

# What's on

## July 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><b>Snooker Club – PLEASE BOOK A SPACE</b>  <b>Styx, 28 Victoria Road, Kirkcaldy KY1 1DS</b></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  <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>            07795507072            01592 204541</p>
Every Monday	<p><b>Social Group - PLEASE BOOK A SPACE</b>  <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b></p> <p>An opportunity to develop friendships and participate in a range of activities.</p>	<p>2:00pm – 3:30pm</p> <p>Claire French  <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>            07795507072            01592 204541</p>
Every Monday	<p><b>Monday Meet Up</b>  <b>Forthview Parish Church, Regents Way, Dalgety Bay, KY11 9UY</b></p> <p>An opportunity to develop friendships and participate in a range of activities.</p>	<p>1:30pm – 3:00pm</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>            07824377548</p> <p>Natalie Higgins  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>            07771718538            01592 204541</p>
Monday 1 <sup>st</sup> July	<p><b>Carers Lunch Club - PLEASE BOOK A SPACE</b>  <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</b></p> <p>Monthly - 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: <a href="tel:01592204541">01592204541</a>,  <a href="mailto:fifeservices@alzscot.org">fifeservices@alzscot.org</a></p> <p>Helen Christie:  <a href="mailto:HChristie@alzscot.org">HChristie@alzscot.org</a>            07584136602</p>
Monday 1 <sup>st</sup> July	<p><b>Nourish and Connect Carers Lunch Club</b>  <b>Scout Hall, Elizabeth Street, Tayport, DD6 9ND</b></p> <p>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.</p>	<p>11:30am – 1:00pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>            07766445717            01592 204541</p>

Monday 8 <sup>th</sup> July	<p><b>The Choir</b>  <b>St Columba's Church of Scotland, Robertson Road, Dunfermline KY12 0BF</b></p> <p>Second Monday of each month - Come and join us for some singing.</p>	<p>1:00pm – 3:00pm</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>
Monday 8 <sup>th</sup> July	<p><b>Walk, Lunch and Social Group</b>  <b>Holy Trinity Church Halls, Queens Terrace, St Andrews KY16 9QF</b></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>11.00am -3:00pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Monday 15 <sup>th</sup> July	<p><b>Social Group</b>  <b>The East Neuk Centre, Ladywalk, Anstruther KY10 3EX</b></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  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Monday 29 <sup>th</sup> July	<p><b>Nourish &amp; Connect Lunch Club</b>  <b>Elie Pavilion, Golf Club Lane, Elie, Leven KY9 AS</b></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  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Every Tuesday	<p><b>Hope Social Group</b>  <b>Hope Church, Carron Place, Kirkcaldy KY2 6PS</b></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  <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a>  07827992313  01592 204541</p>
Every Tuesday	<p><b>Rosyth Garden Group</b>  <b>PLEASE CONTACT MICHELLE FOR VENUE INFORMATION</b></p> <p>Come along to help with Garden tasks and enjoy a refreshment of tea &amp; Biscuits.</p>	<p>10:00am – 12:00pm</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>
Every Tuesday	<p><b>Park Gowf - PLEASE BOOK A SPACE</b>  <b>Dunnikier Golf Club, Dunnikier Way, Kirkcaldy KY13LP</b></p> <p>Come and join us for different activities.</p>	<p>10:30am – 12:00pm</p> <p>Claire French  <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>  07795507072  01592 204541</p>

Every Tuesday	<p><b>Healthy Hearts &amp; Hips</b>  <b>Fife Brain Health &amp; Dementia Resource Centre,</b>  <b>Hill Street, Kirkcaldy KY1 1AH</b></p> <p>Come along join in the fun with good music and gentle exercises.</p>	<p>1:00pm – 2:30pm</p> <p>Claire French  <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>  07795507072  01592 204541</p>
Every Tuesday	<p><b>Walking Group - Townhill</b>  <b>Townhill Café – Ski Centre, Dunfermline, KY12 0HT</b></p> <p>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  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>
Every Tuesday	<p><b>Blether Together</b>  <b>Glenrothes Strollers, Over Stenton Park,</b>  <b>Viewfield, KY6 2AD</b></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  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>  07771718538  01592 204541</p>
Every Tuesday  30 <sup>TH</sup> July Location to be announced by Lesley	<p><b>Wander Walking Group</b>  <b>Angel War Statue KY15 4TH</b></p> <p>Weekly group meeting at the angel statue (war memorial) in Cupar beside Haugh Park. A group for all abilities. We will take a walk along the path that follows the River Eden, track is suitable for wheelchair access and has no incline. There are some benches along the way, with the walk lasting 1 hour and up to 1 mile in length depending on the needs of the group.</p>	<p>2.00pm -3:00pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Tuesday 2 <sup>nd</sup> July	<p><b>Using Technology in Dementia</b>  <b>Fife Brain Health &amp; Dementia Resource Centre,</b>  <b>Hill Street, Kirkcaldy KY1 1AH</b></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  <a href="mailto:amccann@alzscot.org">amccann@alzscot.org</a>  07771815332  01592 204541</p>
Tuesday 9 <sup>th</sup> & 30 <sup>th</sup> July	<p><b>Blether and Eat Together</b>  <b>Burnturk Jubilee Hall, Coaltown of Burnturk,</b>  <b>Cupar, KY15 7TR</b></p> <p>Second and last Tuesday of each month – Enjoy soup and a sandwich as well as some nostalgic games.</p>	<p>11:30am – 1:30pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Tuesday 30 <sup>th</sup> July	<p><b>Singing in Harmony</b>  <b>St Margaret's Parish Church, Abel Place, Touch,</b>  <b>Dunfermline KY11 4JJ</b></p> <p>Last Tuesday of each month - Come and join us for some singing.</p>	<p>2:00pm – 3:30pm</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>

Every Wednesday	<b>Garden Gathering</b> <b>Scout Hall, Elizabeth Street, Tayport, DD6 9ND</b>  Join us for some garden fun.	10:30am – 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,</b> <b>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 – 3:00pm  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 Columba’s Church of Scotland, Robertson</b> <b>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 10 <sup>th</sup> July	<b>Football Memories</b> <b>East End Park, Halbeath Road, Dunfermline, KY12</b> <b>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 31 <sup>st</sup> July	<b>Football Memories</b> <b>Fife Brain Health &amp; Dementia Resource Centre,</b> <b>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 31 <sup>st</sup> July	<b>Dementia Information Café</b> <b>St Columba’s Church of Scotland, Robertson Road,</b> <b>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	<p><b>Wake up Shake up</b>  <b>Oakley Community Centre, 5 Station Road, KY12 9QF</b></p> <p>Join us for some movement to kick start your day.</p>	<p>10:00am – 11:00am</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>
Every Thursday	<p><b>Snooker Group</b>  <b>Townhill Community Centre, Dunfermline KY12 0EN</b></p> <p>Come join us, have a game and meet people.</p>	<p>12:30pm – 2:00pm</p> <p>Michelle Hodgson  <a href="mailto:MHodgson@alzscot.org">MHodgson@alzscot.org</a>  07824377548  01592 204541</p>
Every Thursday	<p><b>Musical Memories</b>  <b>St Ninian’s Church, Tanshall Road, Glenrothes, KY6 2LP</b></p> <p>Join us in songs as we travel through the decades</p>	<p>1:30pm – 3:00pm</p> <p>Natalie Higgins  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>  07771718538  01592 204541</p>
Thursday 11 <sup>th</sup> July	<p><b>Throwback Thursdays</b>  <b>Braehead Court Housing Association, Braehead Court, Leven, KY8 1LF</b></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  <a href="mailto:Cfrench@alzscot.org">Cfrench@alzscot.org</a>  07795507072  01592 204541</p>
Thursday 11 <sup>th</sup> July	<p><b>Screen memories – MOVIE THEME ON SCREEN</b>  <b>PLEASE BOOK A SEAT</b>  <b>The Centre, 1 Broomieknowe, Leven KY8 4QP</b></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  <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a>  07827992313  01592 204541</p>
Thursday 25 <sup>th</sup> July	<p><b>Jukebox Day</b>  <b>Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW – Entrance from Wallsgreen Road – Venue entrance at swimming pool car park entrance.</b></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  <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a>  07827992313  01592 204541</p>
Thursday 25 <sup>th</sup> July	<p><b>Throwback Thursdays</b>  <b>Carlow Court Housing Association</b>  <b>Aitken Road, Leven, KY8 4NS</b></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  <a href="mailto:Cfrench@alzscot.org">Cfrench@alzscot.org</a>  07795507072  01592 204541</p>

Every Friday	<p><b>Social Group</b>  <b>Gilmour Court, Blair Avenue, Glenrothes KY7 4RP</b></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  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>  07771718538  01592 204541</p>
Every Friday	<p><b>Kirkcaldy Hearts and Soles</b>  <b>Morrisons (Car Park), The Esplanade, Kirkcaldy, KY1 1SL</b></p> <p>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.</p>	<p>11:00am -12:30pm</p> <p>Claire French  <a href="mailto:Cfrench@alzscot.org">Cfrench@alzscot.org</a>  07795507072  01592 204541</p>
Friday 5 <sup>th</sup> July	<p><b>Football Memories</b>  <b>St Andrews United Social Club, 84 Langlands, St Andrews KY16 8BN</b></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  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>
Friday 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> July	<p><b>Bake-a-licious Baking Group – PLEASE BOOK A SPACE</b>  <b>Cellardyke Town Hall, Toll Road, Anstruther KY10 3BQ</b></p> <p>Second, third and fourth Friday of the month - Come along and join us, an opportunity to continue a passion for baking.</p>	<p>2:00pm - 4.00pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  01592 204541</p>

Contact details for groups:

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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/>

24 HOUR

Alzheimer  
Scotland  
Action on Dementia

# Dementia Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)