

# What's on

## August 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 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  |  |   |
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| <b>Thurs 1<sup>st</sup> August</b><br><b>10am - 12pm</b>   | <b>Falkirk Café-</b> offers peer support, information & advice.<br><br>Central Perk, Grahams Road, Falkirk FK1 1HS   | For more info contact:<br><br><a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or<br>Tel: 07776161439   |
| <b>Thurs 1<sup>st</sup> August</b><br><b>1.30pm - 3pm</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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.   | For more info contact:<br><br><a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or<br>Tel: 01324 559480        |
| <b>Fri 2<sup>nd</sup> August</b><br><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.<br><br>Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Fri 2<sup>nd</sup> August</b><br><b>2pm - 3.30pm</b>    | <b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.   | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Mon 5<sup>th</sup> August</b><br><b>2pm – 3pm</b>       | <b>Football Memories –</b> Offer people living with dementia to get together and share their memories about the beautiful game.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.   | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 6<sup>th</sup> August</b><br><b>10.30am - 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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ           | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 6<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>   | <b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.<br><br>Redbrae Road, Camelon, Falkirk, FK1 4HJ  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |

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| <b>Wed 7<sup>th</sup> August</b><br><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.<br>Booking required & taster session offered.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Thurs 8<sup>th</sup> August</b><br><b>10.00am - 12pm</b> | <b>Falkirk Café-</b> offers peer support, information & advice.<br><br>Central Perk, Grahams Road, Falkirk FK1 1HS   | For more info contact:<br><br><a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or<br>Tel: 07776161439         |
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| <b>Fri 9<sup>th</sup> August</b><br><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.<br><br>Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.  | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Fri 9<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>     | <b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.   | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 13<sup>th</sup> August</b><br><b>10.30am - 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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ   | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 13<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>   | <b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.<br>Redbrae Road, Camelon, Falkirk, FK1 4HJ  | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Wed 14<sup>th</sup> August</b><br><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.<br>Booking required & taster session offered.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | For more info contact:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Thurs 15<sup>th</sup> August</b><br><b>10.00am-12pm</b>  | <b>Falkirk Café-</b> offers peer support, information & advice.<br>Central Perk, Grahams Road, Falkirk FK1 1HS   | For more info contact:<br><br><a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or<br>Tel: 07776161439         |
| <b>Thurs 15<sup>th</sup> August</b><br><b>1.30pm-3pm</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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.   | For more info contact:<br><br><a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or<br>Tel: 01324 559480              |
| <b>Fri 16<sup>th</sup> August</b><br><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:<br><br><a href="mailto:Dp Priestley@alzscot.org">Dp Priestley@alzscot.org</a> or<br>Tel: 07970784950 |

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|  | Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.  |   |
| <b>Fri 16<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>     | <b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 20<sup>th</sup> August</b><br><b>10.30am-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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Tues 20<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>    | <b>Ten Pin Bowling-</b> Bowling for people living with dementia & carer. Booking required.<br><br>Redbrae Road, Camelon, Falkirk, FK1 4HJ   | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Wed 21<sup>st</sup> August</b><br><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. Booking required & taster session offered.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Thurs 22<sup>nd</sup> August</b><br><b>10.00am - 12pm</b> | <b>Falkirk Café-</b> offers peer support, information & advice.<br><br>Central Perk, Grahams Road, Falkirk FK1 1HS  | For more info contact:<br><br><a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or<br>Tel: 07776161439   |
| <b>Thurs 22<sup>nd</sup> August</b><br><b>1.30pm - 3pm</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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.   | For more info contact:<br><br><a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or<br>Tel: 01324 559480        |
| <b>Fri 23<sup>rd</sup> August</b><br><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.<br><br>Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Fri 23<sup>rd</sup> August</b><br><b>2pm - 3.30pm</b>     | <b>Friday Feeling-</b> offers fun & therapeutic activities for people living with dementia & carer.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Mon 26<sup>th</sup> August</b><br><b>10am - 12pm</b>      | <b>Try Something New-</b> Outdoor & indoor activities, Archery etc.<br><br>Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN  | For more info contact:<br><br><a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a><br>or Tel: 07733302772 |
| <b>Tues 27<sup>th</sup> August</b><br><b>10.30am - 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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
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| <b>2pm - 3.30pm</b>  | Redbrae Road, Camelon, Falkirk, FK1 4HJ  | <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950                               |
| <b>Wed 28<sup>th</sup> August</b><br><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. Booking required & taster session offered.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Thurs 29<sup>th</sup> August</b><br><b>10.00am - 12pm</b> | <b>Falkirk Café</b> - offers peer support, information & advice.<br><br>Central Perk, Grahams Road, Falkirk FK1 1HS  | For more info contact:<br><br><a href="mailto:Kskinner@alzscot.org">Kskinner@alzscot.org</a> or<br>Tel: 07776161439   |
| <b>Thurs 29<sup>th</sup> August</b><br><b>1.30pm - 3pm</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.<br><br>The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.  | For more info contact:<br><br><a href="mailto:ABoyd@alzscot.org">ABoyd@alzscot.org</a> or<br>Tel: 01324 559480        |
| <b>Fri 30<sup>th</sup> August</b><br><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.<br><br>Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>Tel: 07970784950 |
| <b>Fri 30<sup>th</sup> August</b><br><b>2pm - 3.30pm</b>     | <b>Friday Feeling</b> - offers fun & therapeutic activities for people living with dementia & carer.<br><br>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.  | For more info contact:<br><br><a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or<br>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](mailto:craby@alzscot.org) Tel: 07786406668

| Online Group                                   |                          |                    |
|--|--------------------------|--------------------|
| <b>Juke Box Days UK</b>                        | Last Tuesday of month    | <b>4pm – 5pm</b>   |
| <b>Juke Box Days USA &amp; UK</b>              | Last Thursday of month   | <b>11am – 12pm</b> |
| <b>Carers Evening Around the Kitchen Table</b> | First Wednesday of month | <b>7pm-8pm</b>     |
|  | Third Wednesday of month | <b>CANCELLED</b>   |

