## 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		
Tues 1 <sup>st</sup> April	Garden Club - take part in seasonal garden activities in our	For more info contact:
	Sensory Garden, sharing your knowledge & skills during the	
10.00am - 12pm	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 1 <sup>st</sup> April	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
	carer. Booking required.	Dpriestley@alzscot.org or
2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 2 <sup>nd</sup> April	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Clansburgh Road, Grangemouth, EK2 9VI	
Wed 2 <sup>nd</sup> April	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
wed 2 " April	Therapy which is an evidence-based programme supported by	For more into contact.
1.30pm - 3pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 3 <sup>rd</sup> April	Falkirk Café- offers peer support, information & advice.	For more info contact:
	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
10.00am-12pm		Tel: 07776161439
Thurs 3 <sup>rd</sup> April	Get Together Thursday- A relaxed & friendly get together for	Cancelled
	people living with dementia & carer, offering support from	Cancenca
1.30pm-3.30pm	your peers & Alzheimer Scotland trained staff.	
n t ath a tt	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 4 <sup>th</sup> April	Bo'ness Café - an opportunity to meet others in a similar	For more info contact:
10.20 are 12 are	situation, to make connections and develop friendships and	Dariactlay @al-acat are ar
10.30am-12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950

	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 4 <sup>th</sup> April	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
	living with dementia & carer.	
2pm - 3.30pm	The Menles 22 Johnston Avenue Stanbousemuit FKE 417	Dpriestley@alzscot.org or Tel: 07970784950
Monday 7 <sup>th</sup> April	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. <b>Football Memories</b> – Offer people living with dementia to get	For more info contact:
wonday / April	together and share their memories about the beautiful game.	For more into contact.
2pm - 3pm		ABoyd@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 01324 559480
Tues 8 <sup>th</sup> April	Garden Club - take part in seasonal garden activities in our	For more info contact:
10.00	Sensory Garden, sharing your knowledge & skills during the	Daviastlas Qalassatiana an
10.00am-12pm	summer months. In colder weather, we offer a range of garden related crafts & woodwork.	Dpriestley@alzscot.org or Tel: 07970784950
		101.07570784550
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 8 <sup>th</sup> April	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
	carer. Booking required.	
2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Dpriestley@alzscot.org or Tel: 07970784950
	Reublae Road, Camelon, Faikirk, FK1 4nj	Tel. 07970784950
Wed 9 <sup>th</sup> April	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 9 <sup>th</sup> April	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
1.30pm - 3pm	NICE. This promotes wellbeing, maintains skills and supports	<u>Dpriestley@alzscot.org</u> or
	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 10 <sup>th</sup> April	Falkirk Café- offers peer support, information & advice.	For more info contact:
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	<u>Kskinner@alzscot.org</u> or Tel: 07776161439
Thurs 10 <sup>th</sup> April	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
	people living with dementia & carer, offering support from	
1.30pm – 3.30pm	your peers & Alzheimer Scotland trained staff.	<u>ABoyd@alzscot.org</u> or
	The Menley 22 Johnston Avenue, Stanbourgenuin, EKE 417	Tel: 01324 559480
Fri 11 <sup>th</sup> April	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. <b>Bo'ness Café-</b> an opportunity to meet others in a similar	For more info contact:
ппт Арп	situation, to make connections and develop friendships and	
10.30am - 12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
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Fri 11 <sup>th</sup> April	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. <b>Friday Feeling-</b> offers fun & therapeutic activities for people	For more info contact:
ппт Арп	living with dementia & carer.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950

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Tues 15 <sup>th</sup> April	Garden Club - take part in seasonal garden activities in our	For more info contact:
	Sensory Garden, sharing your knowledge & skills during the	
10.00am - 12pm	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 15 <sup>th</sup> April	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
	carer. Booking required.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 16 <sup>th</sup> April	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 16 <sup>th</sup> April	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
1.30pm - 3pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 17 <sup>th</sup> April	Falkirk Café- offers peer support, information & advice.	For more info contact:
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	<u>Kskinner@alzscot.org</u> or
		Tel: 07776161439
Thurs 17 <sup>th</sup> April	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
	people living with dementia & carer, offering support from	
1.30pm – 3.30pm	your peers & Alzheimer Scotland trained staff.	<u>ABoyd@alzscot.org</u> or
		Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 18 <sup>th</sup> April	Bo'ness Café- an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	
10.30am - 12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 18 <sup>th</sup> April	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
	living with dementia & carer.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Tues 22 <sup>nd</sup> April	Garden Club - take part in seasonal garden activities in our	For more info contact:
	Sensory Garden, sharing your knowledge & skills during the	
10.00am - 12pm	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 22 <sup>nd</sup> April	<b>Ten Pin Bowling-</b> Bowling for people living with dementia &	For more info contact:
	carer. Booking required.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950

Wed 23 <sup>rd</sup> April	<b>Memory Café Grangemouth</b> – An opportunity to have a blether and a browse through the impressive collection of old	For more info contact:
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or Tel: 07970784950
	Sports.	101.07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 23 <sup>rd</sup> April	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
1.30pm - 3pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Manles 22 Johnston Avenue, Stanbousemuir, EKE 417	
Thurs 24 <sup>th</sup> April	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ Falkirk Café- offers peer support, information & advice.	For more info contact:
	Takink care- oners peer support, information & duvice.	for more into contact.
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
		Tel: 07776161439
Thurs 24 <sup>th</sup> April	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
	people living with dementia & carer, offering support from	
1.30pm – 3.30pm	your peers & Alzheimer Scotland trained staff.	ABoyd@alzscot.org or
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	Tel: 01324 559480
Fri 25 <sup>th</sup> April	<b>Bo'ness Café</b> - an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	for more into contact.
10.30am-12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
a casth a st	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 25 <sup>th</sup> April	<b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:
2pm - 3.30pm		Dpriestley@alzscot.org or
zpini oloopini	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Mon 28 <sup>th</sup> April	Try Something New - An activity based group offering an	For more info contact:
	opportunity to try a range of activities, which promote	
10am - 12pm	physical and mental stimulation and co-ordination from	Dpaterson@alzscot.org
	archery, boules to yoga, there is something for everyone.	or Tel: 07733302772
	Westquarter & Redding Cricket Sunnyside Rd, Brightons,	
	Falkirk FK20RN	
Tues 29 <sup>th</sup> April	Garden Club - take part in seasonal garden activities in our	For more info contact:
	Sensory Garden, sharing your knowledge & skills during the	
10.00am - 12pm	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
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	Sports.	101.07370704330

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	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
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	Therapy which is an evidence-based programme supported by	
1.30pm - 3pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	

## Please see our availability of online groups below:-

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

