

What's on

September 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		
Mon 1st Sept 10am-11.30am	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.	For more info contact: Jduffy@alzscot.org Tel: 01324 564275 Or aboyd@alzscot.org Tel. 07932120685
12pm – 1pm	Lunch Club – bring your own lunch or a sandwich/snack can be provided	
1.30pm – 3pm	Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game.	
The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.		
Tues 2nd Sept 10.00am - 12pm	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills. We also offer a range of garden related crafts & woodwork.	For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685
The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ		
Tues 2nd Sept 2pm - 3.30pm	Ten Pin Bowling - Bowling for people living with dementia & their carer. Booking required.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Redbrae Road, Camelon, Falkirk, FK1 4HJ		
Wed 3rd Sept 10am –11.30am	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50’s, 60’s and 70’s Jukebox.	For more info contact: jduffy@alzscot.org 01324 564275 Or swest@alzscot.org or Tel: 07855644018
12pm- 1pm	Lunch Club – bring your own lunch or a sandwich/snack can be provided	
1.30pm - 3pm	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 4th Sept 10.00am - 12pm	Falkirk Café- Offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org Tel: 07776161439
Fri 5th Sept 10.30am-12pm	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Fri 5th Sept 1.30pm – 3pm	Maples Walking/Activity Group – An opportunity for a social meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member. The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Mon 8th Sept 10am-11.30am 12pm – 1pm 1.30pm – 3pm	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers 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: Jduffy@alzscot.org Tel: 01324 564275 Or aboyd@alzscot.org Tel. 07932120685
Tues 9th Sept 10.00am - 12pm 1.30pm – 3pm	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685
Tues 9th Sept 2pm - 3.30pm	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Wed 10th Sept 10am –11.30am 12pm- 1pm	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided	For more info contact: jduffy@alzscot.org Or swest@alzscot.org or Tel: Tel. 07855644018

1.30pm - 3pm	<p>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</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	
Thurs 11th Sept	The Hub@ Grangemouth Rugby Club	
10.30 – 11am	Meet up Café – Meet, chat & connect	For more info contact: lhawthorn@alzscot.org
11am- 12.30pm	Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.	Tel: 07876846218
12.30 – 1.30pm	Lunch Club - Bring your own lunch, hot drink & biscuits supplied	Or aboyd@alzscot.org
1.30 - 2.30pm	A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	Tel. 07932120685
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 11th Sept		
10.00am - 12pm	Falkirk Café- Offers peer support, information & advice.	For more info contact: Kskinner@alzscot.org Tel:
	Central Perk, Grahams Road, Falkirk FK1 1HS	07776161439
Fri 12th Sept		
10.30am-12pm	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	For more info contact: swest@alzscot.org
	Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	Tel. 07855644018
		Or aboyd@alzscot.org
		Tel. 07932120685
Fri 12th Sept		
1.30PM – 3PM	Maples Walking/Activity Group – An opportunity for a social meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member.	For more info contact: swest@alzscot.org
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	Tel. 07855644018
		Or aboyd@alzscot.org
		Tel. 07932120685
Mon 15th Sept		
10am-11.30am	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.	For more info contact: Jduffy@alzscot.org
12pm – 1pm	Lunch Club – bring your own lunch or a sandwich/snack can be provided	Tel: 01324 564275
1.30pm – 3pm	Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game.	Or aboyd@alzscot.org
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel. 07932120685
Tues 16th Sept		
10.00am - 12pm	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork.	For more info contact: lhawthorn@alzscot.org
		Tel: 07876846218
		Or

1.30pm – 3pm	Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	aboyd@alzscot.org Tel. 07932120685
Tues 16th Sept 2pm – 3.30pm	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Wed 17th Sept 10am - 11.30am 12pm- 1pm 1.30pm - 3pm	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided 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	For more info contact: jduffy@alzscot.org 01324 564275 Or swest@alzscot.org Tel: Tel. 07855644018
Thurs 18th Sept 10.30 – 11am 11am- 12.30pm 12.30 – 1.30pm 1.30 - 2.30pm	The Hub@ Grangemouth Rugby Club Meet up Café – meet, chat & connect Memory Group – Reminiscing about sport, silver screen, local history or topic of choice. Lunch Club - Bring your own lunch, hot drink & biscuits supplied A whole new ball game – take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather. Grangemouth Rugby Club Glensburgh Road, FK3 8XL	For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685
Thurs 18th Sept 10.00am - 12pm	Falkirk Café- Offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org Tel: 07776161439
Fri 19th Sept 10.30am-12pm	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Fri 19th Sept 2pm – 3.30pm	Maples Walking/Activity Group – An opportunity for a social meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member. The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685

<p>Mon 22nd Sept 10am-11.30am</p> <p>12pm – 1pm</p> <p>1.30pm – 3pm</p>	<p>Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.</p> <p>Lunch Club – bring your own lunch or a sandwich/snack can be provided</p> <p>Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game.</p> <p>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.</p>	<p>For more info contact: Jduffy@alzscot.org Tel: 01324 564275 Or aboyd@alzscot.org Tel. 07932120685</p>
<p>Tues 23rd Sept 10.00am - 12pm</p> <p>1.30pm – 3pm</p>	<p>Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork.</p> <p>Maples Melodies Singing Group – If you like singing for fun come along & join us.</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ</p>	<p>For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685</p>
<p>Tues 23rd Sept 2pm – 3.30pm</p>	<p>Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.</p> <p>Redbrae Road, Camelon, Falkirk, FK1 4HJ</p>	<p>For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685</p>
<p>Wed 24th Sept 10am - 11.30am</p> <p>12pm- 1pm</p> <p>1.30pm - 3pm</p>	<p>Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.</p> <p>Lunch Club – bring your own lunch or a sandwich/snack can be provided</p> <p>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</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	<p>For more info contact: jduffy@alzscot.org 01324 564275 Or swest@alzscot.org Tel: Tel. 07855644018</p>
<p>Thurs 25th Sept</p> <p>10.30 – 11am</p> <p>11am- 12.30pm</p> <p>12.30 – 1.30pm</p> <p>1.30 - 2.30pm</p>	<p>The Hub@ Grangemouth Rugby Club</p> <p>Meet up Café – meet, chat & connect</p> <p>Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.</p> <p>Lunch Club - Bring your own lunch, hot drink & biscuits supplied</p> <p>A whole new ball game – take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.</p> <p>Grangemouth Rugby Club Glensburgh Road, FK3 8XL</p>	<p>For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685</p>
<p>Thurs 25th Sept 10.00am - 12pm</p>	<p>Falkirk Café- Offers peer support, information & advice.</p> <p>Central Perk, Grahams Road, Falkirk FK1 1HS</p>	<p>For more info contact: Kskinner@alzscot.org Tel: 07776161439</p>

Fri 26th Sept 10.30am-12pm	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Fri 26th Sept 1.30pm – 3pm	Maples Walking/Activity Group – An opportunity for a social meet up with friends & enjoy a leisurely stroll followed by a blether over a cuppa at a local café or back at the Maples. In the event of bad weather, the group will take place indoors at the Maples with games and activities of choice. This group is for the person living with dementia and their carer/family member. The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685
Mon 29th Sept 10am-11.30am 12pm – 1pm 1.30pm – 3pm	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers 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: Jduffy@alzscot.org Tel: 01324 564275 Or aboyd@alzscot.org Tel. 07932120685
Mon 29th Sept 10am - 12pm	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 archery , boules to yoga, there is something for everyone. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	For more info contact: Dpaterson@alzscot.org Tel: 07733302772
Tues 30th Sept 10.00am - 12pm 1.30pm – 3pm	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Maples Melodies Singing Group – If you like singing for fun come along & join us. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: lhawthorn@alzscot.org Tel: 07876846218 Or aboyd@alzscot.org Tel. 07932120685
Tues 30th Sept 2pm – 3.30pm	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: swest@alzscot.org Tel. 07855644018 Or aboyd@alzscot.org Tel. 07932120685

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 Dprietley@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

