

# Issue I – What’s on in the Local Community

## Snowdrop Cafes

Strathcarron Compassionate Communities team support and facilitate the setting up of snowdrop cafés in local communities.



The nearest one to here, is the **Denny Snowdrop café** which is **every Thursday from 1-3pm in Westpark Church, 38 Duke Street, Denny**. The cafes are ideal for people who are lonely and socially isolated. They can have a cuppa and enjoy the company of others who are in a similar situation to them. There are often invited guests, for example, Falkirk and Clackmannanshire Carers Centre who will offer an information session in another room. If someone is keen to go, but lacking confidence, let me know I can go along with them!

If you want more info contact Jayne on [dennysnowdropcafe@gmail.com](mailto:dennysnowdropcafe@gmail.com) who can send you a programme of events coming up

## Short Breaks Respite Fund



Falkirk and Clackmannanshire Carers Centre administer a short breaks fund for unpaid carers. **Individual Grants of up to £400 are available to fund a break of their choice**. Local hospitality providers also often gift overnight hotel breaks, dinner for two in a restaurant, complimentary leisure pass, afternoon teas etc so if you know of unpaid carer that would benefit from a break or a bit of pampering, get their permission so you can **make a referral** by clicking [here](#) so to register them with the carers centre. In this referral ask if they can have support to fill in a short breaks application form. **Ami McKnight from the carers centre can help carers to submit their application**. For more ideas on what can constitute as a short break click [here](#)

## Ethnic Belly dancing



Did you know there is an ethnic **belly dancing class in Dennyloanhead Community Hall?** This is **every Wednesday from 6.30-7.30pm** for £4 per session. I met the tutor Diane Davis Bailey, who is a Bonnybridge resident at the Nifty Fifty group in Banknock Community Hall one week, when I was accompanying a lady that I support to go along. We had a great time and she taught us a few moves which we did from our chairs. Within the teaching, she talked us through how belly dancing can help increase our self-confidence and she showed us why. We also got a good dose of laughter as well as Diane is a

hoot. If you want to read more about her and why belly dancing is good for us, click [here](#)

**Central Wellbeing SCIO** are hosting a **Bereavement support group** with input from Strathcarron Compassionate Community team every fortnight in their premises – 2, The Howgate Centre (opposite Wilco's on the left hand side). This is from 10.30am-12.30pm

Dates for next groups will be

**11<sup>th</sup> November 2022**

**25<sup>th</sup> November 2022**

**8<sup>th</sup> December 2022**

**22<sup>nd</sup> December 2022**



## **New Memory group in Bonnybridge Library**

Do you enjoy a wee reminiscence about times gone past? If you do you will love the new memory group at Bonnybridge library. The group meet fortnightly on a Friday at 2-3pm. If you would like to book your space, please email [libraries@falkirk.gov.uk](mailto:libraries@falkirk.gov.uk) or phone 01324 503295

Dates for Next Group are

**18<sup>th</sup> November**

**2<sup>nd</sup> December**

**16<sup>th</sup> December**

A flyer for the Memories Scotland Memory Group. The text reads: "MEMORIES SCOTLAND CUIMHNEACHAIN ALBA", "Memory Group", "Come along to our new friendly reminiscence group at Bonnybridge Library. We'll talk over a cuppa about times gone past.", "Bonnybridge Library 2-3pm", "Friday November 4<sup>th</sup>", "Friday November 18<sup>th</sup>", "Friday December 2<sup>nd</sup>", "Friday December 16<sup>th</sup>", "For more info and to book a space please email libraries@falkirk.gov.uk". The flyer features a collage of various photographs and a QR code. At the bottom, there are logos for SLiC (Scottish Library & Information Council), National Library of Scotland, and Scottish Government, along with the website [memories.scot](http://memories.scot) and a "SCAN ME" button.