, Bo'ness Café, Musical Memories.

Contact Donna Paterson, Dementia Adviser on Email: Dpaterson@alzscot.org or Tel: 07733302772

Falkirk Café

Contact Karen Skinner, Link worker on Email: Kskinner@alzscot.org or Tel: 07776161439

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/fundraising/alzheimer-scotland-forth-valley>

