

What's on

May 2024 - 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		
Wed 1st May	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 2nd May	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12pm
Thurs 2nd May	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3pm
Fri 3rd May	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12pm
Fri 3rd May	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	2-3.30pm
Mon 6th May	Football Memories – offers people living with dementia to get together and share their memories about the beautiful game. The Maples, 33 Johnson Avenue, Stenhousemuir, FK5 4JZ	2pm-3pm
Tues 7th May	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10am-12pm
Tues 7th May	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 8th May	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 9th May	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am – 12pm
Thurs 9th May	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3pm

Fri 10th May	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12
Fri 10th May	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	2-3.30pm
Tues 14th May	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12pm
Tues 14th May	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 15th May	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 16th May	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.30am-12pm
Thurs 16th May	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3pm
Fri 17th May	Bo'ness Café - offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12pm
Fri 17th May	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	2-3.30pm
Tues 21st May	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12pm
Tues 21st May	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 22nd May	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 23rd May	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.30am-12pm
Thurs 23rd May	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3pm
Fri 24th May	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12pm
Fri 24th May	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	2-3.30pm
Mon 27th May	Try Something New- Outdoor & indoor activities, Archery etc.. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	10am-12pm
Tues 28th May	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12pm
Tues 28th May	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm

Wed 29th May	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 30th May	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.30am-12pm
Thurs 30th May	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3pm
Fri 31st May	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	10.30am-12pm
Fri 31st May	Dementia Awareness Week – Garden Party Garden Party in aid of Dementia Awareness week including Raffles, crafts and home baking. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1pm-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 UK	Last Tuesday of month	4pm – 5pm
Juke Box Days USA & UK	Last Thursday of month	11am – 12pm
Carers Evening	First Wednesday of month	7pm-8pm
Around the Kitchen Table	Third Wednesday of month	2pm-3pm

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

Boness café

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

Carers Evening, Around The Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

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>



The logo for Alzheimer Scotland Dementia Helpline is a vertical rectangle with a purple top section and a pink bottom section. The top section contains the text "24 HOUR" in white on a pink background, "Dementia" in white, the Alzheimer Scotland logo (a stylized figure with a brain), and "Alzheimer Scotland Action on Dementia" in white. The word "Helpline" is written in large white letters across the middle. The bottom section contains the contact information "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.