

What's on

December 2023 – Fife



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 are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

| In Person Group | | |
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| Every Monday Cancelled for 25 th December | Snooker Club Styx, 28 Victoria Road, Kirkcaldy KY1 1DS Come and join us for a friendly game of snooker and meet new people and have fun. | 11:00am – 12:30pm Claire French CFrench@alzscot.org 07795507072 01592 204541 |
| Every Monday Cancelled for 25 th December | Social Group Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH An opportunity to develop friendships and participate in a range of activities. | 2:00pm – 3:30pm Claire French CFrench@alzscot.org 07795507072 01592 204541 |
| Monday 4 th December | Larick Centre Lunch Club Larick Centre, Shanwell Road Tayport DD6 9EA First Monday of each month - Join us for lunch and the opportunity to meet others with our staff and enjoy a spot of lunch. | 1:00pm – 2:30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541 |
| Monday 11 th December | The Choir St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF Monthly – Second Monday of each month - Come and join us for some singing. | 1:00pm – 3:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541 |
| Monday 11 th December | Nourish & Connect Lunch Club Byre Theatre, Ground Floor, Abbey Street, St Andrews, KY16 9LA Second Monday of the month – Join our Dementia Lunch Club or carers and people with dementia. Share a meal, memories, laughter, meet and enjoy stimulating quizzes for a healthier mind. | 12.00pm -1:30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541 |

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| Monday 18 th December | Social Group The East Neuk Centre, Ladywalk, Anstruther KY10 3EX Third Monday of the month - Join us for an opportunity to develop friendships and participate in a range of activities. | 10:30am – 11:30am Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Hope Social Group Hope Church, Carron Place, Kirkcaldy KY2 6PS Come join us for this fun social group and dementia friendly activities which include music, quizzes, dominoes and ten pin bowling. | 10:00am – 12:00pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Social Group Rosyth Community Hub & The living Room Café, 115A Queensferry Road, Rosyth, KY11 2PS Join us for an opportunity to develop friendships and participate in a range of activities. | 10:30am – 12:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Park Gowf (Winter Venue) Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH Come and join us for different activities. | 10:30am – 12:00pm Claire French CFrench@alzscot.org 07795507072 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Healthy Hearts & Hips Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH Come along join in the fun with good music and gentle exercises. | 1:30pm – 2:30pm Claire French CFrench@alzscot.org 07795507072 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Morrisons Blether Together Morrisons Supermarket, Glenrothes, COMMUNITY ROOM – next to bakery at back of supermarket. An opportunity to develop friendships and participate in a range of activities. | 10.30am-11.30am Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541 |
| Every Tuesday Cancelled for 26 th December | Blether Together Glenrothes Strollers, Over Stenton Park, Viewfield, KY6 2AD Social group for people living with dementia and their carers in partnership with Glenrothes Strollers come and join us for some fun activities, tea and a chat. | 1.30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541 |

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| Tuesday 5th December | Using Technology in Dementia Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH | 10.30am -12:00pm |
| | <p>First Tuesday of every month. Come along to our drop in Information Café and find out what technology products and services are available and how you can access them.</p> | <p>Audrey McCann amccann@alzscot.org 07771815332 01592 204541</p> |
| Tuesday 12th December Cancelled for 26 th December | Blether and Eat Together Burnturk Jubilee Hall, Coaltown of Burnturk, Cupar, KY15 7TR | 11:00am – 1:00pm |
| | <p>Second and last Tuesday of each month – Enjoy soup and a sandwich as well as some nostalgic games.</p> | <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p> |
| Tuesday 12 th December Cancelled for 26 th December | Singing in Harmony St Margaret's Parish Church, Abel Place, Touch, Dunfermline KY11 4JJ | 2:00pm – 3:30pm |
| | <p>Second and last Tuesday of each month - Come and join us for some singing.</p> | <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p> |
| Every Wednesday WEDNESDAY 13 TH DECEMBER WILL BE ON THURSDAY 14 TH DECEMBER | Garden Gathering Scout Hall, Elizabeth Street, Tayport, DD6 9ND | 10:30pm – 11:30pm |
| Cancelled for 27 th December | <p>Join us for some garden fun.</p> | <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p> |
| Every Wednesday WEDNESDAY 13 TH DECEMBER TIME IS 2PM-4PM | Love 2 Bake Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH | 10:30am – 12:30pm |
| Cancelled for 20 th December | <p>Come along and join us for planning recipes and an opportunity to continue a passion for baking</p> | <p>Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541</p> |
| Every Wednesday WEDNESDAY 13 TH DECEMBER WILL BE ON THURSDAY 14 TH DECEMBER | Cue and Connect Pool Tayport Arms, 3 Nelson Street, Tayport DD6 9DN | 1:00pm – 2:30pm |
| | <p>Making memories one cue at a time: join our Dementia friendly pool group for carers and people living with dementia.</p> | <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p> |
| Every Wednesday Cancelled for 20 th & 27 th December | Memory Lane St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF | 2:15pm – 3:45pm |
| | <p>Come and join us for a trip down memory lane.</p> | <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p> |

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| Wednesday 6 th December | Carers Lunch Club Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH <p>Join us for lunch and the opportunity to meet other carers. Your loved one can join in an activity with our experienced staff and enjoy a spot of lunch.</p> | 12.30pm-2:00pm Fifeservices@alzscot.org 01592 204541 |
| Wednesday 6 th December | Midweek Meet-up Group Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH <p>First Wednesday of every month, group for younger people with dementia (diagnosed at working age) and their carer if they wish.</p> | 3:00pm-4:00pm Dementia Advisor Team Fifeservices@alzscot.org 01592 204541 |
| Wednesday 13 th December BY INVITE ONLY FOR DECEMBER | Football Memories East End Park, Halbeath Road, Dunfermline, KY12 7RB <p>Second Wednesday of each month - Join us for this monthly group to look back over the years of football, whilst enjoying a pie and bovril at "half time"</p> | 1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541 |
| Wednesday 27 th December | Football Memories Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH <p>Last Wednesday of each month - Join us for this monthly group to look back over the years of football, whilst enjoying a pie and bovril at "half time"</p> | 1:30pm – 3:00pm Claire French CFrench@alzscot.org 07795507072 01592 204541 |
| Every Thursday Cancelled for 28 th December | Movement to Music Walter Hay Court, Rosyth KY11 2YE <p>Join us for some gentle movement to music.</p> | 10:00am – 11:00am Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541 |
| Every Thursday Cancelled for 28 th December | Snooker Group Townhill Community Centre, Dunfermline KY12 0EN <p>Come join us, have a game and meet people.</p> | 12:30pm – 2:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541 |
| Every Thursday Cancelled for 28 th December | Musical Memories St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2LP <p>Join us in songs as we travel through the decades.</p> | 1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541 |

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| Thursday 14 th December | Screen memories -SCROOGE PLEASE BOOK A SEAT The Wellesley Centre, 331 Wellesley Road, Methil, Leven KY8 3BT Second Thursday of the month - Come join us for to watch a movie with a refreshment, drink and snack at the interval. | 1:30pm – 3:30pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541 |
| Thursday 14 th December | Throwback Thursdays Braehead Court Housing Association, Braehead Court, Leven, KY8 1LF Second Thursday of every month for some throwbacks throughout the years of old sitcoms, screen memories and movement to music and much more. | 10.30am -11.30am Claire French Cfrench@alzscot.org 07795507072 01592 204541 |
| Thursday 21 st December | Dementia Information Café Wellesley Parish Church, 331 Wellesley Road, Methil KY8 3BT Third Thursday of each month- group for carers and people living with dementia. | 2:00pm – 3:00pm Shirley Heeps SHeeps@alzscot.org 07818402729 01592 204541 |
| Thursday 28 th December | Throwback Thursdays Carlow Court Housing Association Aitken Road, Leven, KY8 4NS Last Thursday of every month, come and join us for some throwbacks throughout the years of old sitcoms, screen memories and movement to music and much more. | 10:00am -11:00am Claire French Cfrench@alzscot.org 07795507072 01592 204541 |
| Every Friday | Social Group Gilmour Court, Blair Avenue, Glenrothes KY7 4RP Come and join us at our social group, with a focus on making friends. | 11:00am-12.30pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541 |
| Friday 1 st December | Football Memories St Andrews United Social Club, 84 Langlands, St Andrews KY16 8BN First Friday of the month - Look back over the years of football, whilst enjoying a pie at “half time”. | 2:30pm – 3:45pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541 |
| Friday 8 th , 15 th , and 22 nd December | Bake-a-licious Baking Group Cellardyke Town Hall, Toll Road, Anstruther KY10 3BQ Come along and join us, an opportunity to continue a passion for baking. | 2:00pm - 3.30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541 |

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

| Online Group | | |
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| Monday 4th Monday 11th Monday 18th December | Quiz & Seated Exercise Michelle Hodgson | 2:00pm – 3:00pm |
| Friday 1st Friday 8th Friday 15th Friday 22 nd Friday 29th December | Old Sitcoms/Musicals Claire French | 11.00am-12.00pm |
| Friday 15th December | Dog Bingo Shirley Richardson | 2.00pm-3.00pm |

Contact details for groups:

Claire French
Email: CFrench@alzscot.org Tel: 07795507072

Lesley Dewar
Email: LDewar@alzscot.org Tel: 07766445717

Michelle Hodgson
Email: MHodgson@alzscot.org Tel: 07824377548

Natalie Higgins
Email: NHiggins@alzscot.org Tel: 07771718538

Shirley Richardson
Email: SRichardson@alzscot.org Tel: 07827992313

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>

