

## Activities & Events in July 2022

Our Community Activities Organisers offer a wide range of group activities throughout Fife. We have garden groups, football reminiscence, walking groups, social groups, healthy heart and hips, music groups, snooker groups and many more.

Everybody is welcome to our groups which are held in our Dementia Resource Centre in Kirkcaldy or other venues all over Fife.

### In Person Groups

Monday		
<p><b>Every Monday</b> <b>11.00am –12.30pm</b></p>	<p><b>Snooker Club</b> <b>Styx, 28 Victoria Road, Kirkcaldy KY1 1DS</b></p> <p>Come and join us for a friendly game of snooker and meet new people and have fun.</p>	<p>Tracey Carson <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541</p>
<p><b>Every Monday</b> <b>1.30pm - 3.00pm</b></p>	<p><b>Social Group</b> <b>Gilmour Court, Blair Avenue, Glenrothes KY7 4RP</b></p> <p>Come and join us at our social group, with a focus on making friends.</p>	<p>Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 01592 204541</p>
<p><b>Every Monday</b> <b>2.00pm - 3.30pm</b></p>	<p><b>Social Group</b> <b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b></p> <p>An opportunity to develop friendships and participate in a range of activities.</p>	<p>Tracey Carson <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541</p>
<p><b>Monday</b> <b>4<sup>th</sup> July</b> <b>10.30am - 11.30am</b></p>	<p><b>Dementia Information Café</b> <b>Larick Centre, Shanwell Road Tayport DD6 9EA</b></p> <p>First Monday of each month - Group for carers and people living with dementia.</p>	<p>Anne or Faye <a href="mailto:FifeServices@alzscot.org">FifeServices@alzscot.org</a> 01592 204541</p>

<b>Monday</b> <b>4<sup>th</sup> July</b> <b>2.00pm – 3.00pm</b>	<b>Dementia Information Café</b>  <b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  First Monday of each month - group for carers and people living with dementia.	Janine Adair <a href="mailto:FifeServices@alzscot.org">FifeServices@alzscot.org</a> 01592 204541
<b>Monday</b> <b>18<sup>th</sup> July</b> <b>10.30am-11:30am</b>	<b>Dementia Information Café</b>  <b>The East Neuk Centre, Ladywalk, Anstruther KY10 3EX</b>  Third Monday of each month - Group for carers and people living with dementia.	Anne Haskell <a href="mailto:AHaskell@alzscot.org">AHaskell@alzscot.org</a> 01592 204541
<b>Tuesday</b>		
<b>Every Tuesday</b>  <b>10.00am-12.00pm</b>	<b>Garden Group</b>  <b>Rosyth Community Garden, 117-119 Park Road, Rosyth KY11 2QT</b>  Join us for some garden activities and develop friendships.	Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541
<b>Every Tuesday</b>  <b>10.30am-12.00pm</b>	<b>Park Gowf</b>  <b>Dunnikier Golf Club, Dunnikier Way, Kirkcaldy KY13LP</b>  An opportunity to socialise and get some fresh air.	Tracey Carson <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541
<b>Every Tuesday</b>  <b>1.00pm-2.30pm</b>	<b>Healthy Hearts &amp; Hips</b>  <b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  Come along join in the fun with good music and gentle exercises.	Tracey Carson <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541
<b>Every Tuesday</b>  <b>1.30pm-2.30pm</b>	<b>Walking Group</b>  <b>Town Hill Community Loch, Dunfermline KY12 0HT</b>  Join us for some gentle walking and some fun.	Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541
<b>Every Tuesday</b>  <b>3.00pm- 4.00pm</b>	<b>Quiz for Fun</b>  <b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  Come along and join us in our weekly quiz and meet others whilst having fun.	Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 01592 20454

<b>Tuesday</b> <b>12<sup>th</sup> &amp; 26<sup>th</sup> July</b> <b>2.30pm – 4.00 pm</b>	<b>Football Memories</b>  <b>St David’s Albany Park, St Andrews, KY16 8BP</b>  Look back over the years of football, whilst enjoying a pie and bovril at “half time”.	Anne Haskell <a href="mailto:AHaskell@alzscot.org">AHaskell@alzscot.org</a> 01592 204541
<b>Tuesday</b> <b>26<sup>th</sup> July</b> <b>2.00pm – 3.30 pm</b>	<b>Singing in Harmony</b>  <b>St Margaret’s Church of Scotland, Abel Place, Touch, Dunfermline KY11 4JJ</b>  Last Tuesday of each month - Come and join us with for singing.	Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541
<b>Wednesday</b>		
<b>Every Wednesday</b>  <b>10.30am -12.00pm</b>	<b>Garden Gathering</b>  <b>Scout Hall, Tayport, DD6 9ND</b>  Join us for some garden fun.	Anne Haskell <a href="mailto:AHaskell@alzscot.org">AHaskell@alzscot.org</a> 01592 204541
<b>Every Wednesday</b>  <b>1.30pm – 2.30pm</b>	<b>Life Story Group</b>  <b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  A weekly group for 6 weeks building a personalised profile capturing individuals life story through the years.	Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 01592 204541
<b>Every Wednesday</b>  <b>2.15pm - 3.45 pm</b>	<b>Memory Lane</b>  <b>St Andrews Erkin Church, Robertson Road, Dunfermline KY12 0BF</b>  Come and join us for a trip down memory lane.	Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541
<b>Wednesday</b> <b>13<sup>th</sup> July</b> <b>1.30pm – 3.00pm</b>	<b>Football Memories</b>  <b>East End Football Park, Dunfermline Ky12 7RB</b>  Monthly - second Wednesday - look back over the years of football, whilst enjoying a pie and bovril at “half time”	Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 01592 204541
<b>Wednesday</b> <b>27<sup>th</sup> July</b> <b>2.30pm-3.30pm</b>	<b>Dementia Information Café</b>  <b>St Andrews, Erskine Church, Robertson Road, Dunfermline KY12 0BF</b>  Last Wednesday of each month- group for carers and people living with dementia.	Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541
<b>Wednesday</b> <b>27<sup>th</sup> July</b> <b>1.30pm-3.00pm</b>	<b>Football Memories</b>	Tracey Carson <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541

	<p><b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b></p> <p>Join us for this monthly group to look back over the years of football, whilst enjoying a pie and bovril at “half time”</p>	
<p><b>Wednesday 29<sup>th</sup> July 10.30am-12.00pm</b></p>	<p><b>Dementia Information Café</b></p> <p><b>CISWO, 390 South Street, Glenrothes KY7 5NL</b></p> <p>Last Wednesday of each month - Group for carers and people living with dementia.</p>	<p>Faye Smart <a href="mailto:FSmart@alzscot.org">FSmart@alzscot.org</a> 01592 204541</p>
<b>Thursday</b>		
<p><b>Every Thursday 10.00am-11.00am</b></p>	<p><b>Movement to Music</b></p> <p><b>Walter Hay Court, Rosyth KY11 2YE</b></p> <p>Join us for some gentle movement to music.</p>	<p>Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541</p>
<p><b>Every Thursday 12.30pm-2.00pm</b></p>	<p><b>Snooker Group</b></p> <p><b>Town Hill Community Centre, Dunfermline KY12 0EN</b></p> <p>Come join us, have a game and meet people.</p>	<p>Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541</p>
<p><b>Every Thursday 1.30pm-3.00pm</b></p>	<p><b>Musical Memories</b></p> <p><b>St Ninians Church, Glenrothes KY6 2HN</b></p> <p>Join us in songs as we travel through the decades.</p>	<p>Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 01592 204541</p>
<p><b>Thursday 28<sup>th</sup> July 1.30pm-2.30pm</b></p>	<p><b>Jukebox Day</b></p> <p><b>Fife Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b></p> <p>Come join us and listen to some themed music and reminisce. Held the last Thursday of the month.</p>	<p>Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 01592 204541</p>
<p><b>Every Friday 11.00pm-12.30pm</b></p>	<p><b>Blether &amp; Walk Together</b></p> <p><b>Gilvenbank Park, Glenrothes</b></p> <p>Join us for some gentle walking and a blether. Meet at the grass area at the car park next to the play park.</p>	<p>Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 01592 204541</p>

## Dementia Information Cafés



We are delighted to say we now have 5 monthly Information cafes:

First Monday of each month in **Tayport** Larick Centre DD6 9EA 10.30am-11.30am  
First Monday of each month in **Kirkcaldy** Dementia Resource Centre KY1 1AH 2.30pm-3.30pm  
Third Monday of each month in **Anstruther** East Neuk Centre KY10 3EX 10.30am-11.30am  
Last Wednesday of each month in **Glenrothes** CISWO KY7 5NL 10.30am-12.00pm  
Last Wednesday of each month in **Dunfermline** St Andrews Erskine Church KY12 0BF 2.30pm-3.30pm

The Information cafes are for people who are living with dementia, and/or their family/carers. These groups are friendly and informal - new people are always welcome!

Come along for a chat to find out more about our service and how we can help. It's a great opportunity to meet other carers, ask our Dementia Advisor any questions.

Call us on 01592 204541 or for further details see link to the website:

<https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre>

For more information, please contact Fife Dementia Resource Centre – 01592 204541

As well as our groups detailed above, there will continue to be online groups run in Fife which anyone is welcome to join.

The next pages give details about what is on offer. Contact Group Organisers for further details & link to join.



If you like and attend our activities, please consider a small donation via our Just Giving pages to help us support and continue to provide our services for people living with dementia and their carers.



To support Alzheimer Scotland Fife:

<https://www.justgiving.com/fundraising/alzheimer-scotland-fife>



## Online Groups – July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1<sup>st</sup></b>
				11.00am-12.00pm Old Sitcoms/Musicals Tracey Carson
<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>
2.00pm-3.00pm Quiz & Games Michelle Hodgson	11.15am-12.00pm Happy Memories Café inc. Let's Go Travelling Anne Haskell  3.00pm-4.00pm Quiz for Fun Shirley Richardson (Blended Group)  4.00pm-5.00pm Football Memories Anne Haskell	12.30pm-1.30pm LGBT & Carers Online Faye & Janine (Monthly)	10.30-11.30am Healthy Hearts & Hips Tracey Carson  2.00pm-3.00pm Carers' Get Together Faye & Janine	11.00am-12.00pm Old Sitcoms/Musicals Tracey Carson

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11<sup>th</sup></b>	<b>12<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>14<sup>th</sup></b>	<b>15<sup>th</sup></b>
2.00pm-3.00pm Quiz & Games Michelle Hodgson	11.15am-12.00pm Happy Memories Café inc. Let's Go Travelling Anne Haskell  3.00pm-4.00pm Quiz for Fun Shirley Richardson (Blended Group)		10.30am-11.30am Healthy Hearts & Hips Tracey Carson	11.00am-12.00pm Old Sitcoms/Musicals Tracey Carson
<b>18<sup>th</sup></b>	<b>19<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>21<sup>st</sup></b>	<b>22<sup>nd</sup></b>
2.00pm-3.00pm Quiz & Games Michelle Hodgson	11.15am-12.00pm Happy Memories Café inc. Let's Go Travelling Anne Haskell  3.00pm-4.00pm Quiz for Fun Shirley Richardson (Blended Group)  4.00pm-5.00pm Football Memories Anne Haskell		10.30am-11.30am Healthy Hearts & Hips Tracey Carson  2.00pm-3.00pm Carers' Get Together Faye & Janine	11.00am-12.00pm Old Sitcoms/Musicals Tracey Carson
<b>25<sup>th</sup></b>	<b>28<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>28<sup>th</sup></b>	<b>29<sup>th</sup></b>
2.00pm-3.00pm Quiz & Games Michelle Hodgson	11.15am-12.00pm Happy Memories Café inc. Let's Go Travelling Anne Haskell  3.00pm-4.00pm Quiz for Fun Shirley Richardson (Blended Group)		10.30am-11.30am Healthy Hearts & Hips Tracey Carson  1.30pm-2.30am Juke Box Day Shirley Richardson (Blended Group)	11.00am-12.00pm Old Sitcoms/Musicals Tracey Carson

### More about our online activities

#### Monday Group

#### **Quiz & Games**

A weekly group to meet people to have a chat and join in a quiz/game.

#### Tuesday Groups

## Happy Memories Café Inc. Let's go Travelling

Come together to share life experiences and talk about travelling.

## Healthy Hearts & Hips

For people with dementia to have some gentle exercises.

## Quiz for Fun

For people with dementia to have a chat and join in the quiz.

## Football Memories

To join us and reminisce about the beautiful game.

### Wednesday Group

## LGBT & Carers Group

For people who are new to caring or existing carers, looking for information on what is available to support them in their caring role.

### Thursday Groups

## Healthy Hearts & Hips

For people with dementia to have some gentle exercises.

## Carers' Get Together

A Group where carers can gain support and advice from other carers in a similar situation and ask advice from a Dementia Advisor.

## Juke Box Day

Come join us and listen to some themed music and reminisce.

### Friday Groups

## Old Sitcoms/Musicals

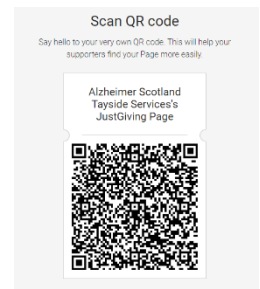
For people with dementia to have a look back at classic TV.

## Contacts

For further information on any of our groups please contact the following Dementia Advisors and Group Activity Organisers on 01592 204541

<b>Faye Smart, Dementia Advisor</b> <a href="mailto:FSmart@alzscot.org">FSmart@alzscot.org</a> 01592 204541	<b>Janine Adair, Dementia Advisor</b> <a href="mailto:JAdair@alzscot.org">JAdair@alzscot.org</a> 01592 204541
<b>Anne Haskell Comm. Activities Organiser</b> <a href="mailto:AHaskell@alzscot.org">AHaskell@alzscot.org</a> 01592 204541	<b>Tracey Carson, Comm. Activities Organiser</b> <a href="mailto:TCarson@alzscot.org">TCarson@alzscot.org</a> 01592 204541
<b>Michelle Hodgson, Comm. Activities Organiser</b> <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 01592 204541	<b>Natalie Higgins, Comm. Activities Organiser</b> <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 01592 204541
<b>Shirley Richardson, Comm. Activities Organiser</b> <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 01592 204541	





If you like and attend our activities, please consider a small donation via our Just Giving pages to help us support and continue to provide our services for people living with dementia and their carers.

To support Alzheimer Scotland Fife:  
<https://www.justgiving.com/fundraising/alzheimer-scotland-fife>

