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**Alzheimer Scotland**  
Action on Dementia

# What's Online in Falkirk

if you would like an invite to one of our  
online groups or more information  
please contact Justine Nicolson  
[jnicolson@alzscot.org](mailto:jnicolson@alzscot.org) or 07880 790337  
or 01324 564278

Digital Activity	When	Time
Musical Memories	First Monday of month	11am
Try Something New	Last Monday of the month	11am
Activity Tuesday	1, 3 and 4th Tues of month	2pm
Digital Doggy Bingo	2nd Tues of the month	2pm
Brain gym	Every Wednesday	2pm
Bo'ness dementia cafe	Every Wed	10.30-am
Virtual Caring hearts (Carer Support)	1st Wed of month	2pm
Falkirk Dementia cafe	Every Thursday	10.30am
That Friday feeling	Every Friday	2pm

**Musical Memories**— once a month we do a mix of singing, guess that tune, sharing poetry and stories usually using a different theme each month.

**Try Something New**— normally this is a physical activity group where we introduce the group to two supported activities a month, but while meeting online we do quizzes, reminiscence and may have an occasional online guest.

**Brain Gym**—Brain Gym is a range of themed activities and quizzes offering a fun and stimulation & from around the world to music, sport & wellbeing

**Dementia Café**— Both the Bo'ness and Falkirk café is an informal opportunity to meet with other to enjoy a blether and sharing of interests, fun facts and stories about yourself. A question to stimulate discussion is provided each week.

**That Friday Feeling**—This online group is allowing people living with dementia and their family care to meet up online. We enjoy a chat and take part in quizzes and musical memories

Our online support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland  
Forth Valley group, please



<https://www.justgiving.com/fundraising/forthvalley-services-alzheimer-scotland>

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Online Activity	When	Time
Around the Kitchen Tale	3rd Wednesday of the month	2-3.15pm
Beauty and a Blether	Date agreed with beautician or hairdresser	Time agreed with beautician or hairdresser

**Around the Kitchen Table**— Cherie Raby, one of our colleagues in the Lothian area offers an online bake and chat session. She sends out an easy recipe ahead of the session, and you join in the bake in real time and chat to fellow bakers. Email [craby@alzscot.org](mailto:craby@alzscot.org) if you would like to take part in this session Cherie will send an email invite and recipe to you.

**Beauty and a Blether**— a beauty and hair salon in the centre of Falkirk have had dementia friends training and are offering hair, beauty and nail care appointments to people with dementia offering a 20% discount on treatments. Best day for treatment are a Monday. There is drop off parking available close to the salon and when giving treatments to people with dementia they will have no other clients. Please sanitise your hands and wear masks on the day, unless you are exempt from this rule. Please contact Emma on Emma Johnston [emmajohnston0210@gmail.com](mailto:emmajohnston0210@gmail.com) or text her on 07708753439 if she is with clients she will be unable to answer her phone.

**Weekly Activity Packs for people with dementia** — We have weekly activity packs which includes crosswords, quizzes, mindful colouring among other things. Useful activity for keeping the brain active and stimulated.

**Monthly Football packs for people with dementia**— We have monthly football reminiscence packs we can send out if this is something you might enjoy

If you are interested in receiving an activity pack, please contact Anne Boyd—Tel: 07932 120685 and email: [aboyn@alzscot.org](mailto:aboyn@alzscot.org)

Online Dementia Advisor Contact—Justine Nicolson on [jnicolson@alzscot.org](mailto:jnicolson@alzscot.org) or 07880 790337

- Online Digital Consultations for support information and advice (please contact Justine above to book)
- Virtual awareness and information sessions (1hr)
- Online Dementia Friends sessions (1hr)(Our sessions can help you understand more about Dementia and Supports that are available locally)



# Campaigning Groups

## **NDCAN—National Development Carers Action Network**

Alzheimer Scotland's National Dementia Carers Action Network (NDCAN) is a national campaigning and awareness raising group for carers of people with dementia. NDCAN was formed in 2011 and we exist to make the voices of carers heard and raise awareness of the issues impacting on us as carers. NDCAN is open to anyone who has experience of caring for someone living with dementia. Members all live in Scotland or care for someone who lives in Scotland. By joining NDCAN you are adding your voice to carers of people with dementia across Scotland to make sure dementia carer issues are heard. You will be part of influencing the future of dementia policy and strategy in Scotland and make things better for the people who come after us. For more information or a membership form please contact [NDCAN@alzscot.org](mailto:NDCAN@alzscot.org)

## **SDWG—Scottish Dementia Working Group**

The Scottish Dementia Working Group (SDWG) is a national, member led campaigning and awareness raising group, for people living with a diagnosis of dementia in Scotland. The SDWG was set up in 2001 and has gone from strength to strength since it was established. We are funded by Alzheimer Scotland and the Scottish Government and are the independent voice of people with dementia within Alzheimer Scotland. We welcome anyone living in Scotland with a diagnosis of dementia. The only requirement for membership is that you would like to meet other people with dementia to discuss things that really matter to you. Although we are not a support group, our members say that they have gained support and made friends through joining the SDWG. For more information or a membership form please contact [SDWG@alzscot.org](mailto:SDWG@alzscot.org)





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## Other Dementia community groups



**Carron Kith** is the new name for a local

community group which was set up in 2016 as a self-help or 'Peer Support' Group for people living with dementia and their family and friends. It is aimed at people in the Carron Valley Area (including Denny, Larbert, Falkirk and Grangemouth) who feel they would benefit from the company of others.

The Group promotes the benefits of **Kith** –a group of friends, acquaintances or neighbours, who like spending time together and have common experiences, interests and shared concerns.

The Group focuses on activities that are “familiar” which are used to prompt memories, or a sense of connectedness and shared experiences. This includes Movie Days, meals out, crafting activities or just a cup of tea and a blether.

Before COVID, the group were meeting at a local retirement centre in Falkirk, where we have been made to feel very welcome, and are able to mix with residents at the centre. During COVID, the Group has continued to stay in touch using online tools, quizzes and have started a newsletter and website (in development).

The Group is keen to welcome new members or anyone wishing to find out more:

Contact: Lesley Aitkenhead – 07787 435059 or Nicola Allison - 07950 659158

Email : [Carronkith@outlook.com](mailto:Carronkith@outlook.com)



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To support Alzheimer Scotland Forth Valley group, please

