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 | | |
|-----------------------------|---|--|
| Thurs 1st August | Falkirk Café- offers peer support, information & advice. | For more info contact: |
| 10am - 12pm | Central Perk, Grahams Road, Falkirk FK1 1HS | Kskinner@alzscot.org or Tel: 07776161439 |
| Thurs 1st August | Get Together Thursday- A relaxed & friendly get together for | For more info contact: |
| 4 20 2 | people living with dementia & carer, offering support from | A Dougle Colored are or |
| 1.30pm - 3pm | your peers & Alzheimer Scotland trained staff. | ABoyd@alzscot.org or Tel: 01324 559480 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. | |
| Fri 2 nd August | Bo'ness Café an opportunity to meet others in a similar | For more info contact: |
| 40.00 | situation, to make connections and develop friendships and | <u>Dpriestley@alzscot.org</u> or |
| 10.30am - 12pm | to support and learn from one another. Information & advice is always available from our trained staff. | Tel: 07970784950 |
| | is always available from our trained stair. | |
| | Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. | |
| Fri 2 nd August | Friday Feeling- offers fun & therapeutic activities for people | For more info contact: |
| | living with dementia & carer. | |
| 2pm - 3.30pm | | Dpriestley@alzscot.org or |
| na - eth a | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | Tel: 07970784950 |
| Mon 5 th August | Football Memories – Offer people living with dementia to get together and share their memories about the beautiful game. | For more info contact: |
| 2pm – 3pm | together and share their memories about the beautiful game. | <u>Dpriestley@alzscot.org</u> or |
| 2pm 3pm | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | Tel: 07970784950 |
| Tues 6 th August | Garden Club - take part in seasonal garden activities in our | For more info contact: |
| | Sensory Garden, sharing your knowledge & skills during the | |
| 10.30am - 12pm | summer months. In colder weather, we offer a range of | <u>Dpriestley@alzscot.org</u> or |
| | garden related crafts & woodwork. | Tel: 07970784950 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Tues 6 th August | Ten Pin Bowling- Bowling for people living with dementia & | For more info contact: |
| | carer. Booking required. | |
| 2pm - 3.30pm | | <u>Dpriestley@alzscot.org</u> or |
| | Redbrae Road, Camelon, Falkirk, FK1 4HJ | Tel: 07970784950 |

| Wed 7 th August | Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by | For more info contact: |
|-------------------------------|--|--|
| 1 2000 2000 | NICE. This promotes wellbeing, maintains skills and supports | Dariostlov@alzsect erg er |
| 1.30pm - 3pm | self-management for people living with dementia. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | Booking required & taster session offered. | Tel: 0/9/0/84950 |
| | booking required & taster session offered. | |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Thurs 8 th August | Falkirk Café- offers peer support, information & advice. | For more info contact: |
| Thursday Trangular | Tanana care once post outport) morniador el demos | |
| 10.00am - 12pm | Central Perk, Grahams Road, Falkirk FK1 1HS | Kskinner@alzscot.org or |
| Thurs Oth August | Cat Tarathau Thursday, Auslayed C. friendly ast tarathau fau | Tel: 07776161439 For more info contact: |
| Thurs 8 th August | Get Together Thursday- A relaxed & friendly get together for people living with dementia & carer, offering support from | For more imo contact. |
| 1.30pm - 3pm | your peers & Alzheimer Scotland trained staff. | ABoyd@alzscot.org or |
| 1.30piii - 3piii | your peers & Aizheimer Scotland trained stair. | Tel: 01324 559480 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. | 101.01324 333400 |
| Fri 9 th August | Bo'ness Café - an opportunity to meet others in a similar | For more info contact: |
| 3.0 | 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 9 th August | Friday Feeling- offers fun & therapeutic activities for people | For more info contact: |
| | living with dementia & carer. | |
| 2pm - 3.30pm | TI AA I 22 I I A C I I S F F A I T | <u>Dpriestley@alzscot.org</u> or |
| - anth a | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | Tel: 07970784950 |
| Tues 13 th August | Garden Club - take part in seasonal garden activities in our | For more info contact: |
| 10 20am 12mm | Sensory Garden, sharing your knowledge & skills during the | Dariostlov@alaseet org or |
| 10.30am - 12pm | summer months. In colder weather, we offer a range of garden related crafts & woodwork. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | garden related crafts & woodwork. | 101.07370704330 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Tues 13 th August | Ten Pin Bowling- Bowling for people living with dementia & | For more info contact: |
| | carer. Booking required. | Dpriestley@alzscot.org or |
| 2pm - 3.30pm | Redbrae Road, Camelon, Falkirk, FK1 4HJ | Tel: 07970784950 |
| Wed 14 th August | 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 Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Thurs 15 th August | Falkirk Café- offers peer support, information & advice. | For more info contact: |
| | Central Perk, Grahams Road, Falkirk FK1 1HS | Kskinner@alzscot.org or |
| 10.00am-12pm | , , , , , , , , , , , , , , , , , , , | Tel: 07776161439 |
| Thurs 15 th August | Get Together Thursday- A relaxed & friendly get together for | For more info contact: |
| | people living with dementia & carer, offering support from | |
| 1.30pm-3pm | your peers & Alzheimer Scotland trained staff. | ABoyd@alzscot.org or |
| | | Tel: 01324 559480 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. | |
| Fri 16 th August | Bo'ness Café - an opportunity to meet others in a similar | For more info contact: |
| 40.00 | 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 |

| Fri 16 th August | Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. Friday Feeling- offers fun & therapeutic activities for people | For more info contact: |
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| FIT 10" August | living with dementia & carer. | For more into contact. |
| 2pm - 3.30pm | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| Tues 20 th August | Garden Club - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the | For more info contact: |
| 10.30am-12pm | summer months. In colder weather, we offer a range of garden related crafts & woodwork. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Tues 20 th August | Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. | For more info contact: |
| 2pm - 3.30pm | Redbrae Road, Camelon, Falkirk, FK1 4HJ | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| Wed 21 st August | Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by | For more info contact: |
| 1.30pm - 3pm | NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Thurs 22 nd August | Falkirk Café- offers peer support, information & advice. | For more info contact: |
| 10.00am - 12pm | Central Perk, Grahams Road, Falkirk FK1 1HS | Kskinner@alzscot.org or Tel: 07776161439 |
| Thurs 22 nd August | Get Together Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from | For more info contact: |
| 1.30pm - 3pm | your peers & Alzheimer Scotland trained staff. | ABoyd@alzscot.org or Tel: 01324 559480 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. | |
| Fri 23 rd August | Bo'ness Café- an opportunity to meet others in a similar situation, to make connections and develop friendships and | For more info contact: |
| 10.30am - 12pm | to support and learn from one another. Information & advice is always available from our trained staff. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. | |
| Fri 23 rd August | Friday Feeling- offers fun & therapeutic activities for people | For more info contact: |
| 2pm - 3.30pm | living with dementia & carer. | <u>Dpriestley@alzscot.org</u> or |
| | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | Tel: 07970784950 |
| Mon 26 th August | Try Something New- Outdoor & indoor activities, Archery etc. | For more info contact: |
| 10am - 12pm | Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN | Dpaterson@alzscot.org or Tel: 07733302772 |
| Tues 27 th August | Garden Club - take part in seasonal garden activities in our Sensory Garden, sharing your knowledge & skills during the | For more info contact: |
| 10.30am - 12pm | summer months. In colder weather, we offer a range of garden related crafts & woodwork. | <u>Dpriestley@alzscot.org</u> or Tel: 07970784950 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Tues 27 th August | Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required. | For more info contact: |

| 2pm - 3.30pm | | Dpriestley@alzscot.org or |
|-------------------------------|---|----------------------------------|
| | Redbrae Road, Camelon, Falkirk, FK1 4HJ | Tel: 07970784950 |
| Wed 28 th August | 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 Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ | |
| Thurs 29 th August | Falkirk Café- offers peer support, information & advice. | For more info contact: |
| | | |
| 10.00am - 12pm | Central Perk, Grahams Road, Falkirk FK1 1HS | Kskinner@alzscot.org or |
| | | Tel: 07776161439 |
| Thurs 29 th August | Get Together Thursday - A relaxed & friendly get together for | For more info contact: |
| | people living with dementia & carer, offering support from | |
| 1.30pm - 3pm | your peers & Alzheimer Scotland trained staff. | ABoyd@alzscot.org or |
| | | Tel: 01324 559480 |
| | The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. | |
| Fri 30 th August | 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 | <u>Dpriestley@alzscot.org</u> or |
| | is always available from our trained staff. | Tel: 07970784950 |
| | District April 2011-Pilos Di Dalas FUEA 2011 | |
| | Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN. | |
| Fri 30 th August | Friday Feeling- offers fun & therapeutic activities for people | For more info contact: |
| | living with dementia & carer. | |
| 2pm - 3.30pm | | <u>Dpriestley@alzscot.org</u> or |
| | The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ. | 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 Around the | First Wednesday of month | 7pm-8pm |
| Kitchen Table | Third Wednesday of month | CANCELLED |

