

What's on

July 2026 - 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		
Wed 1 st July	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.	10am-11.30pm
	Lunch Club – bring your own lunch or a sandwich/snack can be provided	12pm-1.30pm
	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	1.30pm-3pm
	Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Thurs 2 nd July	The Hub@ Grangemouth Rugby Club	
	Meet up Café – Meet, chat & connect	10.30am-11am
	Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.	11am-12.30pm
	Lunch Club - Bring your own lunch, hot drink & biscuits supplied	12.30pm-1.30pm
A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	1.30pm-2.30pm	
Grangemouth Rugby Club Glensburgh Road, FK3 8XL		
Thurs 2 nd July	Falkirk Café - Offers peer support, information & advice.	10am-12pm
	Central Perk, Grahams Road, Falkirk FK1 1HS	
Fri 3 rd July	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	10.30am-12pm
	Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.	

Fri 3 rd July	<p>Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	1.30pm-3pm
Mon 6 th July	<p>Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10</p> <p>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.</p>	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Tues 7 th July	<p>Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5</p> <p>Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ</p>	10am-12pm 1.30pm-3pm
Tues 7 th July	<p>Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.</p> <p>Redbrae Road, Camelon, Falkirk, FK1 4HJ</p>	2pm-3.30pm
Wed 8 th July	<p>Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided 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 Suggested donation £5 - £10</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	10am-11.30am 12pm-1.30pm 1.30am-3pm
Thurs 9 th July	<p>The Hub@ Grangemouth Rugby Club</p> <p>Meet up Café – Meet, chat & connect Memory Group – Reminiscing about sport, silver screen, local history or topic of choice. Lunch Club - Bring your own lunch, hot drink & biscuits supplied A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more .</p>	10.30am-11am 11am-12.30pm 12.30pm-1.30pm 1.30pm-2.30pm

	Activities will take place outdoor or indoor depending on the weather. Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 9 th July	Falkirk Café - Offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10am-12pm
Fri 10 th July	Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 ODN.	10.30am-12pm
Fri 10 th July	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	1.30pm-3pm
Mon 13 th July	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Tues 14 th July	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5 Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	10am-12pm 1.30pm-3pm
Tues 14 th July	Ten Pin Bowling - Bowling for people living with dementia & carer. Booking required. Redbrae Road, Camelon, Falkirk, FK1 4HJ	2pm-3.30pm
Wed 15 th July	Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox. Lunch Club – bring your own lunch or a sandwich/snack can be provided 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	10am-11.30am 12am-1pm 1.30pm-3pm

	Suggested donation £5 - £10 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Wed 15 th July	Espresso Yourself Café- Join us for some a cuppa, For younger person living with dementia? We would like to invite people living with dementia under the age of 65 with a diagnosis of dementia and their carers to join us for a tea or coffee at our café. The café provides a safe space where you can relax. socialise and get some advice & support.	2pm-3.30pm
	Brain Health & Dementia Resource Centre,2-4 Mill st Alloa FK10 1DT	
Thurs 16 th July	The Hub@ Grangemouth Rugby Club Meet up Café – Meet, chat & connect Memory Group – Reminiscing about sport, silver screen, local history or topic of choice. Lunch Club - Bring your own lunch, hot drink & biscuits supplied A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	10.30am-11am 11am-12.30pm 12.30pm-1.30pm 1.30pm-2.30pm
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 16 th July	Falkirk Café- Offers peer support, information & advice. Central Perk, Grahams Road, Falkirk FK1 1HS	10.am-12pm
Fri 17 th July	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 ODN.	10.30am-12pm
Fri 17 th July	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5 The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	1.30pm-3pm
Mon 20 th July	Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film. Lunch Club – bring your own lunch or a sandwich/snack can be provided Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game. Suggested donation £5 - £10 The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	10am-11.30am 12pm-1.30pm 1.30pm-3pm
Tues 21 st July	Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory	10am-12pm

	<p>Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5</p> <p>Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir, FK5 4JZ</p>	1.30pm-3pm
Tues 21 st July	<p>Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.</p> <p>Redbrae Road, Camelon, Falkirk, FK1 4HJ</p>	2pm-3.30pm
Wed 22nd July	<p>Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.</p> <p>Lunch Club – bring your own lunch or a sandwich/snack can be provided</p> <p>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</p> <p>Suggested donation £5 - £10</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	<p>10am-11.30am</p> <p>12pm-1.30pm</p> <p>1.30pm-3pm</p>
Thurs 23rd July	<p>The Hub@ Grangemouth Rugby Club</p> <p>Meet up Café – Meet, chat & connect</p> <p>Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.</p> <p>Lunch Club - Bring your own lunch, hot drink & biscuits supplied</p> <p>A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.</p> <p>Grangemouth Rugby Club Glensburgh Road, FK3 8XL</p>	<p>10.30am-11.am</p> <p>11am-12.30pm</p> <p>12.30pm-1.30pm</p> <p>1.30pm-2.30pm</p>
Thurs 23rd July	<p>Falkirk Café- Offers peer support, information & advice.</p> <p>Central Perk, Grahams Road, Falkirk FK1 1HS</p>	10.am-12pm
Fri 24 th July	<p>Bo'ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff</p> <p>Richmond Park, 26 Linlithgow Rd, Bo'ness EH51 0DN.</p>	10.30am-12pm
Fri 24 th July	<p>Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5</p>	1.30pm-3pm

	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	
Mon 27 th July	<p>Film Club – An opportunity for people living with dementia to get together to share their memories and love of cinema through memorabilia, music & film.</p> <p>Lunch Club – bring your own lunch or a sandwich/snack can be provided</p> <p>Football Memories - Offers people living with dementia to get together and share their memories about the beautiful game.</p> <p>Suggested donation £5 - £10</p>	<p>10am-11.30am</p> <p>12pm-1.30 pm</p> <p>1.30pm-3pm</p>
	The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ.	
Mon 27 th July	<p>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.</p> <p>Westquarter & Redding Cricket Sunnyside Rd, Brightons, Falkirk FK2 ORN</p>	10am-12pm
Tuesday 28 th July	<p>Garden Club – An opportunity for people living with dementia to take part in seasonal garden activities in our Sensory Garden, sharing knowledge & skills. We also offer a range of garden related crafts & woodwork. Suggested Donation £3 - £5</p> <p>Maples Melodies Singing Group – If you like singing for fun come along & join us. This group is for people living with dementia & their carer. Suggested Donation £3 - £5</p> <p>The Maples 33 Johnston Avenue Stenhousemuir, FK5 4JZ</p>	<p>10am – 12pm</p> <p>1.30pm – 3pm</p>
Tues 28 th July	<p>Ten Pin Bowling- Bowling for people living with dementia & carer. Booking required.</p> <p>Redbrae Road, Camelon, Falkirk, FK1 4HJ</p>	2pm-3.30pm
Wed 29 th July	<p>Juke Box Memories – Revisit the golden years of rock and roll, Select your favourites from our 50's, 60's and 70's Jukebox.</p> <p>Lunch Club – bring your own lunch or a sandwich/snack can be provided</p> <p>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</p> <p>Suggested donation £5 - £10</p> <p>The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ</p>	<p>10am-11.30am</p> <p>12pm-1.30pm</p> <p>1.30pm-3pm</p>
Thurs 30 th July	<p>The Hub@ Grangemouth Rugby Club</p> <p>Meet up Café – Meet, chat & connect</p> <p>Memory Group – Reminiscing about sport, silver screen, local history or topic of choice.</p> <p>Lunch Club - Bring your own lunch, hot drink & biscuits supplied</p>	<p>10.30am-11.am</p> <p>11am-12.30pm</p> <p>12.30pm-1.30pm</p>

	A whole new ball game – Take part in beat the goalie, archery, golf, bowling, curling, tai chi & a whole lot more . Activities will take place outdoor or indoor depending on the weather.	1.30pm-2.30pm
	Grangemouth Rugby Club Glensburgh Road, FK3 8XL	
Thurs 30 th July	Falkirk Café - Offers peer support, information & advice.	10.am-12pm
	Central Perk, Grahams Road, Falkirk FK1 1HS	
Fri 31 st July	Bo’ness Café - An opportunity to meet others in a similar situation, to make new connections, develop friendships & peer support. Information & advice available from our trained staff	10.30am-12pm
	Richmond Park, 26 Linlithgow Rd, Bo’ness EH51 0DN.	
Fri 31 st July	Maples Activity Café – An opportunity for a fun social meet up with friends, enjoy a blether over a cuppa and take part in games & activities of choice. This group is for the person living with dementia and their carer/family member. Suggested Donation £3 - £5	1.30pm-3pm
	The Maples, 33 Johnston Avenue, Stenhousemuir FK5 4JZ	

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 the activity and they will send you the link to join.

Online Group		
Every Wednesday	Juke Box Days USA&UK	3.30PM-4.15PM

Contact details for groups:

Email: aboyd@alzscot.org Tel: 07932120685

Email: lhawthorn@alzscot.org Tel: 07876846218

Email: Jduffy@alzscot.org Tel: 01324564275

Email: swest@alzscot.org Tel: 07855644018



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/>