

What's on in West 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>Rosyth Garden Group 10am - 12pm Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends. Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area) For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
	<p>Carers' Coffee & Chat 10.30am - 12pm An informal get-together for current and previous carers of people living with dementia (who are living in the community or residential care) to meet up to provide mutual support in a supportive atmosphere. Venue: Lily's Café, Lochgelly Centre, Bank Street, Lochgelly, KY5 9RD For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
	<p>Meedies Meet Up (Walking & Social Group) 1.30pm - 3pm Please wear suitable footwear and clothing. Venue: Lochore Meadows Country Park, Willie Clarke Centre, Lochore, KY5 8BA (meet at reception) For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
Wed 2 Oct	<p>Memory Lane 2.15pm - 3.45pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: St Andrews Erskine Church, Robertson Road, Dunfermline, KY12 OBF For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
Thurs 3 Oct	<p>Movement to Music 10.30am - 12pm Come and join us where we will be exploring different movements to music that you enjoy. Venue: Walter Hay Court, Rosyth, KY1 2YE For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>

<p>Thurs 3 Oct</p>	<p>Memory Lane 10.30am - 12pm Take a journey through the eyes of local people, places and history and create your own life story. Venue: Corrie Centre, Carden Avenue, Cardenden, KY5 OEL For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p> <hr/> <p>Dementia Friendly Health Class 1.30pm - 3pm Incorporating seated and standing exercises to improve strength and balance and an opportunity to socialise with other people. Venue: Gellet Hall, next to Limekilns Parish Church, Church Street, Limekilns, KY11 3HT For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org</p>
<p>Fri 4 Oct</p>	<p>The Clearing Club 10.30am - 12pm Come and join us at our weekly social group (incorporating activities such as jewellery making, local history, reminiscence, etc) Venue: The Clearing, 239 High Street, Cowdenbeath, KY4 9QF For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p> <hr/> <p>Dementia Friendly Social Café 10.30am - 12pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: Oakley Community Centre, Station Road, Oakley, KY12 9QG For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org</p>
<p>Mon 7 Oct</p>	<p>Memory Lane 1pm - 3pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: Crossgates Community Centre, 2 Inverkeithing Road, Crossgates, KY4 8AL For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Tues 8 Oct</p>	<p>Rosyth Garden Group 10am - 12pm Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends. Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area) For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Wed 9 Oct</p>	<p>Memory Lane 2.15pm - 3.45pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: St Andrews Erskine Church, Robertson Road, Dunfermline, KY12 OBF For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>

<p>Thurs 10 Oct</p>	<p>Movement to Music 10.30am – 12pm Come and join us where we will be exploring different movements to music that you enjoy. Venue: Walter Hay Court, Rosyth, KY11 2YE For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
	<p>Memory Lane 10.30am – 12pm Take a journey through the eyes of local people, places and history and create your own life story. Venue: Corrie Centre, Carden Avenue, Cardenden, KY5 OEL For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
<p>Fri 11 Oct</p>	<p>The Clearing Club 10.30am – 12pm Come and join us at our weekly social group (incorporating activities such as jewellery making, local history, reminiscence, etc) Venue: The Clearing, 239 High Street, Cowdenbeath, KY4 9QF For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
<p>Mon 14 Oct</p>	<p>Memory Lane 1pm – 3pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: Crossgates Community Centre, 2 Inverkeithing Road, Crossgates, KY4 8AL For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Tues 15 Oct</p>	<p>Rosyth Garden Group 10am – 12pm Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends. Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area) For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
	<p>Meedies Meet Up (Walking & Social Group) 1.30pm – 3pm Please wear suitable footwear and clothing. Venue: Lochore Meadows Country Park, Willie Clarke Centre, Lochore, KY5 8BA (meet at reception) For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
<p>Wed 16 Oct</p>	<p>East End Park Football Memories 1.30pm – 3pm Take a look back over the years of football, enjoy a pie and Bovril at 'half time' at this monthly group. Venue: Dunfermline Athletic Football Club, Halbeath Road, Dunfermline, KY12 7RB For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org</p>

Wed 16
Oct

Memory Lane 2.15pm - 3.45pm

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

Venue: St Andrews Erskine Church, Robertson Road, Dunfermline, KY12 OBF

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Thurs 17
Oct

Movement to Music 10.30am - 12pm

Come and join us where we will be exploring different movements to music that you enjoy.

Venue: Walter Hay Court, Rosyth, KY11 2YE

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Memory Lane 10.30am - 12pm

Take a journey through the eyes of local people, places and history and create your own life story.

Venue: Corrie Centre, Carden Avenue, Cardenden, KY5 OEL

For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org

Dementia Friendly Health Class 1.30pm - 3pm

Incorporating seated and standing exercises to improve strength and balance and an opportunity to socialise with other people.

Venue: Gellet Hall, next to Limekilns Parish Church, Church Street, Limekilns, KY11 3HT

For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org

Fri 18 Oct

The Clearing Club 10.30am - 12pm

Come and join us at our weekly social group (incorporating activities such as jewellery making, local history, reminiscence, etc)

Venue: The Clearing, 239 High Street, Cowdenbeath, KY4 9QF

For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org

Dementia Friendly Social Café 10.30am - 12pm

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

Venue: Oakley Community Centre, Station Road, Oakley, KY12 9QG

For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org

Mon 21
Oct

Memory Lane 1pm - 3pm

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

Venue: Crossgates Community Centre, 2 Inverkeithing Road, Crossgates, KY4 8AL

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

<p>Mon 21 Oct</p>	<p>Rosyth Garden Group 10am - 12pm Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends. Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area) For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Tues 22 Oct</p>	<p>Rosyth Garden Group 10am - 12pm Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends. Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area) For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Wed 23 Oct</p>	<p>Memory Lane 2.15pm - 3.45pm An informal group for people living with dementia and their carers to come together for peer support and activities. Venue: St Andrews Erskine Church, Robertson Road, Dunfermline, KY12 OBF For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
<p>Thurs 24 Oct</p>	<p>Movement to Music 10.30am - 12pm Come and join us where we will be exploring different movements to music that you enjoy. Venue: Walter Hay Court, Rosyth For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>
	<p>Memory Lane 10.30am - 12pm Take a journey through the eyes of local people, places and history and create your own life story. Venue: Corrie Centre, Carden Avenue, Cardenden, KY5 OEL For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
<p>Fri 25 Oct</p>	<p>The Clearing Club 10.30am - 12pm Come and join us at our weekly social group (incorporating activities such as jewellery making, local history, reminiscence, etc) Venue: The Clearing, 239 High Street, Cowdenbeath, KY4 9QF For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org</p>
	<p>Dementia Information Café 1.30pm - 3pm A monthly drop in café providing information and peer support to people living with dementia and their families. Venue: Duloch Leisure Centre, Nightingale Place, Dunfermline, KY11 8LW For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org</p>

Mon 28
Oct

Memory Lane 1pm - 3pm

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

Venue: Crossgates Community Centre, 2 Inverkeithing Road, Crossgates, KY4 8AL

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Tues 29
Oct

Rosyth Garden Group 10am - 12pm

Come and join our dementia friendly garden group and enjoy everyday garden tasks for people living with dementia, their carers, family and friends.

Venue: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area)

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Singing in Harmony 2pm - 3.30pm

This is an opportunity for people living with dementia, families & friends to enjoy a sing a long together remembering old and new songs

Venue: St Margaret's Community Church of Scotland, Abel Place, Touch, Dunfermline, KY11 4JJ

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Wed 30
Oct

Dementia Friendly Community Choir 1.15pm - 3.15pm

Join us for our dementia friendly community choir where the emphasis is on fun and enjoyment, sharing a joyful and meaningful experience in a welcoming supportive group.

Venue: Carnegie Hall, Music Department, East Port, Dunfermline, KY12 7JA

For further information please contact Natalie Lowe on 07771 718538 or email nlowe@alzscot.org

Memory Lane 2.15pm - 3.45pm

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

Venue: St Andrews Erskine Church, Robertson Road, Dunfermline, KY12 OBF

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Thurs 31
Oct

Movement to Music 10.30am - 12pm

Come and join us where we will be exploring different movements to music that you enjoy.

Venue: Walter Hay Court, Rosyth, KY1 2YE

For further information please contact Michelle Hodgson on 07824 377548 or email mhodgson@alzscot.org

Memory Lane 10.30am - 12pm

Take a journey through the eyes of local people, places and history and create your own life story.

Venue: Corrie Centre, Carden Avenue, Cardenden, KY5 OEL

For further information please contact Linda Aitken on 07778 113705 or email laitken@alzscot.org



24 HOUR
Dementia Helpline



Alzheimer Scotland
Action on Dementia

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