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.

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
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| Tues 1 Oct | **Coffee and Craft 10.30am – 11.45am**                 | 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.  
**Venue:** Bathgate Court, Cupar, KY15 4LP  
For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org |
| Wed 2 Oct  | **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 |
| Mon 7 Oct  | **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 |
| Tues 8 Oct | **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 |
|            | **Tee Time Golf Memories 2pm – 3.30pm**                | Take a look back over the years of golfing, or enjoy a game of putting at this monthly group.  
**Venue:** The British Golf Museum, Bruce Embankment, St Andrews, KY16 9AB  
For further information please contact Anne Haskell on 07979 950887 or email ahaskell@alzscot.org |
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<tbody>
<tr>
<td>Wed 9 Oct</td>
<td>Garden Gathering 10.30am - 12.15pm</td>
<td>An opportunity to join a small group of people with a love of gardening.</td>
<td>Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td>Mon 14 Oct</td>
<td>Craft Group 1pm - 2.45pm</td>
<td>A supportive and creative group to develop a range of crafts at your own pace.</td>
<td>St David’s Centre, 6 Albany Park, St Andrews, KY16 8BP</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td>Tues 15 Oct</td>
<td>Football Memories 10.30am - 12pm</td>
<td>Take a look back over the years of football, enjoy a pie and Bovril at ‘half time’ at this monthly group.</td>
<td>St Andrews Football Social Club, Langlands Road, St Andrews, KY16 8BN</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td></td>
<td>Musical Memories 1.30pm - 3.30pm</td>
<td>A monthly group that focuses on reminiscing through music from the movies</td>
<td>Rio Community Centre, St Mary’s Lane, Newport-on-Tay, DD6 8AH</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td>Wed 16 Oct</td>
<td>Garden Gathering 10.30am - 12.15pm</td>
<td>An opportunity to join a small group of people with a love of gardening.</td>
<td>Tayport Community Garden, 10 Broad Street, Tayport, DD6 9AJ</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td>Mon 21 Oct</td>
<td>Craft Group 1pm - 2.45pm</td>
<td>A supportive and creative group to develop a range of crafts at your own pace.</td>
<td>St David’s Centre, 6 Albany Park, St Andrews, KY16 8BP</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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<td>Tues 22 Oct</td>
<td>Your Life Story 10.30am -11.45am</td>
<td>A six week block: come and join us to reminisce and create your own Scrapbook or Memory Box to keep.</td>
<td>Falkland Library, Back Wynd, Falkland, KY15 7BX</td>
<td>Anne Haskell on 07979 950887 or email <a href="mailto:ahaskell@alzscot.org">ahaskell@alzscot.org</a></td>
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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

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

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

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.