

Forth Valley



Newsletter

Spring 2024



Welcome to our new Newsletter.

Welcome to Forth Valley's Newsletter and what a busy few months we have had !

Please read on to see what we have been doing over the past few months and see what is happening in the upcoming months 😊

Welcome to our new staff members.

It has been a busy time with recruitment and recently we have welcomed to the Forth Valley team - Sarah West - Service Administrator Coordinator, Elizabeth Vallance - Flexi-worker, Jane Mullarkey - Day Care Volunteer, Aileen Thomson – Community Groups Volunteer and Cherie Raby - Dementia Advisor.

We hope everybody is settled into their new roles well.



35 Johnston Avenue, Stenhousemuir, FK5 4JZ

Tel: 01324 559480 | Email: Falkirkservices@alzscot.org | Website: www.alzscot.org

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Our New Group – “Get Together Thursday”

Cath who facilitates our new group, was keen to find out which type of group people in our community would like to see, so surveys were issued to all community groups and day care groups.

As we already have a well-attended café at Central Perk in Falkirk, feedback was unanimous in that a more intimate group based in the Maples Stenhousemuir with its homely feel would be better suited to those who prefer to feel relaxed in a smaller group.

The new group got off to a great start in February and friends are now being made over a cup of tea and a blether.

Our group is looking forward to making use of our sensory garden in the better weather while enjoying some refreshments in the sunshine.

Our “Get Together Thursday Group” is held every Thursday from 1.30pm-3pm at the Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.

For more information, or to register your interest, please get in touch on 01324 559 480 or email falkirkservices@alzscot.org

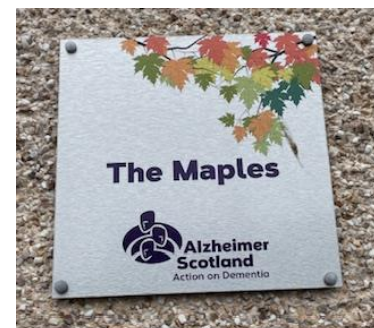


Falkirk Day Care Services

Our day care service at the Maples Falkirk has welcomed a few new faces this year and enjoyed a wide range of activities such as celebrating Rabbin Burns, Chinese New Year, Valentines Day & St Patricks day. Our Maples Storybook is fast filling up fast with wonderful photos and quotes for sharing and reminiscing.

Day Care Services - Monday, Wednesday & Fridays at The Maples, 33 Johnston Avenue, Stenhousemuir.

For more information on our Day Care services, please contact us on 01324 559 480 or email falkirkservices@alzscot.org



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Falkirk Gardening Club



Our Gardening Club takes place weekly throughout the year and due to a generous donation of materials and labour we were able to insulate our outdoor workshop.

This enabled our group to continue with garden activities and crafts throughout the winter months.

Local business Torwood Garden Centre has also been a huge support throughout the year in raising funds to support our sensory garden. Earlier this year we received a generous donation from Torwood Garden Centre and their lovely customers for £2227.



The group is held each Tuesday from 10.00am -12pm & is facilitated by our own Charlie Dimmock's - Lesley Hawthorn & Clare Scougall .

Contact our Falkirk office on 01324 559480 or email falkirkservices@alzscot.org for more information.



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Post Diagnostic Support Group & Carers Information Sessions

We have our next Post Diagnostic Group & Carers Information Sessions starting 26th April. This is based at the Ironworks Business Centre in Falkirk.

The PDS Group course is for people living with a diagnosis of dementia and their partner, relative or friend who provides them with support.

The group meet each Friday morning from 10am to 12noon, over a 6 week period. The sessions are designed to offer a mix of learning opportunities and social support.

The course is delivered by our Post Diagnostic Team, referrals are received from the Community Mental Health Team for Older Adults as part of our post diagnostic support suite of services. The sessions have been very popular in the past and we are looking forward to the next one starting.

For any information on the next sessions, please get in touch by emailing - falkirkservices@alzscot.org

The programme is delivered in partnership with:



Football Memories Group

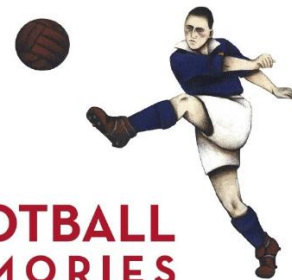
Our Football Memories group facilitated by the fabulous Michael White and his volunteers offer people living with dementia the chance to get together and share their memories about the beautiful game.

Where: The Maples, Stenhousemuir

When: The first Monday of every month.

Time: 2pm – 3pm

For more information or to register your interest, please get in touch on 01324 559480 or email falkirkservices@alzscot.org



**FOOTBALL
MEMORIES
SCOTLAND**

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Almond Tree pop up café

The Almond Tree Café & Book Club Falkirk held a pop-up café on Thursday 14th March with all funds being donated to Alzheimer Scotland. Many of our group members, old and new friends attended.

Lesley Beath and her fabulous team worked nonstop keeping the café going with free coffee, scones & cakes.

Enterprise Group from Carrongrange High School were also there with a craft stall full of gorgeous handmade gifts. All proceeds from this will also be donated to Alzheimer's Scotland.

A fantastic day with a great turn out of generous people raising the unbelievable amount of £1000.

We at Alzheimer Scotland are overwhelmed with the kindness and generosity shown and thank each and everyone involved.

Also attending on the day was the amazing Elizabeth.

Elizabeth for her 80th birthday is bravely taking part in a zip slide event while raising funds for Alzheimer Scotland. **Good luck to Elizabeth & her family.** Just Giving donation details to follow, but in the meantime if you want to donate, please get in touch on 01324 559480.



Elizabeth's
Zip Wire for
Alzheimer's

Along with some of her family, Elizabeth, from our Caring Coffee Club, is participating in a zip wire. The event will take place on Sunday 14th April at Go Ape in Aberfoyle.



Elizabeth has a sponsor sheet for those looking to sponsor her and her great cause. All proceeds will go to Alzheimer's Scotland.

Good Luck!

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National Dementia Advisory Service

Our New National Dementia Advisory Service launched on the 21st September 2023 and aims to provide a responsive, high quality information, advice and advocacy service relating to all aspects of brain health and dementia.

Tel - 0300 373 5774

Email – NDAS@alzscot.org



Our National Dementia Advisor Service is wholly funded by Alzheimer Scotland from the generous donations and fundraising activities of our thousands of supporters. The service is available from 9am - 5pm, Monday to Friday and aims to provide a responsive, high-quality information, advice and advocacy service relating to all aspects of brain health and dementia. If you are:

- worried about your brain health
- worried that you or someone close to you may have dementia
- a person with dementia
- caring for someone with dementia

Local Forth Valley Contacts

Anne Boyd	Julie Anne Moore	Denise Priestley	Sarah West
Practice Team	Commissioned Service	Community Activity	Service Administrator
Leader	Lead	Organiser	Coordinator
aboyd@alzscot.org	jmoore@alzscot.org	dpriestley@alzscot.org	swest@alzscot.org
07932120685	07796187192	07970784950	01324 559480

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Dementia Awareness Week 2024 – coming soon!

Each year, Dementia Awareness Week (DAW) is held with the aim of raising awareness of dementia and helping improve the lives of people with dementia, their families and carers.

This year Dementia Awareness week is being held from the **27th May – 2nd June**.

We will be holding events, sharing stories and information across our website. More details of the week will be posted nearer the time.

Local events across Forth Valley will be shared with you through our May/June What's on Guides also.



Dementia Helpline

Our 24 Hour Freephone Dementia helpline provides information, signposting and emotional support to people with dementia, their families, friends and professionals.

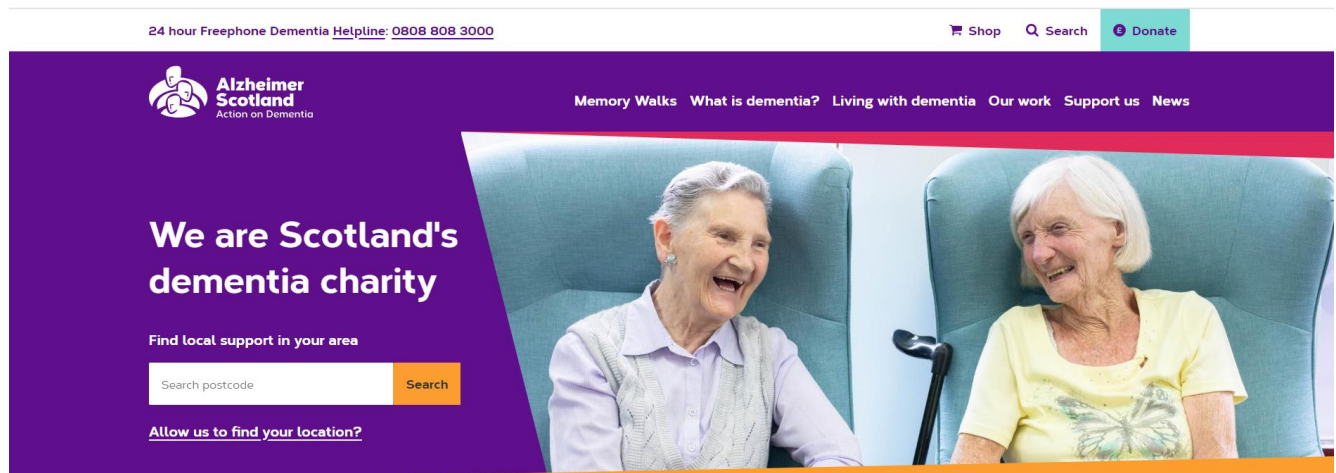


Making sure nobody faces dementia alone.

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Check out our website



To find out more about Alzheimer Scotland, please visit our website. From here you will be able to view our monthly What's on Guides for both Falkirk and Stirling and Clacks.

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