

What's on

July 2024 - 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 are unable to 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.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have 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 July 2pm - 3pm	Football Memories – offers people living with dementia to get together and share their memories about the beautiful game. The Maples, 33 Johnson Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 2nd July 10am - 12pm	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 2nd July 2pm - 3.30pm	Ten Pin Bowling - Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 3rd July 1.30pm - 3pm	Brain Gym- Brain Gym - our Alzheimer Scotland 10 week evidence based programme offers group activities based on Cognitive Stimulation Therapy to people living with early stage dementia. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Thurs 4th July 10am - 12pm	Falkirk Café - offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org or Tel: 07776161439
Thurs 4th July 1.30pm - 3pm	Get Together Thursday - A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact: ABoyd@alzscot.org or Tel: 01324 559480
Fri 5th July 10.30am - 12pm	Bo'ness Café - offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950

Fri 5th July 2pm - 3.30pm	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 9th July 10.30am - 12pm	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 9th July 2pm - 3.30pm	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 10th July 1.30pm - 3pm	Brain Gym- our Alzheimer Scotland 10 week rolling Brain Gym- our Alzheimer Scotland 10 week evidence based programme offers group activities based on Cognitive Stimulation Therapy to people living with early stage dementia. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Thurs 11th July 10.30am - 12pm	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org or Tel: 07776161439
Thurs 11th July 1.30pm - 3pm	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact: ABoyd@alzscot.org or Tel: 01324 559480
Fri 12th July 10.30am - 12pm	Bo'ness Café - offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Fri 12th July 2pm - 3.30pm	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 16th July 10.30am - 12pm	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 16th July 2pm - 3.30pm	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 17th July 1.30pm - 3pm	Brain Gym- Brain Gym- our Alzheimer Scotland 10 week evidence based programme offers group activities based on Cognitive Stimulation Therapy to people living with early stage dementia. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	CANCELLED
Thurs 18th July 10.30am-12pm	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org or Tel: 07776161439

Thurs 18th July 1.30pm-3pm	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact: ABoyd@alzscot.org or Tel: 01324 559480
Fri 19th July 10.30am-12pm	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Fri 19th July 2pm - 3.30pm	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 23rd July 10.30am-12pm	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 23rd July 2pm - 3.30pm	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 24th July 1.30pm - 3pm	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Thurs 25th July 10.30am - 12pm	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	For more info contact: Kskinner@alzscot.org or Tel: 07776161439
Thurs 25th July 1.30pm - 3pm	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact: ABoyd@alzscot.org or Tel: 01324 559480
Fri 26th July 10.30am - 12pm	Bo'ness Café- offers peer support, information & advice. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Fri 26th July 2pm - 3.30pm	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Mon 29th July 10am - 12pm	Try Something New- Outdoor & indoor activities, Archery etc.. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Tues 30th July 10.30am - 12pm	Garden Club - Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 30th July 2pm - 3.30pm	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950

Wed 31st July 1.30pm - 3pm	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
---	--	---

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Carers Evening, Around The Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

Online Group		
Juke Box Days UK	Last Tuesday of month	4pm – 5pm
Juke Box Days USA & UK	Last Thursday of month	11am – 12pm
Carers Evening	First Wednesday of month	7pm-8pm
Around the Kitchen Table	Third Wednesday of month	2pm-3pm

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzheimer-scotland-forth-valley>

24 HOUR



Alzheimer Scotland
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org