What's on 👘 🐼 November 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.

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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		
Fri 1 st November	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
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 1 st November	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
Monday 4 th	Football Memories – Offer people living with dementia to get	For more info contact:
November	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 5 th	Garden Club - take part in seasonal garden activities in our	For more info contact:
November	Sensory Garden, sharing your knowledge & skills during the	
	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
10.30am - 12pm	garden related crafts & woodwork.	Tel: 07970784950
	The Mandes 22 Johnston Avenue, Stephenson, St. 417	
Tues 5 th	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
November	carer. Booking required.	Dpriestley@alzscot.org or Tel: 07970784950
2nm 2 20nm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	101.07970784950
2pm - 3.30pm Wed 6 th	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
November	Therapy which is an evidence-based programme supported by	
November	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
1.30pm - 3pm	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	101.07570701550
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 7 th	Falkirk Café- offers peer support, information & advice.	For more info contact:
November	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
		Tel: 07776161439

Thurs 7 th	Get Together Thursday- A relaxed & friendly get together for	For more info contact:
November	people living with dementia & carer, offering support from	
	your peers & Alzheimer Scotland trained staff.	<u>ABoyd@alzscot.org</u> or
1.30pm-3pm	The Manley 22 Johnston Avenue, Stanbousemuir, EKE 417	Tel: 01324 559480
Fri 8 th November	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ. Bo'ness Café - an opportunity to meet others in a similar	For more info contact:
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2pm - 5.50pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Tues 12 th	Garden Club - take part in seasonal garden activities in our	
November	Sensory Garden, sharing your knowledge & skills during the	
	summer months. In colder weather, we offer a range of	
10.30am-12pm	garden related crafts & woodwork.	CANCELLED
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Thurs 14 th	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ Falkirk Café- offers peer support, information & advice.	For more info contact:
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Tues 19 th	Garden Club - take part in seasonal garden activities in our	For more info contact:
November	Sensory Garden, sharing your knowledge & skills during the	Deriestley@elacest.org.or
10.30am - 12pm	summer months. In colder weather, we offer a range of garden related crafts & woodwork.	Dpriestley@alzscot.org or Tel: 07970784950
10.50am - 12pm		101.07970784930
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 19 th	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
November	carer. Booking required.	
		Dpriestley@alzscot.org or
2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 20 th	Memory Café Grangemouth – An opportunity to have a	For more info contact:
November	blether and a browse through the impressive collection of old	
	photos covering topics such as Local History, Film and TV and	<u>Dpriestley@alzscot.org</u> or
11am – 12.30pm	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 20 th	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
November	Therapy which is an evidence-based programme supported by	
1.20	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
1.30pm - 3pm	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 21 st	Falkirk Café- offers peer support, information & advice.	For more info contact:
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Thurs 21 st	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
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1.30pm - 3pm		Tel: 01324 559480
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Horember		Dpriestley@alzscot.org or
2pm - 3.30pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Mon 25 th	Try Something New-Outdoor & indoor activities, Archery etc.	For more info contact:
November	' '	
	Westquarter & Redding Cricket Sunnyside Rd, Brightons,	Dpaterson@alzscot.org
10am - 12pm	Falkirk FK20RN	or Tel: 07733302772
Tues 26 th	Garden Club - take part in seasonal garden activities in our	For more info contact:
November	Sensory Garden, sharing your knowledge & skills during the	
	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
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2pm - 3.30pm	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 27 th	Memory Café Grangemouth – An opportunity to have a	For more info contact:
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	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
11am – 12.30pm	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
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	NICE. This promotes wellbeing, maintains skills and supports	<u>Dpriestley@alzscot.org</u> or
1.30pm - 3pm	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 28 th	Falkirk Café- offers peer support, information & advice.	For more info contact:
November	Control Dark Crahama Dood, Folkisk FK1 1115	Kaking an Qalaasat ayo ay
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	<u>Kskinner@alzscot.org</u> or Tel: 07776161439
10.00011 - 12011		101.07770101435
Thurs 28 th	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
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1.30pm - 3pm		Tel: 01324 559480
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Fri 29 th November	Bo'ness Café - an opportunity to meet others in a similar	For more info contact:
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Fri 29 th November	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
	living with dementia & carer.	
2pm - 3.30pm		Dpriestley@alzscot.org 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	First Wednesday of month	7pm-8pm
	First Monday of month	2pm-3.30pm

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Around the Kitchen Table

