

What's on

July 2025 – 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	Snooker Club – PLEASE BOOK A SPACE 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	Social Group - PLEASE BOOK A SPACE 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
Every Monday	Monday Meet Up Forthview Parish Church, Regents Way, Dalgety Bay, KY11 9UY An opportunity to develop friendships and participate in a range of activities.	1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Monday 7th July	Carers Lunch Club - PLEASE BOOK A SPACE Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH First Monday of each month - 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.	11.30pm-1:00pm Helen Christie: HChristie@alzscot.org 07584136602 01592204541 fifeservices@alzscot.org
Monday 7th July	Nourish and Connect Carers Lunch Club Scout Hall, Elizabeth Street, Tayport, DD6 9ND First Monday of each month - Join Our Dementia Lunch Club for carers and people with dementia. A lunch of sandwiches and sweet treats will be provided.	11:30am – 1:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541

Monday 14th & 28th July	The Choir St Columba's Church of Scotland, Robertson Road, Dunfermline KY12 0BF Second and Fourth Monday of each month - Come and join us for some singing.	1:00pm – 3:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Monday 14th July	Walk, Lunch and Social Group – Please contact Lesley if you want to come along. Holy Trinity Church Halls, Queens Terrace, St Andrews KY16 9QF 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	11.00am -3:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Monday 21st July	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 Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541
Monday 21st July	STEP Newport – Monthly Walk, please contact Lesley if you want to come along. Meet at the middle car park (Road B946) What Three Words ///tastings.plums.dining Third Monday of every month - enjoy a gentle walk along the Fife Coastal Path.	1.00pm -2:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Monday 28th July	Nourish & Connect Lunch Club Elie Pavilion, Golf Club Lane, Elie, Leven KY9 1AS Last Monday of the month – Join our Dementia Lunch Club for carers and people with dementia.	12.00pm -1:30pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541
Monday 28th July	STEP Tayport – Monthly Walk, please contact Lesley if you want to come along. Meet at the toilet block, next to the car park. Inn Street, Tayport, DD6 9BA Fourth Monday of every month - a relaxing walk along the scenic seafront in Tayport.	1.00pm -2:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541

Every Tuesday	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	Rosyth Garden Group EATS Community Garden 117-119, Park Road KY11 2QT Come along to help with Garden tasks and enjoy a refreshment of tea & Biscuits.	10:00am – 12:00pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Every Tuesday	Park Gowf - PLEASE BOOK A SPACE Dunnikier Golf Club, Kirkcaldy KY1 3LP Come and join us for different activities.	10:30am – 12:00pm Claire French CFrench@alzscot.org 07795507072 01592 204541
Every Tuesday	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.	1:00pm – 2:30pm Claire French CFrench@alzscot.org 07795507072 01592 204541
Every Tuesday	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
Every Tuesday	Wander Walking Group - Please contact Lesley if you want to come along. Angel War Statue St Catherine Street, Cupar, North East Fife KY15 4TA Weekly group meeting at the angel statue (war memorial) in Cupar beside Haugh Park, this is wheelchair accessible.	2.00pm -3:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Tuesday 1st July	About Digital and Me (ADAM) Fife Brain Health & Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH The first Tuesday of each month. Are you curious about technology but not sure where to start or what is available? Come along to our Digital Hub to see some devices that have been tried and tested by other families living with dementia. Lead Scotland will also be on hand offering IT & digital skills support for those living with dementia & their families. Please email or call ahead of time to book a time slot.	10:00am – 12:00pm Audrey McCann AMcCann@alzscot.org 07771815332 01592 204541

Tuesday 1st, 8th & 15th July	<p>Walking Group - Please contact Michelle if you want to come along.</p> <p>Group meeting point is at the grass area in front of Townhill Loch Café /Ski Centre</p> <p>Weather permitting - Come along and join us for a short stroll around the beautiful scenic views of the Townhill Loch. Please wear suitable clothing and footwear.</p>	<p>1:30pm – 2:30pm</p> <p>Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541</p>
Tuesday 8th & 29th July	<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 29th July	<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>
Tuesday 5th, 12 th , 19th & 26th August	<p>Online Carer Information: August Sessions</p> <p>Session 1: Dementia the basics. Session 2: Carers rights/routes to support. Session 3: Responsibilities of a power of attorney/source of support. Session 4: Technology enabled care/questions.</p> <p>These sessions are online using Teams, we can help you join if needed.</p>	<p>2:00pm – 4:00pm</p> <p>jadair@alzscot.org 07734289400 01592 204541 advice@alzscot.org</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>10:30am – 12:00pm</p> <p>Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541</p>
Every Wednesday	<p>Love 2 Bake – Spaces Available please book.</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	Musical Memories Lochgelly Centre, Bank Street, Lochgelly KY5 9RD Come along and join us in songs as we travel through the decades, with an opportunity to develop friendships.	10:30am – 12:00pm Claire French CFrench@alzscot.org 07795507072 Natalie Higgins
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 – 3:00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Every Wednesday On the 2nd of July change of time 11.00-12.30	Memory Lane – PLEASE BOOK A SPACE St Columba's Church of Scotland, 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 2nd July	Musical Memories The Paxton Centre, 14A Links Road, Lundin Links, Leven KY8 6AT First Wednesday of each month - Come along and join us in songs as we travel through the decades, with an opportunity to develop friendships.	1:30pm – 3:00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Wednesday 9th July	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 30th July	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 30th July	Dementia Information Café St Columba's Church of Scotland, Robertson Road, Dunfermline KY12 0BF Last Wednesday of each month- group for carers and people living with dementia.	2:30pm – 3:30pm Shirley Heeps SHeeps@alzscot.org 07818402729 Janine Adair jadair@alzscot.org 07734289400 01592 204541

Every Thursday	Wake up Shake up Oakley Community Centre, 5 Station Road, KY12 9QF Join us for some movement to kick start your day.	10:00am – 11:00am Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Thursday 3rd, 10th, 17th & 24th	Movement to Music The Old Parish Church, Short Lane, Cupar, KY15 5EQ Come along and join us for gentle seated exercise moving to music, suitable for all physical abilities.	11:00pm – 12:30pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541
Every Thursday	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	Stroll Together Newburgh - Please contact Lesley if you want to come along. Lindores Abbey Distillery, Newburgh, KY14 6HH Our walking group is an opportunity to explore the coastal areas of Newburgh. Enjoy a gentle walk with the option to meet for tea and coffee in the distillery afterwards.	1:30pm – 2:30pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
Every Thursday	Musical Memories St Ninian's Church, Tanshall Road, 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 10th July	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 24th July	Jukebox Day Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW – Entrance from Wallsgreen Road – Venue entrance at swimming pool car park entrance. Fourth Thursday of the month - Come join us and listen to some themed music and reminisce.	1:30pm – 3:00pm Shirley Richardson SRichardson@alzscot.org 07827992313 01592 204541

Thursday 31st July	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	Musical Memories Trust Housing, Balbirnie Court, Markinch KY7 6AH Join us in songs as we travel through the decades.	11:00am-12.30pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Every Friday	Fitness Friday Crossgates Community Centre, 2 Inverkeithing Road Cowdenbeath, KY4 8AL This group will be a mixture of light seated movement to help with strength and balance, followed by Reminiscence activities.	11:00am – 12:30pm Michelle Hodgson MHodgson@alzscot.org 07824377548 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.	1:30pm-3.00pm Natalie Higgins NHiggins@alzscot.org 07771718538 01592 204541
Every Friday	Kirkcaldy Hearts and Soles - Please contact Claire if you want to come along. Morrisons (Car Park), The Esplanade, Kirkcaldy, KY1 1SL Our walking group is an opportunity for people living with dementia or anyone wishing to maintain their brain health to join us for a weekly stroll along Kirkcaldy promenade. All whilst taking in the scenery and enjoying a social chat.	11:00am -12:30pm Claire French Cfrench@alzscot.org 07795507072 01592 204541
Every Friday	Fresh Air Friday Walk - Please contact Michelle if you want to come along. Links Place Car Park, Burntisland, KY3 9DY. A mile circular walk through the park then along the costal path to take part in strength and balance exercises before the walk ends	2:00pm – 3:30pm Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
Friday 4th July	Football Memories St Andrews Bowling Club, 1 Pipeland Road, KY16 8JN First Friday of the month - Look back over the years of football, whilst enjoying a pie at “half time” donated by Scott Brother Butchers. Special event -guest speaker Grade One Referee John Rowbotham.	2:00pm – 3:45pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541

Friday 11th, 18th & 25th July	Bake-a-licious Baking Group – PLEASE BOOK A SPACE Cellardyke Town Hall, Toll Road, Anstruther KY10 3BQ Second, third and fourth Friday of the month - Come along and join us, an opportunity to continue a passion for baking.	2:00pm - 4.00pm Lesley Dewar LDewar@alzscot.org 07766445717 01592 204541
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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

Helen Christie

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/>

