

What's on in North East Fife

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	<p>Coffee and Craft 10.30am - 11.45am</p> <p>Come and enjoy a coffee and company with the opportunity of step-by-step craft at this monthly group for people living with dementia, their carers and friends.</p> <p>Venue: Bathgate Court, Cupar, KY15 4LP</p> <p>For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
Wed 2 Oct	<p>Garden Gathering 10.30am - 12.15pm</p> <p>An opportunity to join a small group of people with a love of gardening.</p> <p>Venue: Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ</p> <p>For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
Mon 7 Oct	<p>Craft Group 1pm - 2.45pm</p> <p>A supportive and creative group to develop a range of crafts at your own pace.</p> <p>Venue: St David's Centre, 6 Albany Park, St Andrews, KY16 8BP</p> <p>For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
Tues 8 Oct	<p>Your Life Story 10.30am - 11.45am</p> <p>A six week block: come and join us to reminisce and create your own Scrapbook or Memory Box to keep.</p> <p>Venue: Falkland Library, Back Wynd, Falkland, KY15 7BX</p> <p>For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p> <hr/> <p>Tee Time Golf Memories 2pm - 3.30pm</p> <p>Take a look back over the years of golfing, or enjoy a game of putting at this monthly group.</p> <p>Venue: The British Golf Museum, Bruce Embankment, St Andrews, KY16 9AB</p> <p>For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>

<p>Wed 9 Oct</p>	<p>Garden Gathering 10.30am – 12.15pm An opportunity to join a small group of people with a love of gardening. Venue: Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Mon 14 Oct</p>	<p>Craft Group 1pm – 2.45pm A supportive and creative group to develop a range of crafts at your own pace. Venue: St David’s Centre, 6 Albany Park, St Andrews, KY16 8BP For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Tues 15 Oct</p>	<p>Football Memories 10.30am – 12pm Take a look back over the years of football, enjoy a pie and Bovril at ‘half time’ at this monthly group. Venue: St Andrews Football Social Club, Langlands Road, St Andrews, KY16 8BN For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
	<p>Musical Memories 1.30pm – 3.30pm A monthly group that focuses on reminiscing through music from the movies Venue: Rio Community Centre, St Mary’s Lane, Newport-on-Tay, DD6 8AH For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Wed 16 Oct</p>	<p>Garden Gathering 10.30am – 12.15pm An opportunity to join a small group of people with a love of gardening. Venue: Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Mon 21 Oct</p>	<p>Craft Group 1pm – 2.45pm A supportive and creative group to develop a range of crafts at your own pace. Venue: St David’s Centre, 6 Albany Park, St Andrews, KY16 8BP For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Tues 22 Oct</p>	<p>Your Life Story 10.30am –11.45am A six week block: come and join us to reminisce and create your own Scrapbook or Memory Box to keep. Venue: Falkland Library, Back Wynd, Falkland, KY15 7BX For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>

<p>Mon 28 Oct</p>	<p>Craft Group 1pm - 2.45pm A supportive and creative group to develop a range of crafts at your own pace. Venue: St David's Centre, 6 Albany Park, St Andrews, KY16 8BP For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Tues 29 Oct</p>	<p>Dancing in Time (Spooktacular Ball) 1.30pm - 3.30pm Come along and join us for a fun-filled afternoon of dancing, with refreshments. Venue: Rio Community Centre, St Mary's Lane, Newport-on-Tay, DD6 8AH For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>
<p>Wed 30 Oct</p>	<p>Garden Gathering 10.30am - 12.15pm An opportunity to join a small group of people with a love of gardening. Venue: Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org</p>



24 HOUR



Alzheimer
Scotland

Action on Dementia

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