

What's on

December 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		
Monday 2nd December 2pm - 3pm	Football Memories – Offer 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: Dp Priestley@alzscot.org or Tel: 07970784950
Tues 3rd December 10.30am - 12pm	Garden Club - 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. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Tues 3rd December 2pm - 3.30pm	Ten Pin Bowling - Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	CANCELLED
Wed 4th December 11am – 12.30pm	Memory Café Grangemouth – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports. Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Wed 4th December 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	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Thurs 5th December 10.00am-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 5th December	Get Together Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.	For more info contact:

1.30pm-3pm	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	ABoyd@alzscot.org or Tel: 01324 559480
Fri 6th December	Bo'ness Café - 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: Dpriestley@alzscot.org or Tel: 07970784950
10.30am-12pm	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 6th December	Friday Feeling - offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:
2pm - 3.30pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Dpriestley@alzscot.org or Tel: 07970784950
Tues 10th December	Garden Club - 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.	For more info contact:
10.30am-12pm	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	Dpriestley@alzscot.org or Tel: 07970784950
Tues 10th December	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	Dpriestley@alzscot.org or Tel: 07970784950
Wed 11th December	Memory Café Grangemouth – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports.	For more info contact:
11am – 12.30pm	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	Dpriestley@alzscot.org or Tel: 07970784950
Wed 11th December	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.	For more info contact:
1.30pm - 3pm	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	Dpriestley@alzscot.org or Tel: 07970784950
Thurs 12th December	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 12th December	Get Together Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff.	For more info contact:
1.30pm - 3pm	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	ABoyd@alzscot.org or Tel: 01324 559480
Fri 13th December	Bo'ness Café - 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:
10.30am - 12pm	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	Dpriestley@alzscot.org or Tel: 07970784950
Fri 13th December	Friday Feeling - offers fun & therapeutic activities for people living with dementia & carer.	For more info contact:
2pm - 3.30pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Dpriestley@alzscot.org or Tel: 07970784950

Tues 17th December 10.30am - 12pm	Garden Club - 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. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 17th December 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: Dprietley@alzscot.org or Tel: 07970784950
Wed 18th December 11am – 12.30pm	Memory Café Grangemouth – An opportunity to have a blether and a browse through the impressive collection of old photos covering topics such as Local History, Film and TV and Sports. Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Wed 18th December 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	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Thurs 19th December 10.00am - 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 19th December 1.30pm - 3pm	Get Together Thursday - A relaxed & friendly get together for people living with dementia & carer, offering support from your peers & Alzheimer Scotland trained staff. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	For more info contact: ABoyd@alzscot.org or Tel: 01324 559480
Fri 20th December 10.30am - 12pm	Bo’ness Café - Christmas Lunch – fully booked Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Fri 20th December 2pm - 3.30pm	Friday Feeling - offers fun & therapeutic activities for people living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950

We look forward to welcoming you back on Monday 6th January when our groups and Café will re-commence in Falkirk.

Our Alloa Dementia Resource Centre will be open over the festive period and is open for all to attend -

Monday 23rd December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
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Tuesday 24th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Wednesday 25th December	PUBLIC HOLIDAY - CLOSED	
Thursday 26th December	PUBLIC HOLIDAY - CLOSED	
Friday 27th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Monday 30th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Tuesday 31st December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Wednesday 1st January	PUBLIC HOLIDAY - CLOSED	
Thursday 2nd January	PUBLIC HOLIDAY - CLOSED	
Friday 3rd January 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480

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
Around the kitchen table	First Monday of month – 2pm – 3.30pm	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668
Carers Evening	First Wednesday of the month – 7pm -8pm	

Please note our online groups will not be running between the 23rd December 2024 and the 3rd January 2025.

