What's on May 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		
Thurs 1 st May 10.00am-12pm	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: <u>Kskinner@alzscot.org</u> or Tel: 07776161439
Thurs 1 st May	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 2 nd May	Bo'ness Café - an opportunity to meet others in a similar	For more info contact:
iii 2 iii ay	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
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 2 nd May	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
2mm 2 20mm	living with dementia & carer.	Deriectley@alaccet.org.or
2pm - 3.30pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Dpriestley@alzscot.org or Tel: 07970784950
Monday 5 th May	Football Memories – Offer people living with dementia to get	For more info contact:
monday 5 may	together and share their memories about the beautiful game.	
2pm - 3pm		ABoyd@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 01324 559480
Tues 6 th May	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 6 th May	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 7th May blether and a browse through the impressive collection of d photos covering topics such as Local History, Film and TV and Sports.For more info contact: Dpriestley@aliscol.org or Tel: 07970784950Wed 7th May L30pm - 3pmBrain Gym. Based on the principles of Cognitive Stimulation self-management for people living with dementia. Self-management for people living with dementia. Self-management for people living with dementia. Driestley@aliscol.org or Tel: 079707849501.00pm - 3pmFalkirk Café- offers peer support, information & advice. People living with dementia. Self-management for people living with dementia. Self-management for people living with dementia. Driestley@aliscol.org or Tel: 079707849501.00pm - 12pmCentral Perk, Grahams Road, Falkirk FK1 1HS people living with dementia. & carer, offering support for your peers & Alzheimer Scotland trained staff.For more info contact: Driestley@aliscol.org or Tel: 079707849501.30pm - 3.30pmGet Together Thursday - A relaxed & frienduly get together for people living with dementia. & carer, offering support from your peers & Alzheimer Scotland trained staff.For more info contact: Driestley@aliscol.org or Tel: 0797078495010.30am - 12pmBrides Café- an opportunity to meet others in a similar situation. In awac onacher. Information & advice.For more info contact: Driestley@aliscol.org or Tel: 0797078495011am - 12.30pmGarden Cub- take part In seasonal garden activities in or garden related crafts & woodwork.For more info contact: Driestley@aliscol.org or Tel: 0797078495011am - 12.30pmGarden Cub- take part In seasonal garden activities in or garden related crafts & woodwork.For more info cont			
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	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 15 th May	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 15 th May	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
1.30pm – 3.30pm	people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.	<u>ABoyd@alzscot.org</u> or Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 16 th May	Bo'ness Café- an opportunity to meet others in a similar	For more info contact:
10.30am - 12pm	situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 16 th May	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
2pm - 3.30pm	living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Mon 19 th May	Football Memories – Offer people living with dementia to get together and share their memories about the beautiful game.	For more info contact:
2pm – 3pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	<u>ABoyd@alzscot.org</u> or Tel: 01324 559480
Tues 20 th May	Garden Club - take part in seasonal garden activities in our	For more info contact:
10.00am - 12pm	Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of garden related crafts & woodwork.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	The Mandee 22 Johnston Avenue Stackersensis FI/F 417	
Tues 20 th May	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ Ten Pin Bowling - Bowling for people living with dementia &	For more info contact:
Tues 20 Way	carer. Booking required.	
2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Wed 21 st May	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 Sports.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 21 st May	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
1.30pm - 3pm	Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
1.300111 - 30111	self-management for people living with dementia. Booking required & taster session offered.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 22 nd May	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 22 nd May		
Thurs 22 th May	Get Together Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from	For more info contact:
1.30pm – 3.30pm	your peers & Alzheimer Scotland trained staff.	ABoyd@alzscot.org or
		Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 23 rd May	Bo'ness Café - an opportunity to meet others in a similar	For more info contact:
10 20 12	situation, to make connections and develop friendships and	Daniastlau @alassat.ana.au
10.30am-12pm	to support and learn from one another. Information & advice is always available from our trained staff.	Dpriestley@alzscot.org or Tel: 07970784950
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	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 23 rd May	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
Mon 26 th May	Try Something New - An activity based group offering an	For more info contact:
1000 12000	opportunity to try a range of activities, which promote	Distorson Qalassat are
10am - 12pm	physical and mental stimulation and co-ordination from archery, boules to yoga, there is something for everyone.	Dpaterson@alzscot.org or Tel: 07733302772
	archery, bodies to yoga, there is something for everyone.	01 101. 07755502772
	Westquarter & Redding Cricket Sunnyside Rd, Brightons,	
	Falkirk FK20RN	
Tues 27 th May	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 27 th May	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
March and have		For more info contact:
Wed 28 th May	Memory Café Grangemouth – An opportunity to have a	For more into contact.
		for more mo contact.
	blether and a browse through the impressive collection of old	
11am – 12.30pm	blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or Tel: 07970784950
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11am – 12.30pm	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	Dpriestley@alzscot.org or Tel: 07970784950
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11am – 12.30pm Wed 38 th May	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 Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by	Dpriestley@alzscot.org or Tel: 07970784950 For more info contact:
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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	Contact Cherie Raby, Dementia Advisor on Email: <u>craby@alzscot.org</u> Tel: 07786406668
Carers Awareness Sessions	Every Tuesday in May 2pm – 4pm	Contact Cherie Raby, Dementia Advisor on Email: <u>craby@alzscot.org</u> Tel: 07786406668

