

Fife Dementia Resource Centre is in Kirkcaldy, access is from the bus station, our entrance is just behind Stance 7

People attending sessions at the Centre arriving by car can park in any of the many town centre car parks or drop off just behind the Resource Centre on Hill Street KY1 1AH, where we can meet you and accompany you to the centre.

The Resource Centre is fully accessible, it is air conditioned, and a strict cleaning regime is in place.

Inside the Centre we have a large open plan seating area and two large activity rooms. We organise activities to maintain social distancing. Staff wear facemasks when moving within the centre and we ask visitors who are not exempt to do likewise.

The Resource Centre has a reputation for being very friendly and welcoming. Visitors regularly comment on the positive atmosphere and although we will be working in a different way, we still strive to make everyone welcome and feel at ease.

We are open now for you to come in and meet our Dementia Advisors Faye and Janine. They are here for anyone who has a concern or want to find out more about dementia and the supports that are available. If you would like to meet with an Advisor, just call us on **01592 204541** and we will book you in for a time that suits you. They are always happy to help.

Day Care

We offer day care on a Friday, we have two sessions available, one in the morning and the other in the afternoon. Day care is a small group for people who are living with dementia and would like the opportunity to attend a more personally tailored therapeutic session. These cost £10 per session. For more details, call us on 01592 204541

Our groups are designed to be fun, socialable and stimulating. They are free of charge but

donations are always welcome. For groups in the Resource Centre or outdoors, people living with dementia can come on their own, or they can bring a friend or family member to join in the activities with them. Many carers enjoy the groups too and the opportunity to meet other carers.

People who need a bit of extra support should be accompanied at the social groups.

Before the pandemic, these groups were open on a drop-in basis. This has now changed and we ask people to book their place in advance so that we can manage the numbers. We need to keep numbers lower to make sure we are socially distancing and keeping as safe as we can.

Booking can be done by phoning 01592 204541 or emailing fifeservices@alzscot.org

The groups meeting in the Resource Centre

Healthy Heart and Hips - Tuesday 1.00-2.30

Light but fun exercise, we start with a cuppa and a chat, then at 1.30 the virtual group join us and we begin the session with a gentle warm up, followed by actions to fun well known songs, such as the Hokey Cokey, Catch a Falling Star, then have a cool down and in between all that we have fun and laughter.

Football Memories

These will be on the last Wednesday of the month 1.30-3pm from 27th October. Take a look back over the years of football, enjoy quizzes, play spot the ball, reminiscence about your favourite team and have fun socialising with others who enjoy the beautiful game.

Cognitive Stimulation Therapy

This is a new course for people who have been diagnosed in the past 18 months. starting on Wednesday 3rd November 2-3.30pm, for 10

weeks. The course will be fun, varied and interactive.

Groups meeting Outdoors :

Garden group Rosyth - Tuesday 10-11.30

This is a small group that meets every week to take part in some practical gardening activities. The Head Gardener sets the tasks each week, it can be planting, harvesting fruit & vegetables, watering, collecting seeds for next year. The Head Gardener shows the group how to do the tasks and gives information about the plants they are working with.

This group is attended by people living with dementia and their carers together

Walking group Dunfermline – Tuesday 1-2.30

A one mile walk at your own pace.

This is a very sociable group, lots of chatting. We have two Leaders, you can take a leisurely stroll with Michelle or stride out with Theresa. It is on paths round a Loch, with seating at intervals. The group is attended by people who are living with dementia and their carers

Walking Group Dunfermline - Thursday 1-2.30

A one mile walk, the group set their own pace. Again very sociable, lots of chatting, it is on paths round a Loch with seating at intervals.

Currently this group is attended by men who are living with dementia, if you are looking for a men's group this could be the one for you!

Garden group - Tayport Wednesday 10.30-12

This is a good mix of gardening and nature-based craft, a wide range of vegetables are grown in greenhouses and in beds. A small but friendly group

Digital/Online Groups

Anyone wishing to join the groups virtually, that is on their phone, computer, iPad or Tablet can do so.

It is simpler than you might expect. We can help you to join the groups until you have the hang of it. You can join as often as you like.

The groups are for people living with dementia and their carers to join, they are small and friendly.

All groups are on Microsoft Teams except for the Singalong with Amy.

Social Group - Monday 11-12

A chance for people to catch up after the weekend, discuss things that group members would like to discuss, very relaxed environment.

Reminiscing Group - Monday 2-3

Group members can request a topic either on the day or beforehand, we have lately reminisced about Cruise ship holidays, Highland holiday, hair styles from back in the day, what local areas used to look like, there is not very much we can't reminisce about thanks to the power of YouTube.

Singalong with Amy - Monday 12-12.45

Choir leader Amy leads the singing, lots of familiar old favourites and songs from the musicals. This group is on Facebook live <https://www.facebook.com/AlzheimerScotlandFife>

Healthy Heart & Hips - Tuesday 1.30-2.30 and Thursday 11-12 This group meets in the Resource Centre on a Tuesday and you can also join online, as we stream the session live.

Quiz for Fun - Tuesday 3-4pm

Usually there are between 10-20 quiz questions, sometimes individual quizzes using a Family Fortunes, or Who wants to be a Millionaire format, and sometimes a team effort where we discuss what we think answers will be. It is a fun interactive group and we enjoy learning new things.

Happy memories/Lets go travelling Tuesday 11.15-12

If you would like to see again a favourite holiday destination, an area where you grew up, or even the streets around your home, this is a great group for you. We use images from Google earth to take you almost anywhere you wish, to reminisce and share your stories. Great fun.

Quiz and Music - Tuesday 11-12

This group tends to be set around questions about music from a chosen decade or year. We adapt the questions to the audience that we have, we are aware people are at different stages in their journey but we aim to have something for everyone and no one feels left out or unable to answer.

Football Memories -Tuesday 4-5pm

Take a look back over the years of football, enjoy quizzes, play spot the ball, reminiscence about your favourite team and have fun socialising with others who enjoy the beautiful game.

Fun and Games - Wednesday 11-12

In this group we play well known games like 'Spot the difference', 'Catchphrase', 'Family Fortunes', 'What am I' and also activities we make ourselves so there is something for everyone at all stages of their journey. Everyone is welcome to request a game and we try our best to deliver it.

LGBT+ Carers group - Wednesday 12-1

This is a dedicated lunch time group for carers facilitated by our Dementia Advisors.

Quiz for Fun - Thursday 2-3

This is usually any type of quiz from visual to verbal questions depending on the audience again we like this not to be too easy for some people who can manage but also not too difficult for others we try to get the balance right for the attendees.

Carers Get Together -Thursday 2-3

This is a place to meet other carers. It is carer-led and people can talk openly and in confidence about what matters to them. We also like to have a laugh and a joke. Facilitated by our Dementia Advisors. Everyone welcome.

My Music Favourites - Thursday 1.30-2.30pm

You can send in requests of music or artists you would like to hear within a chosen genre or decade that changes each week. We also reminisce and uncover some information around the song, singers or what was happening during that year. The last Thursday of every month we are joined by Jukebox Days where Michael White hosts a session.

Flashback Friday - Friday 11-12

A chance to look back at Old Sitcoms, Musicals, Classic TV and anything else that people would be interested in seeing

Bingo & Dog Bingo - Friday 2-3pm

We play a variety of bingo cards. We can send out copies of or send the link for home printing, these include 1-75 number traditional bingo, 1960's music bingo, Body Boosting Bingo, themed bingo (Christmas, Valentines, Halloween)

And Dog bingo linked up with Dogs for good dementia dogs the last Friday of every month where either Carla (dog handler) with Billy (her black lab) or Julia (dog handler) with Georgie (her dog) host, where the dogs fetch tennis balls that are numbered 1-20 from a basket and return the ball to heir handler where they call the dogs chosen numbers.