

# What's on

## April 2025 – 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 do not provide 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.

If you have any 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		
<b>Tues 1<sup>st</sup> April</b> <b>10.00am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 1<sup>st</sup> April</b> <b>2pm - 3.30pm</b>	<b>Ten Pin Bowling</b> - Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 2<sup>nd</sup> April</b> <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 2<sup>nd</sup> April</b> <b>1.30pm - 3pm</b>	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Thurs 3<sup>rd</sup> April</b> <b>10.00am-12pm</b>	<b>Falkirk Café</b> - offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
<b>Thurs 3<sup>rd</sup> April</b> <b>1.30pm-3.30pm</b>	<b>Get Together Thursday</b> - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.  The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	<b>Cancelled</b>
<b>Fri 4<sup>th</sup> April</b> <b>10.30am-12pm</b>	<b>Bo'ness Café</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950

	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	
<b>Fri 4<sup>th</sup> April</b> <b>2pm - 3.30pm</b>	<b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Monday 7<sup>th</sup> April</b> <b>2pm - 3pm</b>	<b>Football Memories</b> – Offer people living with dementia to get together and share their memories about the beautiful game.  The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact:  <a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480
<b>Tues 8<sup>th</sup> April</b> <b>10.00am-12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Wed 9<sup>th</sup> April</b> <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Thurs 10<sup>th</sup> April</b> <b>10.00am - 12pm</b>	<b>Falkirk Café-</b> offers peer support, information & advice.  Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact:  <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
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<b>Fri 11<sup>th</sup> April</b> <b>10.30am - 12pm</b>	<b>Bo'ness Café-</b> an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Tues 15<sup>th</sup> April</b> <b>10.00am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 15<sup>th</sup> April</b> <b>2pm - 3.30pm</b>	<b>Ten Pin Bowling</b> - Bowling for people living with dementia & carer. Booking required.  Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 16<sup>th</sup> April</b> <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Thurs 17<sup>th</sup> April</b> <b>10.00am - 12pm</b>	<b>Falkirk Café</b> - offers peer support, information & advice.  Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact:  <a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
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<b>Fri 18<sup>th</sup> April</b> <b>10.30am - 12pm</b>	<b>Bo’ness Café</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Tues 22<sup>nd</sup> April</b> <b>10.00am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
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<b>Mon 28<sup>th</sup> April</b> <b>10am - 12pm</b>	<b>Try Something New</b> - An activity based group offering an opportunity to try a range of activities, which promote physical and mental stimulation and co-ordination from archery , boules to yoga, there is something for everyone.  Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	For more info contact:  <a href="mailto:Dpater son@alzscot.org">Dpater son@alzscot.org</a> or Tel: 07733302772
<b>Tues 29<sup>th</sup> April</b> <b>10.00am - 12pm</b>	<b>Garden Club</b> - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.  The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact:  <a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950
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<b>Wed 30<sup>th</sup> April</b> <b>11am – 12.30pm</b>	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.	For more info contact:  <a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950

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	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	

Please see our availability of online groups below:-

Online Group		
<b>Juke Box Days USA &amp; UK</b>	Every Wednesday 3.30pm – 4.15pm	<b>Contact</b> <a href="mailto:mike@screenmemories.org.uk">mike@screenmemories.org.uk</a> or <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> Tel:07970784950
<b>Carers Evening</b>	First Wednesday of the month – 7pm -8pm	<b>Contact</b> Cherie Raby, Dementia Advisor on Email: <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> Tel: 07786406668

