

What's on

January 2024 – 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		
Every Monday Cancelled for 1 st January	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 1 st January	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 Cancelled for 1 st January	Larick Centre Lunch Club Larick Centre, Shanwell Road Tayport DD6 9EA First Monday of each month - Join us for an opportunity to develop friendships and participate in a range of activities.	1:00pm – 2:30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Monday 8 th January	Carers Lunch Club Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH 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.	12.30pm-2:00pm Office: 01592204541 , fifeservices@alzscot.org Claire French: cfrench@alzscot.org 07795507072
Monday 8 th January	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 8 th January	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
Monday 15 th January	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
Monday 29 th January	Nourish & Connect Lunch Club Elie Pavilion, Golf Club Lane, Elie, Leven KY9 AS Last 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
Every Tuesday Cancelled for 2 nd January	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 2 nd January	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 2 nd January	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 2 nd January	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 2 nd January	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 2 nd January	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
Tuesday Cancelled for 2 nd January	Using Technology in Dementia Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH 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.	10.30am -12:00pm Audrey McCann amccann@alzscot.org 07771815332 01592 204541
Tuesday 9 th & 30 th January	Blether and Eat Together Burnturk Jubilee Hall, Coaltown of Burnturk, Cupar, KY15 7TR Second and last Tuesday of each month – Enjoy soup and a sandwich as well as some nostalgic games.	11:00am – 1:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Tuesday 30 th January	Singing in Harmony St Margaret's Parish Church, Abel Place, Touch, Dunfermline KY11 4JJ Last Tuesday of each month - Come and join us for some singing.	2:00pm – 3:30pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Every Wednesday	Garden Gathering Scout Hall, Elizabeth Street, Tayport, DD6 9ND Join us for some garden fun.	10:30pm – 12:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Every Wednesday	Love 2 Bake Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH Come along and join us for planning recipes and an opportunity to continue a passion for baking.	10:30am – 12:30pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541

Every Wednesday	Cue and Connect Pool Tayport Arms, 3 Nelson Street, Tayport DD6 9DN Making memories one cue at a time: join our Dementia friendly pool group for carers and people living with dementia.	1:00pm – 2:30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Every Wednesday Cancelled for 3 rd January	Memory Lane St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF Come and join us for a trip down memory lane.	2:15pm – 3:45pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Wednesday 3 rd January	Midweek Meet-up Group Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH First Wednesday of every month, group for younger people with dementia (diagnosed at working age) and their carer if they wish.	3:00pm-4:00pm Dementia Advisor Team Fifeservices@alzscot.org 01592 204541
Wednesday 10 th January	Football Memories East End Park, Halbeath Road, Dunfermline, KY12 7RB 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”	1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Wednesday 31 st January	Football Memories Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH 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”	1:30pm – 3:00pm Claire French CFrench@alzscot.org 07795507072 01592 204541
Wednesday 31 st January	Dementia Information Café St Andrews, Erskine Church, Robertson Road, Dunfermline KY12 0BF Last Wednesday of each month- group for carers and people living with dementia.	2:30pm – 3:30pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Every Thursday Cancelled for 4 th January	Movement to Music Walter Hay Court, Rosyth KY11 2YE Join us for some gentle movement to music.	10:00am – 11:00am Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Every Thursday Cancelled for 4 th January	Snooker Group Townhill Community Centre, Dunfermline KY12 0EN Come join us, have a game and meet people.	12:30pm – 2:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541

Every Thursday	Musical Memories St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2LP Join us in songs as we travel through the decades	1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Thursday 11 th January	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 11 th January	Screen memories – GREYFRIARS BOBBY PLEASE BOOK A SEAT The Centre, 1 Broomieknowe, Leven KY8 4QP 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 18 th January	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 25 th January	Jukebox Day – On The Road Venue to be confirmed. Please contact Shirley Richardson for more information. Fourth Thursday of the month - Come join us and listen to some themed music and reminisce	1:30pm – 2:30pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541
Thursday 25 th January	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 5 th January	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" donated by Scott Brother Butchers.	2:30pm – 3:45pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541

Friday 12 th , 19 th and 26 th January	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
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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		
Monday 8th Monday 15th Monday 22nd Monday 29th January	Quiz & Seated Exercise Michelle Hodgson	2:00pm – 3:00pm
Friday 5th Friday 12th Friday 19th Friday 26th January	Old Sitcoms/Musicals Claire French	11.00am-12.00pm
Friday 22nd January	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/>

24 HOUR


Alzheimer Scotland
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org