

# What's on in West Fife

February 2020



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

**Mon 3**

#### **Meet up Monday 10.30am - 12pm**

An informal group for people living with dementia and their families and friends to socialise with others.

**Venue: Spencer House, Canon Lynch Court, Dunfermline, KY12 8AX**

For further information please contact Natalie Lowe on 07771 718538 or email [nlowe@alzscot.org](mailto:nlowe@alzscot.org)

#### **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](mailto:mhodgson@alzscot.org)

**Tues 4**

#### **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. In the event of wet weather there will be indoor gardening activities.

**Venue: Weather permitting: Park Road, Rosyth, KY11 2OT (entrance in-between houses sited in front of the car park area). Wet weather venue: Rosyth Library, Parkgate, Rosyth, KY11 2JW**

For further information please contact Michelle Hodgson on 07824 377548 or email [mhodgson@alzscot.org](mailto:mhodgson@alzscot.org)

#### **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](mailto:laitken@alzscot.org)

Wed 5

**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](mailto:mhodgson@alzscot.org)

Thur 6

**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](mailto: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](mailto:laitken@alzscot.org)

Fri 7

**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](mailto: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](mailto:nlowe@alzscot.org)

Mon 10

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Tues 11

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Wed 12

**Men's Group 10.30am - 12pm**

Come along and join us for a social group for men living with dementia and their carers. There will be the opportunity to enjoy reminiscence, take part in table games, listen to local history speakers etc in friendly surroundings. Tea/coffee and biscuits will be available.

**Venue: Lochore Miners Welfare Institute, 1 Lochleven Road, Lochore**

For further information please contact Linda Aitken on 07778 113705 or email [laitken@alzscot.org](mailto:laitken@alzscot.org)

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Wed 19

**Dementia Drop In Café 10am – 12pm**

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

**Venue: Ore Valley Community Hub (next to Cardenden Community Shop), Station Road, Cardenden, KY5 0BW**

For further information please contact Linda Aitken on 07778 113705 or email [laitken@alzscot.org](mailto:laitken@alzscot.org)

**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 (main entrance)**

For further information please contact Natalie Lowe on 07771 718538 or email [nlowe@alzscot.org](mailto:nlowe@alzscot.org)

Wed 19

**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**

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**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](mailto:mhodgson@alzscot.org)

Wed 26

**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](mailto:nlowe@alzscot.org)

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

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Thur 27

**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: Tulliallan Bowling Club, Walker Street, Kincardine, FK10 4NT**

For further information please contact Natalie Lowe on 07771 718538 or email [nlowe@alzscot.org](mailto:nlowe@alzscot.org)

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

For further information please contact Natalie Lowe on 07771 718538 or email [nlowe@alzscot.org](mailto:nlowe@alzscot.org)

**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](mailto:mhodgson@alzscot.org)



**24 HOUR**  
Dementia  
**Helpline**

 **Alzheimer Scotland**  
Action on Dementia

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto: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](mailto: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