

What's on in Central Fife

(Kirkcaldy, Glenrothes and Levenmouth area)

October 2019



Alzheimer Scotland, Hill Street, Kirkcaldy, KY1 1AH
Phone: 01592 204541 | Email: fifeservices@alzscot.org

Therapeutic group activities

Stay Active, Live Well, Remain Connected

We offer a variety of community groups throughout Fife offering a range of meaningful activities for people living with dementia, their families and carers.

People requiring support and assistance with personal care, mobility or personal safety can still attend with a companion or carer.

Tues 1 Oct

Drop In 1.30pm - 3.30pm

An opportunity to develop friendships, peer support and participate in a range of activities.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Seated Exercise 1.30pm - 2.30pm

Join us for some gentle strength and balance exercises within a friendly welcoming environment.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Wed 2 Oct

Movement to Music 10am - 12pm

Join us for some gentle exercises with an option to dance along with an opportunity to socialise with refreshments after class.

Venue: Carlow Court, Leven, KY8 4NS

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Social Group 10am - 12pm

An opportunity to develop friendships and participate in a range of activities.

Venue: St Columba's Church, Rothes Road, Glenrothes, KY6 1BN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Baking Group 1.30pm - 3.30pm

An opportunity to join a small group of people who have a love of baking.

Call 01592 204541 to book a space.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Shirley Richardson on 07827 992313 or email srichardson@alzscot.org

Thurs 3
Oct

S Club 7 10.30am - 1.30pm

Come together with a small group of people to socialise and enjoy a healthy lunch. **Call 01592 204541 to book a space.**

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Shirley Richardson on 07827 992313 or email srichardson@alzscot.org

Craft Group 1.30pm-3.30pm

A supportive and creative group to develop a range of crafts at your own pace.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Shirley Richardson on 07827 992313 or email srichardson@alzscot.org

Ecology Centre Nature Group 1.30pm - 3pm

A weekly drop in providing an opportunity to meet people and engage in outdoor and indoor activities.

Venue: Ecology Centre, Kinghorn Loch, Burntisland, KY3 9YG

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Musical Memories 2pm - 3.30pm

Join us in songs as we travel through the decades.

Venue: St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2HN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Fri 4 Oct

Flashback Friday 10.30am - 12.30pm

Take your mind back to the old sitcom days and reminisce through song and dance in a relaxed social environment.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Dementia Information Café 12.30pm - 2pm

A monthly Drop in café providing information and peer support to people living with dementia and their families.

Venue: Rothes Halls, Rothes Road, Glenrothes, KY6 1BN

For further information please contact Shelagh Pilgrim on 07825 546006 or email spilgrim@alzscot.org

Mon 7 Oct

Monday Meet up 1.30pm - 3.30pm

An informal group for people living with dementia and their carers to come together for peer support and activities.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Social Group 1.30pm - 3.30pm

Come and join us at our social group, with a focus on making friends.

Venue: Gilmour Court, Blair Avenue, Glenrothes, KY7 4RP

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Tues 8
Oct

Drop In 1.30pm - 3.30pm

An opportunity to develop friendships, peer support and participate in a range of activities.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

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Seated Exercise 1.30pm - 2.30pm

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Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

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Wed 9
Oct

Social Group 10am - 12pm

An opportunity to develop friendships and participate in a range of activities.

Venue: St Columba's Church, Rothes Road, Glenrothes, KY6 1BN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Movement to Music 10am - 12pm

Join us for some gentle exercises with an option to dance along with an opportunity to socialise with refreshments after class.

Venue: Retirement Housing Complex, Braehead Gardens, Buckhaven, KY8 1LF

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Baking Group 1.30pm - 3.30pm

An opportunity to join a small group of people who have a love of baking.
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Thurs 10
Oct

S Club 7 10.30am - 1.30pm

Come together with a small group of people to socialise and enjoy a healthy lunch. **Call 01592 204541 to book a space.**

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

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Thurs 10
Oct

Ecology Centre Nature Group 1.30pm – 3.00pm

A weekly drop in providing an opportunity to meet people and engage in outdoor and indoor activities.

Venue: Ecology Centre, Kinghorn Loch, Burntisland, KY3 9YG

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Musical Memories 2pm – 3.30pm

Join us in songs as we travel through the decades.

Venue: St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2HN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Fri 11 Oct

Flashback Friday 10.30am – 12.30pm

Take your mind back to the old sitcom days and reminisce through song and dance in a relaxed social environment.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Active Senses 10.30am-12.30pm

Meet with friends for a variety of therapeutic and sensory activities.

Venue: St Margaret's Church, 228 Woodside Road, Glenrothes, KY7 5HD

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Mon 14
Oct

Social Group 1.30pm – 3.30pm

Come and join us at our social group, with a focus on making friends.

Venue: Gilmour Court, Blair Avenue, Glenrothes, KY7 4RP

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Musical Memories 2pm – 3.30pm

A monthly group that focuses on reminiscing through songs.

Venue: Bennochty Church, 3 Elgin Street, Kirkcaldy, KY2 5LP

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Tues 15
Oct

Drop In 1.30pm – 3.30pm

An opportunity to develop friendships, peer support and participate in a range of activities.

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Wed 16
Oct

Social Group 10am - 12pm

An opportunity to develop friendships and participate in a range of activities.

Venue: St Columba's Church, Rothes Road, Glenrothes, KY6 1BN

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Thurs 17
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For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Musical Memories 2pm - 3.30pm

Join us in songs as we travel through the decades.

Venue: St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2HN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Fri 18 Oct

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Take your mind back to the old sitcom days and reminisce through song and dance in a relaxed social environment.

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Mon 21
Oct

Social Group 1.30pm – 3.30pm

Come and join us at our social group, with a focus on making friends

Venue: Gilmour Court, Blair Avenue, Glenrothes, KY7 4RP

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Monday Meet up 1.30pm – 3.30pm

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Tues 22
Oct

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An opportunity to develop friendships, peer support and participate in a range of activities.

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Seated Exercise 1.30pm – 2.30pm

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Wed 23
Oct

Movement to Music 10am – 12pm

Join us for some gentle exercises with an option to dance along with an opportunity to socialise with refreshments after class.

Venue: Retirement Housing Complex, Braehead Gardens, Buckhaven, KY8 1LF

For further information please contact Tracey Carson on 07825 538825 or email tcarson@alzscot.org

Social Group 10am – 12pm

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Venue: St Columba's Church, Rothes Road, Glenrothes, KY6 1BN

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Baking Group 1.30pm – 3.30pm

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Thur 24
Oct

S Club 7 10.30am – 1.30pm

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Musical Memories 2pm – 3.30pm

Join us in songs as we travel through the decades.

Venue: St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2HN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org

Fri 25 Oct

Flashback Friday 10.30am – 12.30pm

Take your mind back to the old sitcom days and reminisce through song and dance in a relaxed social environment.

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Mon 28
Oct

Monday Meet up 1.30pm – 3.30pm

An informal group for people living with dementia and their carers to come together for peer support and activities.

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Tues 29
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Wed 30
Oct

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Baking Group 1.30pm - 3.30pm

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Call 01592 204541 to book a space.

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Football Memories 1pm - 3pm

Take a look back over the years of football, enjoy a pie and Bovril at 'half time' at this monthly group.

Venue: Fife Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH

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Thurs 31
Oct

S Club 7 10.30am - 1.30pm

Come together with a small group of people to socialise and enjoy a healthy lunch. **Call 01592 204541 to book a space.**

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Venue: St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2HN

For further information please contact Shelagh Pilgrim on 07825 546006 or spilgrim@alzscot.org



24 HOUR
Dementia Helpline



Freephone 0808 808 3000
Email helpline@alzscot.org

Contacting us

For further information on any of our groups please contact:

Alzheimer Scotland
Hill Street
Kirkcaldy, KY1 1AH

Phone: 01592 204541
Email: fifeservices@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. Registered office: 160 Dundee Street, Edinburgh EH11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315