

What's on

April 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	<p>Snooker Club – PLEASE BOOK A SPACE Styx, 28 Victoria Road, Kirkcaldy KY1 1DS</p> <p>Come and join us for a friendly game of snooker and meet new people and have fun.</p>	<p>11:00am – 12:30pm</p> <p>Claire French CFrench@alzscot.org 07795507072 01592 204541</p>
Every Monday	<p>Social Group - PLEASE BOOK A SPACE Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</p> <p>An opportunity to develop friendships and participate in a range of activities.</p>	<p>2:00pm – 3:30pm</p> <p>Claire French CFrench@alzscot.org 07795507072 01592 204541</p>
Monday 1 st April	<p>Larick Centre Lunch Club Larick Centre, Shanwell Road Tayport DD6 9EA</p> <p>First Monday of each month - Join us for an opportunity to develop friendships and participate in a range of activities.</p>	<p>1:00pm – 2:30pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Monday 8 th April	<p>The Choir St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF</p> <p>Monthly – Second Monday of each month - Come and join us for some singing.</p>	<p>1:00pm – 3:00pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Monday 8 th April	<p>Walk, Lunch and Social Group Holy Trinity Church Halls, Queens Terrace, St Andrews KY16 9QF</p> <p>Second Monday of the month – In partnership with Pilgrim Care's Dementia Friendly Health Walk at the Botanic Gardens returning to Holy Trinity Church Hall 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 (Holy Trinity Church Halls) 12.30, Activities (Holy Trinity Church Halls) 1-3pm</p>	<p>11.00pm -3:00pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>

Monday 15 th April	<p>Social Group The East Neuk Centre, Ladywalk, Anstruther KY10 3EX</p> <p>Third Monday of the month - Join us for an opportunity to develop friendships and participate in a range of activities.</p>	<p>10:30am – 11:30am</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Monday 29 th April	<p>Nourish & Connect Lunch Club Elie Pavilion, Golf Club Lane, Elie, Leven KY9 AS</p> <p>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.</p>	<p>12.00pm -1:30pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Every Tuesday	<p>Hope Social Group Hope Church, Carron Place, Kirkcaldy KY2 6PS</p> <p>Come join us for this fun social group and dementia friendly activities which include music, quizzes, dominoes and ten pin bowling.</p>	<p>10:00am – 12:00pm</p> <p>Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541</p>
Every Tuesday	<p>Rosyth Garden Group EATS Rosyth Community Garden, 117-119 Park Road, Rosyth, KY11 2QT</p> <p>Come along to help with Garden tasks and enjoy a refreshment of tea & Biscuits.</p>	<p>10:00am – 12:00pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Every Tuesday	<p>Park Gowf - PLEASE BOOK A SPACE Dunnikier Golf Club, Dunnikier Way, Kirkcaldy KY13LP</p> <p>Come and join us for different activities.</p>	<p>10:30am – 12:00pm</p> <p>Claire French CFrench@alzscot.org 07795507072 01592 204541</p>
Every Tuesday	<p>Healthy Hearts & Hips Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</p> <p>Come along join in the fun with good music and gentle exercises.</p>	<p>1:00pm – 2:30pm</p> <p>Claire French CFrench@alzscot.org 07795507072 01592 204541</p>
Every Tuesday	<p>Walking Group - Townhill Townhill Café – Ski Centre, Dunfermline, KY12 0HT Meeting Point: The grass area in front of Townhill café /Ski Centre Please wear suitable clothing and footwear.</p>	<p>1:30pm – 2:30pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>

Every Tuesday	<p>Blether Together</p> <p>Glenrothes Strollers, Over Stenton Park, Viewfield, KY6 2AD</p> <p>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.</p>	<p>1.30pm – 3:00pm</p> <p>Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541</p>
Tuesday 2 nd April	<p>Using Technology in Dementia</p> <p>Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</p> <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>10.30am -12:00pm</p> <p>Audrey McCann amccann@alzscot.org 07771815332 01592 204541</p>
Tuesday 9 th & 30 th April	<p>Blether and Eat Together</p> <p>Burnturk Jubilee Hall, Coaltown of Burnturk, Cupar, KY15 7TR</p> <p>Second and last Tuesday of each month – Enjoy soup and a sandwich as well as some nostalgic games.</p>	<p>11:00am – 1:00pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Tuesday 30 th April	<p>Singing in Harmony</p> <p>St Margaret’s Parish Church, Abel Place, Touch, Dunfermline KY11 4JJ</p> <p>Last Tuesday of each month - Come and join us for some singing.</p>	<p>2:00pm – 3:30pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Every Wednesday	<p>Garden Gathering</p> <p>Scout Hall, Elizabeth Street, Tayport, DD6 9ND</p> <p>Join us for some garden fun.</p>	<p>10:30pm – 12:00pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Every Wednesday	<p>Love 2 Bake</p> <p>Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</p> <p>Come along and join us for planning recipes and an opportunity to continue a passion for baking.</p>	<p>10:30am – 12:30pm</p> <p>Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541</p>
Every Wednesday	<p>Cue and Connect Pool</p> <p>Tayport Arms, 3 Nelson Street, Tayport DD6 9DN</p> <p>Making memories one cue at a time: join our Dementia friendly pool group for carers and people living with dementia.</p>	<p>1:00pm – 2:30pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>

Every Wednesday	<p>Memory Lane – PLEASE BOOK A SPACE St Andrews Erskine Church, Robertson Road, Dunfermline KY12 0BF</p> <p>Come and join us for a trip down memory lane.</p>	<p>2:15pm – 3:45pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Wednesday 3 rd April	<p>Carers Lunch Club Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</p> <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>	<p>12.30pm-2:00pm</p> <p>Office: 01592204541, fifeservices@alzscot.org Helen Christie: HChristie@alzscot.org 07584136602</p>
Wednesday 3 rd April	<p>Midweek Meet-up Group Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</p> <p>First Wednesday of every month, group for younger people with dementia (diagnosed at working age) and their carer if they wish.</p>	<p>3:00pm-4:00pm</p> <p>Dementia Advisor Team Fifeservices@alzscot.org 01592 204541</p>
Wednesday 10 th April	<p>Football Memories East End Park, Halbeath Road, Dunfermline, KY12 7RB</p> <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>	<p>1:30pm – 3:00pm</p> <p>Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541</p>
Wednesday 24 th April	<p>Football Memories Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</p> <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>	<p>1:30pm – 3:00pm</p> <p>Claire French CFrench@alzscot.org 07795507072 01592 204541</p>
Wednesday 24 th April	<p>Dementia Information Café St Andrews, Erskine Church, Robertson Road, Dunfermline KY12 0BF</p> <p>Last Wednesday of each month- group for carers and people living with dementia.</p>	<p>2:30pm – 3:30pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Every Thursday	<p>Wake up Shake up Oakley Community Centre, 5 Station Road, KY12 9QF</p> <p>Join us for some movement to kick start your day.</p>	<p>10:00am – 11:00am</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Every Thursday	<p>Snooker Group Townhill Community Centre, Dunfermline KY12 0EN</p> <p>Come join us, have a game and meet people.</p>	<p>12:30pm – 2:00pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>

Every Thursday	<p>Musical Memories St Ninian's Church, Tanshall Road East, Glenrothes, KY6 2LP</p> <p>Join us in songs as we travel through the decades</p>	<p>1:30pm – 3:00pm</p> <p>Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541</p>
Thursday 11 th April	<p>Throwback Thursdays Braehead Court Housing Association, Braehead Court, Leven, KY8 1LF</p> <p>Second Thursday of every month for some throwbacks throughout the years of old sitcoms, screen memories and movement to music and much more.</p>	<p>10.30am -11.30am</p> <p>Claire French Cfrench@alzscot.org 07795507072 01592 204541</p>
Thursday 11 th April	<p>Screen memories – MOVIE THEMED QUIZ PLEASE BOOK A SEAT The Centre, 1 Broomieknowe, Leven KY8 4QP</p> <p>Second Thursday of the month - Come join us for A movie themed quiz with a refreshment, drink and snack at the interval.</p>	<p>1:30pm – 3:30pm</p> <p>Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541</p>
Thursday 25 th April	<p>Jukebox Day Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW – Entrance from Wallsgreen Road – Venue entrance at swimming pool car park entrance.</p> <p>Fourth Thursday of the month - Come join us and listen to some themed music and reminisce</p>	<p>1:30pm – 2:30pm</p> <p>Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541</p>
Thursday 25 th April	<p>Throwback Thursdays Carlow Court Housing Association Aitken Road, Leven, KY8 4NS</p> <p>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.</p>	<p>10:00am -11:00am</p> <p>Claire French Cfrench@alzscot.org 07795507072 01592 204541</p>
Every Friday	<p>Social Group Gilmour Court, Blair Avenue, Glenrothes KY7 4RP</p> <p>Come and join us at our social group, with a focus on making friends.</p>	<p>11:00am-12.30pm</p> <p>Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541</p>
Friday 5 th April	<p>Football Memories St Andrews United Social Club, 84 Langlands, St Andrews KY16 8BN</p> <p>First Friday of the month - Look back over the years of football, whilst enjoying a pie at “half time” donated by Scott Brother Butchers.</p>	<p>2:00pm – 3:45pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>

Friday 12 th , 19 th and 26 th April	Bake-a-licious Baking Group – PLEASE BOOK A SPACE 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 1st Monday 8th Monday 15th Monday 22nd Monday 29th April	Seated Exercise for Strength and Flexibility Michelle Hodgson	4:00pm – 4:30pm MHodgson@alzscot.org
Tuesday 30th April	Football Memories Quiz Lesley Dewar	2:00pm – 3:00pm LDewar@alzscot.org
Friday 5th Friday 12th Friday 19th Friday 26th April	Old Sitcoms/Musicals Claire French	11.00am-12.00pm CFrench@alzscot.org

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 Email: HChristie@alzscot.org Tel: 07584136602

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

Dementia  **Alzheimer Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org