

What's on

March 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 are unable to 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.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have 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		
Friday 1st March	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12noon
Friday 1st March	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	1.30pm-3pm
Mon 4th March	Football Memories – offers people living with dementia to get together and share their memories about the beautiful game. The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	2pm-3pm
Tues 5th March	Garden Club-Outside Garden & craft related activities. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	10.30am-12noon
Tues 5th March	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 6th March	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 7th March	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12noon
Thurs 7th March	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3.30pm
Friday 8th March	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12noon
Friday 8th March	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue, Stenhousemuir, FK5 4JZ.	1.30pm-3pm
Tues 12th March	Garden Club-Outside Garden & craft related activities The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10am-12noon

Tues 12th March	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 13th March	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 14th March	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am – 12noon
Thurs 14th March	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3.30pm
Friday 15th March	Bo’ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 ODN.	10.30am-12noon
Friday 15th March	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	1.30pm-3pm
Tues 19th March	Garden Club-Outside Garden & craft related activities The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12noon
Tues 19th March	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 20th March	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 21st March	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.30am-12noon
Thurs 21st March	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3.30pm
Friday 22nd March	Bo’ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 ODN.	10.30am-12noon
Friday 22nd March	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	1.30pm-3pm
Monday 25th March	Try Something New- Outdoor & indoor activities, Archery etc.. Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK20RN	10am-12noon
Tues 26th March	Garden Club-Outside Garden & craft related activities The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ	10.30am-12noon
Tues 26th March	Ten Pin Bowling- Bowling for Person living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 27th March	Brain Gym- our Alzheimer Scotland 10 week rolling programme based on Cognitive Stimulation Therapy. Booking required & taster session offered. Camelon Education Centre, Abercrombie St, Camelon, Falkirk FK1 4HA.	1.30pm-3pm
Thurs 28th March	Falkirk Café- offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.30am-12noon

Thurs 28th March	Get Together Thursday- A relaxed & friendly get together. The Maples, 33 Johnston Avenue, Stenhousemuir, Fk5 4JZ.	1.30pm-3.30pm
Friday 29th March	Bo'ness Café- Information & support provided by our Dementia Advisor Donna Paterson Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	10.30am-12noon
Friday 29th March	Friday Feeling- offers fun & therapeutic activities for person living with dementia & carer. The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	1.30pm-3pm

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below and they will send you the link to join.

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
Around the Kitchen Table	Third Wednesday of month	2pm-3pm

Contact details for groups:

Brain Gym, Garden Club, Football Memories, Ten Pin Bowling, Friday Feeling.

Contact Denise Priestley, Community Activity Organiser on Email: Dpriestley@alzscot.org or Tel: 07970784950

Try Something New, Bo'ness Café, Musical Memories.

Contact Donna Paterson, Dementia Adviser on Email: Dpaterson@alzscot.org or Tel: 07733302772

Falkirk Café

Contact Karen Skinner, Link worker on Email: kskinner@alzscot.org or Tel: 07776161439

Carers Evening, Around The Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzheimer-scotland-forth-valley>



The logo for Alzheimer Scotland Dementia Helpline is a vertical rectangle with a purple top section and a pink bottom section. The top section contains the text "24 HOUR" in white on a pink background, "Dementia" in white, a circular icon of three people, and the Alzheimer Scotland logo with the tagline "Action on Dementia". The word "Helpline" is written in large white letters across the middle. The bottom section contains the contact information: "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.