What's on January 2025 – 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 6 th	Football Memories – Offer people living with dementia to get	For more info contact:
January	together and share their memories about the beautiful game.	
		Dpriestley@alzscot.org or
2pm - 3pm	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Tues 7 th January	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	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 7 th January	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 8 th January	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Charles Devil Charles and Devil Charles and EVO OVI	
Mad Oth Land	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	- Francisco de Constant
Wed 8th January	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
1 20000 2000	Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Dariostlov@alzsect organ
1.30pm - 3pm	self-management for people living with dementia.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	Booking required & taster session offered.	161. 07970784930
	booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 9 th January	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 9 th January	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 10 th January	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	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 10 th January	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
2pm - 3.30pm	living with dementia & carer.	Dpriestley@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Tues 14 th January	Garden Club - take part in seasonal garden activities in our	For more info contact:
10.30am-12pm	Sensory Garden, sharing your knowledge & skills during the summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
- a ath a		
Tues 14 th January	Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.	For more info contact:
2pm - 3.30pm	carer, booking required.	Dpriestley@alzscot.org or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 15 th January	Mamour Cofé Cuangamenth An appartuaity to have a	For more info contact:
wed 15° January	Memory Café Grangemouth – An opportunity to have a blether and a browse through the impressive collection of old	For more into contact:
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 15 th January	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
1.30pm - 3pm	Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
1.50pm 5pm	self-management for people living with dementia.	Tel: 07970784950
	Booking required & taster session offered.	
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Thurs 16 th	Falkirk Café- offers peer support, information & advice.	For more info contact:
January	Control Dayle Cychones Dood, Falleigh FK4 411C	Valianan@alassat ana an
10.00am - 12pm	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or Tel: 07776161439
Thurs 16 th	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
January	people living with dementia & carer, offering support from	APayd@alaccot arg 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 17 th January	Bo'ness Café- an opportunity to meet others in a similar	For more info contact:
10.30am - 12pm	situation, to make connections and develop friendships and 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 17 th January	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
	living with dementia & carer.	
2pm - 3.30pm	The Manley 22 Johnston Avenue Stephensonnin FKE 417	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	181. 0/3/0/84330

Tues 21 st January	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	Dpriestley@alzscot.org or
10.50am - 12pm	garden related crafts & woodwork.	Tel: 07970784950
	garden related charts & woodwork.	161. 07970764930
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
Tues 21 st January	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
ŕ	carer. Booking required.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 22 nd January	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	<u>Dpriestley@alzscot.org</u> or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	-
Wed 22 nd January	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 23 rd	Falkirk Café- offers peer support, information & advice.	For more info contact:
January	raikiik cale- oners peer support, information & advice.	For more into contact.
Januar y	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
10.00am - 12pm	Central Ferry Granamo Noday Familia Fitz 2110	Tel: 07776161439
Thurs 23 rd	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
January	people living with dementia & carer, offering support from	
	your peers & Alzheimer Scotland trained staff.	ABoyd@alzscot.org or
1.30pm - 3pm		Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 24 th January	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 24 th January	Friday Feeling- offers fun & therapeutic activities for people	For more info contact:
,	living with dementia & carer.	
2pm - 3.30pm	0	Dpriestley@alzscot.org or
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	Tel: 07970784950
Mon 27 th January	Try Something New- Outdoor & indoor activities, Archery etc.	For more info contact:
10am - 12pm	Westquarter & Redding Cricket Sunnyside Rd, Brightons,	<u>Dpaterson@alzscot.org</u>
	Falkirk FK20RN	or Tel: 07733302772
Tues 28 th January	Garden Club - take part in seasonal garden activities in our	For more info contact:
40.00	Sensory Garden, sharing your knowledge & skills during the	Budanta O. L :
10.30am - 12pm	summer months. In colder weather, we offer a range of	Dpriestley@alzscot.org or
	garden related crafts & woodwork.	Tel: 07970784950
	The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	
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Tues 28 th January	Ten Pin Bowling- Bowling for people living with dementia &	For more info contact:
	carer. Booking required.	
2pm - 3.30pm		Dpriestley@alzscot.org or
	Redbrae Road, Camelon, Falkirk, FK1 4HJ	Tel: 07970784950
Wed 29 th January	Memory Café Grangemouth – An opportunity to have a	For more info contact:
	blether and a browse through the impressive collection of old	
11am – 12.30pm	photos covering topics such as Local History, Film and TV and	Dpriestley@alzscot.org or
	Sports.	Tel: 07970784950
	Stags Rugby Club, Glensburgh Road, Grangemouth, FK3 8XL	
Wed 29 th January	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 30 th	Falkirk Café- offers peer support, information & advice.	For more info contact:
January		
	Central Perk, Grahams Road, Falkirk FK1 1HS	Kskinner@alzscot.org or
10.00am - 12pm		Tel: 07776161439
Thurs 30 th	Get Together Thursday - A relaxed & friendly get together for	For more info contact:
January	people living with dementia & carer, offering support from	
	your peers & Alzheimer Scotland trained staff.	ABoyd@alzscot.org or
1.30pm - 3pm		Tel: 01324 559480
	The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	
Fri 31 st January	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	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	
Fri 31 st January	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

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 Dpriestley@alzscot.org Tel:07970784950
Carers Evening	First Wednesday of the month – 7pm -8pm This month it will take place on the 8 th Jan	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

