

# What's on

## August 25 – 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>Fri 1<sup>st</sup> August</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:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950
<b>Fri 1<sup>st</sup> August</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:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950
<b>Mon 4<sup>th</sup> August</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 5<sup>th</sup> August</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
<b>Tues 5<sup>th</sup> August</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:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950
<b>Wed 6<sup>th</sup> August</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 people living with dementia and their carers  Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact:  <a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950
<b>Wed 6<sup>th</sup> August</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.	For more info contact:  <a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or Tel: 07970784950

	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
<b>Thurs 7<sup>th</sup> August</b>	<b>Falkirk Café-</b> offers peer support, information & advice.	For more info contact:
<b>10.00am - 12pm</b>	Central Perk, Grahams Road, Falkirk FK1 1HS	<a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
<b>Thurs 7<sup>th</sup> August</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.	For more info contact:
<b>1.30pm – 3.30pm</b>	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	<a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480
<b>Fri 8<sup>th</sup> August</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:
<b>10.30am - 12pm</b>	Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 ODN.	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Fri 8<sup>th</sup> August</b>	<b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:
<b>2pm - 3.30pm</b>	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 12<sup>th</sup> August</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.	For more info contact:
<b>10.00am - 12pm</b>	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 12<sup>th</sup> August</b>	<b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.	For more info contact:
<b>2pm - 3.30pm</b>	Redbrae Road, Camelon, Falkirk, FK1 4HJ	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 13<sup>th</sup> August</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 people living with dementia and their carers	For more info contact:
<b>11am – 12.30pm</b>	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Wed 13<sup>th</sup> August</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.	For more info contact:
<b>1.30pm - 3pm</b>	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	<a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Thurs 14<sup>th</sup> August</b>	<b>Falkirk Café-</b> offers peer support, information & advice.	For more info contact:
<b>10.00am - 12pm</b>	Central Perk, Grahams Road, Falkirk FK1 1HS	<a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or Tel: 07776161439
<b>Thurs 14<sup>th</sup> August</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.	For more info contact:
<b>1.30pm – 3.30pm</b>		<a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or Tel: 01324 559480

	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
<b>Fri 15<sup>th</sup> August</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 0DN.	
<b>Fri 15<sup>th</sup> August</b>  <b>2pm - 3.30pm</b>	<b>Friday Feeling</b> - offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
	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

