



**24 HOUR**  
Dementia  
**Helpline**

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)

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 don't provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely

Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453, [www.alzscot.org](http://www.alzscot.org)



**Try  
something  
new**

Come and enjoy a monthly activity group with coaches to guide you in learning a new skill. Have fun in a relaxed friendly environment.

Refreshments will be provided.

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**Date:** 25 November 2019

**Time:** 10am-12pm

**Venue:** Polmont Sports Centre, Salmon Inn Rd, Polmont, Falkirk FK2 0XF

**Activity:** Indoor Curling and Archery (tbc)

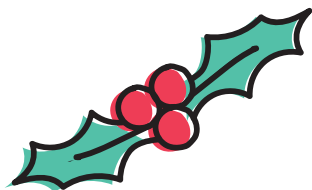
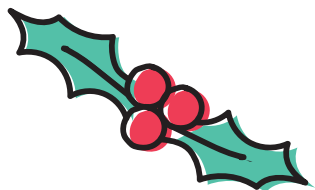
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**Date:** 16 December 2019

**Time:** 10am-12pm

**Venue:** Laurieston Bowling Club, Polmont Road, Falkirk FK2 9QT

**Activity:** carpet bowls (flat shoes or slippers required) and dominoes with tea and festive mince pies. If you have a Christmas jumper wear that too!



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To confirm your attendance or to find out more information, please contact:

Justine Davidson on [JDavidson@alzscot.org](mailto:JDavidson@alzscot.org) or 01324 559480 / 07880 790337

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This event is in partnership with West Quarter and Redding Cricket Club who are kindly organising this event free of charge.