

# What's on

## March 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	<b>Snooker Club</b> <b>Styx, 28 Victoria Road, Kirkcaldy KY1 1DS</b>  Come and join us for a friendly game of snooker and meet new people and have fun.	11:00am – 12:30pm  Claire French <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 01592 204541
Every Monday	<b>Social Group</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  An opportunity to develop friendships and participate in a range of activities.	2:00pm – 3:30pm  Claire French <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 01592 204541
Monday 4 <sup>th</sup> March	<b>Carers Lunch Club</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</b>  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: <a href="tel:01592204541">01592204541</a> , <a href="mailto:fifeservices@alzscot.org">fifeservices@alzscot.org</a> Claire French: <a href="mailto:cfrench@alzscot.org">cfrench@alzscot.org</a> 07795507072
Monday 4 <sup>th</sup> March	<b>Larick Centre Lunch Club</b> <b>Larick Centre, Shanwell Road Tayport DD6 9EA</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Monday 11 <sup>th</sup> March	<b>The Choir</b> <b>St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF</b>  Monthly – Second Monday of each month - Come and join us for some singing.	1:00pm – 3:00pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541

Monday 11 <sup>th</sup> March	<b>Walk, Lunch and Social Group</b> <b>St David's Centre(The Community Hub)26</b> <b>Albany Park, St Andrews KY16 8BP</b>  Second Monday of the month – In partnership with Pilgrim Care's Dementia Friendly Health Walk at the Botanic Gardens returning to St David's Centre for lunch and social activities for carers and people with dementia. Pop along to one or all of our activities. Walk (Botanic Gardens) 11am, Lunch (St David's Centre) 12.30, Activities (St David's Centre) 1-3pm	11.00pm -3:00pm  Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Monday 18 <sup>th</sup> March	<b>Social Group</b> <b>The East Neuk Centre, Ladywalk, Anstruther</b> <b>KY10 3EX</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Monday 25 <sup>th</sup> March	<b>Nourish &amp; Connect Lunch Club</b> <b>Elie Pavilion, Golf Club Lane, Elie, Leven KY9</b> <b>AS</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Every Tuesday	<b>Hope Social Group</b> <b>Hope Church, Carron Place, Kirkcaldy KY2</b> <b>6PS</b>  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 <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 07827992313 01592 204541
Every Tuesday	<b>Social Group</b> <b>Rosyth Community Hub &amp;The living Room</b> <b>Café,115A Queensferry Road, Rosyth, KY11</b> <b>2PS</b> Join us for an opportunity to develop friendships and participate in a range of activities.	10:30am – 12:00pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Every Tuesday	<b>Park Gowf</b> <b>(Winter Venue) Fife Brain Health &amp; Dementia</b> <b>Resource Centre, Hill Street, Kirkcaldy KY1</b> <b>1AH</b>  Come and join us for different activities.	10:30am – 12:00pm  Claire French <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 01592 204541
Every Tuesday	<b>Healthy Hearts &amp; Hips</b> <b>Fife Brain Health &amp; Dementia Resource</b> <b>Centre, Hill Street, Kirkcaldy KY1 1AH</b>  Come along join in the fun with good music and gentle exercises.	1:00pm – 2:30pm  Claire French <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 01592 204541

Every Tuesday	<b>Blether Together</b>  <b>Glenrothes Strollers, Over Stenton Park, Viewfield, KY6 2AD</b>  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 <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 07771718538 01592 204541
Tuesday 5 <sup>th</sup> March	<b>Using Technology in Dementia</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  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 <a href="mailto:amccann@alzscot.org">amccann@alzscot.org</a> 07771815332 01592 204541
Tuesday 12 <sup>th</sup> & 26 <sup>th</sup> March	<b>Blether and Eat Together</b> <b>Burnturk Jubilee Hall, Coaltown of Burnturk, Cupar, KY15 7TR</b>  Second and last Tuesday of each month – Enjoy soup and a sandwich as well as some nostalgic games.	11:00am – 1:00pm  Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Tuesday 26 <sup>th</sup> March	<b>Singing in Harmony</b> <b>St Margaret's Parish Church, Abel Place, Touch, Dunfermline KY11 4JJ</b>  Last Tuesday of each month - Come and join us for some singing.	2:00pm – 3:30pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Every Wednesday	<b>Garden Gathering</b> <b>Scout Hall, Elizabeth Street, Tayport, DD6 9ND</b>  Join us for some garden fun.	10:30pm – 12:00pm  Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Every Wednesday	<b>Love 2 Bake</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  Come along and join us for planning recipes and an opportunity to continue a passion for baking.	10:30am – 12:30pm  Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 07827992313 01592 204541
Every Wednesday	<b>Cue and Connect Pool</b> <b>Tayport Arms, 3 Nelson Street, Tayport DD6 9DN</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541

Every Wednesday	<b>Memory Lane – PLEASE BOOK A SPACE</b> <b>St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF</b>  Come and join us for a trip down memory lane.	2:15pm – 3:45pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Wednesday 6 <sup>th</sup> March	<b>Midweek Meet-up Group</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</b>  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 <a href="mailto:Fifeservices@alzscot.org">Fifeservices@alzscot.org</a> 01592 204541
Wednesday 13 <sup>th</sup> March	<b>Football Memories</b> <b>East End Park, Halbeath Road, Dunfermline, KY12 7RB</b>  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 <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 07771718538 01592 204541
Wednesday 27 <sup>th</sup> March	<b>Football Memories</b> <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b>  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 <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 01592 204541
Wednesday 27 <sup>th</sup> March	<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.	2:30pm – 3:30pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Every Thursday	<b>Movement to Music</b> <b>Walter Hay Court, Rosyth KY11 2YE</b>  Join us for some gentle movement to music.	10:00am – 11:00am  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Every Thursday	<b>Snooker Group</b> <b>Townhill Community Centre, Dunfermline KY12 0EN</b>  Come join us, have a game and meet people.	12:30pm – 2:00pm  Michelle Hodgson <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a> 07824377548 01592 204541
Every Thursday	<b>Musical Memories</b> <b>St Ninian’s Church, Tanshall Road East, Glenrothes, KY6 2LP</b>  Join us in songs as we travel through the decades	1:30pm – 3:00pm  Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 07771718538 01592 204541

Thursday 14 <sup>th</sup> March	<b>Throwback Thursdays</b> <b>Braehead Court Housing Association,</b> <b>Braehead Court, Leven, KY8 1LF</b>  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 <a href="mailto:Cfrench@alzscot.org">Cfrench@alzscot.org</a> 07795507072 01592 204541
Thursday 14 <sup>th</sup> March	<b>Screen memories – CABARET</b> <b>PLEASE BOOK A SEAT</b> <b>The Centre, 1 Broomieknowe, Leven KY8 4QP</b>  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 <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 07827992313 01592 204541
Thursday 28 <sup>th</sup> March	<b>Jukebox Day</b> <b>Bowhill Community Centre, 145 Station Road,</b> <b>Cardenden, KY5 0BW – Entrance from</b> <b>Wallsgreen Road – Venue entrance at</b> <b>swimming pool car park entrance.</b>  Fourth Thursday of the month - Come join us and listen to some themed music and reminisce	1:30pm – 2:30pm  Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 07827992313 01592 204541
Thursday 28 <sup>th</sup> March	<b>Throwback Thursdays</b> <b>Carlow Court Housing Association</b> <b>Aitken Road, Leven, KY8 4NS</b>  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 <a href="mailto:Cfrench@alzscot.org">Cfrench@alzscot.org</a> 07795507072 01592 204541
Every Friday	<b>Social Group</b> <b>Gilmour Court, Blair Avenue, Glenrothes KY7 4RP</b>  Come and join us at our social group, with a focus on making friends.	11:00am-12.30pm  Natalie Higgins <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> 07771718538 01592 204541
Friday 1 <sup>st</sup> March	<b>Football Memories</b> <b>St Andrews United Social Club, 84 Langlands,</b> <b>St Andrews KY16 8BN</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Friday 8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> and 29 <sup>th</sup> March	<b>Bake-a-licious Baking Group – PLEASE BOOK</b> <b>A SPACE</b> <b>Cellardyke Town Hall, Toll Road, Anstruther KY10</b> <b>3BQ</b>  Come along and join us, an opportunity to continue a passion for baking.	2:00pm - 3.30pm  Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 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		
Monday 4th Monday 11th Monday 18th Monday 25th March	Seated Exercise for Strength and Flexibility <b>Michelle Hodgson</b>	4:00pm – 4:30pm <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>
Tuesday 26th March	Football Memories Quiz <b>Lesley Dewar</b>	2:00pm – 3:00pm <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>
Friday 1st Friday 8th Friday 15th Friday 22nd Friday 29th March	Old Sitcoms/Musicals <b>Claire French</b>	11.00am-12.00pm <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>

Contact details for groups:

Claire French  
Email: [CFrench@alzscot.org](mailto:CFrench@alzscot.org) Tel: 07795507072

Lesley Dewar  
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Michelle Hodgson  
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Natalie Higgins  
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Shirley Richardson  
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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/>

