What's on June 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.

Football Memories – Offer people living with dementia to get together and share their memories about the beautiful game.	For more info contact:
The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	ABoyd@alzscot.org or Tel: 01324 559480
Garden Club - take part in seasonal garden activities in our	For more info contact:
Sensory Garden, sharing your knowledge & skills during the	
summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
garden related crafts & woodwork.	Tel: 07970784950
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	For more info contact:
carer. Booking required.	Daniestley @alasest eng en
Podhrao Poad Campion Falkirk EV1 AUI	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
Redui de Rodu, Calileioti, Faikirk, FK1 4HJ	Tel. 07970784930
	For more info contact:
g ,	Dpriestley@alzscot.org or
	Tel: 07970784950
sports. For people living with dementia and their curers.	161. 67376761336
Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
Therapy which is an evidence-based programme supported by	
NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	Tel: 07970784950
Booking required & taster session offered.	
The Marries 22 Johnston Avenue Charles versus EVE 417	
	For many info contact:
raikirk cate- offers peer support, information & advice.	For more info contact:
Central Perk Grahams Road Falkirk FK1 1HS	Kskinner@alzscot.org or
Sentral Forty Station 10 day Failth FRE 1110	Tel: 07776161439
	together and share their memories about the beautiful game. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. Garden Club - 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 Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ Memory Café Grangemouth — 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 people living with dementia and their carers. 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

Thurs 5 th June	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.	ABoyd@alzscot.org or
1.50pm - 5.50pm	your peers & Aizheimer Scotland trained stair.	Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 6 th June	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 6 th June	Friday Feeling- offers fun & therapeutic activities for people	CANCELLED
	living with dementia & carer.	CANCELLED
2pm - 3.30pm		
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Tues 10 th June	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	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 10 th June	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
2pm - 3.30pm	carer. Booking required.	<u>Dpriestley@alzscot.org</u> or
2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 11 th June	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. For people living with dementia and their carers	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 11 th June	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. Booking required & taster session offered.	Tel: 07970784950
	booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 12 th June	Falkirk Café- offers peer support, information & advice.	For more info contact:
10.00 12	Control Dark, Crahama Daark Fallink FV4 4110	Kalianan Galasaat ana an
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or Tel: 07776161439
Thurs 12 th June	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 Market 22 lebests Access 6th 1	Tel: 01324 559480
Fri 13 th June	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact:
rii 15. June	Bo'ness Café- an opportunity to meet others in a similar situation, to make connections and develop friendships and	FOI MOTE IMO 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 13 th June	Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:
2pm - 3.30pm		Dpriestley@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Mon 16 th June	Football Memories – Offer people living with dementia to get	For more info contact:
	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 17 th June	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 17 th June	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
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Wed 18 th June	Memory Café Grangemouth – An opportunity to have a	For more info contact:
44 42 20	blether and a browse through the impressive collection of old	Danis atlan Galassat and an
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports. For people living with dementia and their carers	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 18 th June	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 Manley 22 Johnston Avenue Stephensonnin FKF 417	
Thurs 19 th June	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ Falkirk Café- offers peer support, information & advice.	For more info contact:
Thurs 19" June	raikirk care- otters peer support, information & advice.	For more into contact:
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
20.00a 22p	Central Ferry Granamo Noda, Familia Fra	Tel: 07776161439
Thurs 19 th June	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
		Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 20 th June	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
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Ent 20th Land	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For many take and the
Fri 20 th June	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
2nm 2 20nm	living with dementia & carer.	Dariostlov@alzcoot are ar
2pm - 3.30pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	The Maples 33 Johnston Avenue Steffiouseman, 1 K3 4JZ.	101.07370704330

Tues 24 th June 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 Tues 24 th June Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Per Pin Bowling- Bowling- Bowling for people living with dementia & carer. Booking required. Per Pin Bowling-			
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The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ Tues 24th June Carer. Booking required. Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Proprestley@alzscot.org or Tel: 07970784950 Wed 25th June Dieter and a browse through the impressive collection of old photos covering topics such as Local History, Flim and TV and Sports. For people living with dementia and their carers Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL Wed 25th June Brain Gym- 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 Thurs 26th June Get Together Thursday - 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 Fri 27th June Bo'ness Café - 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. Fri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. Pri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ Fri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ Fri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ Fri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. Popriestley@alzscot.org or Tel: 07970784950 T	10 00am - 12nm		Dariestley@alzscot.org.or
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Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL Wed 25th June Brain Gym- 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 Thurs 26th June Central Perk, Grahams Road, Falkirk FK1 1HS Eather Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff. For more info contact: ABoyd@alzscot.org or Tel: 07776161439 For more info contact: ABoyd@alzscot.org or Tel: 01324 559480 The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. Fri 27th June Bo'ness Café - 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. Fri 27th June Friday Feeling- offers fun & therapeutic activities for people living with dementia & carer. Dpriestley@alzscot.org or Tel: 07970784950 Tel: 07970784950 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. Try Something New - An activity based group offering an opportunity to try a range of activities, which promote physical and mental stimulation and co-ordination from Dpaterson@alzscot.org Date Scotlography Dpaterson@alzscot.org Dpaterson@alzscot.org Date Scotlography Dpaterson@alzscot.org Date Scotlography Dpaterson@alzscot.org Date Scotlography	·		-
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Westquarter & Redding Cricket Sunnyside Rd, Brightons,			
Falkirk FK20RN		Falkirk FK20RN	

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: craby@alzscot.org Tel: 07786406668

