

What's on

March 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 3rd March 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: ABoyd@alzscot.org or Tel: 01324 559480
Tues 4th March 10.00am - 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 4th March 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 5th March 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 5th March 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 6th March 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 6th March 1.30pm-3.30pm	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 7th March 10.30am-12pm	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. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact: Dpriestley@alzscot.org or Tel: 07970784950
Fri 7th March 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: Dpriestley@alzscot.org or Tel: 07970784950
Tues 11th March 10.00am-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: Dpriestley@alzscot.org or Tel: 07970784950
Tues 11th March 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: Dpriestley@alzscot.org or Tel: 07970784950
Wed 12th March 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: Dpriestley@alzscot.org or Tel: 07970784950
Wed 12th March 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: Dpriestley@alzscot.org or Tel: 07970784950
Thurs 13th March 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 13th March 1.30pm – 3.30pm	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 14th March 10.30am - 12pm	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. Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	For more info contact: Dpriestley@alzscot.org or Tel: 07970784950
Fri 14th March 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: Dpriestley@alzscot.org or Tel: 07970784950

Tues 18th March 10.00am - 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 18th March 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 19th March 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	Cancelled
Wed 19th March 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 20th March 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 20th March 1.30pm – 3.30pm	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 21st March 10.30am - 12pm	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. Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Fri 21st March 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
Tues 25th March 10.00am - 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 25th March 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 26th March 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 26th March 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 27th March 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 27th March 1.30pm – 3.30pm	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 28th March 10.30am-12pm	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. Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	For more info contact: Dp Priestley@alzscot.org or Tel: 07970784950
Fri 28th Feb 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: Dp Priestley@alzscot.org or Tel: 07970784950
Mon 31st March 10am - 12pm	Try Something New - An activity based group offering an opportunity to try a range of activities, which promote physical and mental stimulation and co-ordination from archery , boules to yoga, there is something for everyone. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	For more info contact: Dpateron@alzscot.org or Tel: 07733302772

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



The logo for Alzheimer Scotland's 24-hour Dementia Helpline. It features a dark blue background with a red rounded rectangle at the top left containing the text '24 HOUR'. Below this, the word 'Dementia' is written in white. To the right of 'Dementia' is a white icon of three stylized human figures. Further right, the text 'Alzheimer Scotland' is written in white, with 'Action on Dementia' in a smaller font below it. The word 'Helpline' is written in a large, white, sans-serif font across the middle. At the bottom, a red rounded rectangle contains the contact information: 'Freephone 0808 808 3000' and 'Email helpline@alzscot.org' in white text.