What's on February 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 <u>CFrench@alzscot.org</u> 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 <u>CFrench@alzscot.org</u> 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 3rd February	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 3rd February	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

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. Michelle Hodgson MHodgson@alzscot.org 07824377548 (01592 204541 11.00am - 3:00pm 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 funch 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) 1-3pm 10:30am - 11:30am	Monday	The Choir	1:00pm – 3:00pm
Road, Dunfermline KY12 0BF Second and Fourth Monday of each month - Come and join us for some singing. Michelle Hodgson @alzscot.org 078243777548	•		1.00ртт — 3.00ртт
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Street, Kirkcaldy, KY1 1AH Claire French CFrench@alzscot.org	*		10:30am – 12:00pm
07705507070	·	·	
O1592 204541		Come and join us for different activities.	07795507072

Every Tuesday	Musical Memories Tulliallan Bowling club, Kincardine, FK10 4NY	10:30am – 12:00pm
ruoday	Join us in songs as we travel through the decades.	Natalie Higgins NHiggins@alzscot.org 07771718538 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 <u>CFrench@alzscot.org</u> 07795507072 01592 204541
Every Tuesday Apart from the last Tuesday of every month	Indoor Walking Group Winter Months Townhill Community Centre, Dunfermline, KY12 0EN If weather is agreeable we will take a brisk walk around the park, if unsuitable we will stay inside and take part in movement to music.	1:30pm – 2:30pm Michelle Hodgson MHodgson@alzscot.org 07824377548 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 Angel War Statue KY15 4TH 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 4th February	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	Distance of Est Tourston	11.000 - 1.000 -
Tuesday 11th & 25th	Blether and Eat Together	11:00am – 1:00pm
February	Burnturk Jubilee Hall, Coaltown of Burnturk,	Lesley Dewar
,	Cupar, KY15 7TR	LDewar@alzscot.org
		07766445717
	Second and last Tuesday of each month – Enjoy soup and	01592 204541
	a sandwich as well as some nostalgic games.	
Tuesday	Singing in Harmony	2:00pm – 3:30pm
25th	St Margaret's Parish Church, Abel Place, Touch,	
February	Dunfermline KY11 4JJ	Michelle Hodgson
		MHodgson@alzscot.org
	Last Tuesday of each month - Come and join us for some	07824377548 01592 204541
	singing.	01392 204341
	Singing.	
Every	Garden Gathering	10:30am – 12:00pm
Wednesday	Scout Hall, Elizabeth Street, Tayport, DD6 9ND	Lesley Dewar
		LDewar@alzscot.org
	Join us for some garden fun.	07766445717 01592 204541
Every	Love 2 Bake - PLEASE BOOK A SPACE	10:30am – 12:30pm
Wednesday	2010 2 Band 1 ELAGE BOOK A OF AGE	. 5.00a 12.00piii
	Fife Brain Health & Dementia Resource Centre,	Shirley Richardson
	Hill Street, Kirkcaldy KY1 1AH	SRichardson@alzscot.org
	•	07827992313 01592 204541
	Come along and join us for planning recipes and an	01392 204341
	opportunity to continue a passion for baking.	
Every	Musical Memories	10:30am – 12:00pm
Wednesday	Lochgelly Centre, Bank Street, Lochgelly KY5 9RD	Claire French
		CFrench@alzscot.org
	Come along and join us in songs as we travel through the	07795507072
	decades, with an opportunity to develop friendships.	Natalie Higgins
Every	Cue and Connect Pool	1:00pm – 3:00pm
Wednesday	Tayport Arms, 3 Nelson Street, Tayport DD6 9DN	
		Lesley Dewar
	Making memories one cue at a time: join our Dementia	LDewar@alzscot.org
	friendly pool group for carers and people living with	07766445717 01592 204541
	dementia.	01032 20 1 041
Every	Memory Lane – PLEASE BOOK A SPACE	2:15pm – 3:45pm
Wednesday	St Columba's Church of Scotland, Robertson	
	Road, Dunfermline KY12 0BF	Michelle Hodgson
		MHodgson@alzscot.org 07824377548
	Come and join us for a trip down memory lane.	01592 204541
		5100E E0 10 11
Wednesday	Football Memories	1:30pm – 3:00pm
12 th February	East End Park, Halbeath Road, Dunfermline, KY12	AL CP IP 1
	7RB	Natalie Higgins
		NHiggins@alzscot.org 07771718538
	Second Wednesday of each month - Join us for this monthly	01592 204541
	group to look back over the years of football, whilst enjoying a pie and bovril at "half time"	
	a pie and povili at Tiaii lime	

Wednesday 12 th February	Dementia Information Café Together Levenmouth Hub, 45 High Street, Leven KY8 4NE	2:30pm – 3:30pm Shirley Heeps
	K10 414E	SHeeps@alzscot.org
		07818402729
	Second Wednesday of each month- group for carers and	Janine Adair
	people living with dementia.	jadair@alzscot.org
		07734289400
		01592 204541
		01392 204341
Wednesday	Football Memories	1:30pm – 3:00pm
26th	Fife Brain Health & Dementia Resource Centre,	оор
February	Hill Street, Kirkcaldy KY1 1AH	Claire French
, ,	Till Sueet, Kirkcaldy KTT TAIT	CFrench@alzscot.org
		07795507072
	Last Wednesday of each month - Join us for this monthly	01592 204541
	group to look back over the years of football, whilst enjoying	0.002 20.0
	a pie and bovril at "half time"	
Wednesday	Dementia Information Café	2:30pm – 3:30pm
26th	St Columba's Church of Scotland, Robertson Road,	
February	Dunfermline KY12 0BF	Shirley Heeps
1 oblidaly	Duniermiine KY12 OBF	SHeeps@alzscot.org
		07818402729
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	people living with dementia.	jadair@alzscot.org
		07734289400
		01592 204541
		01392 204341
Every	Wake up Shake up	10:00am – 11:00am
Every Thursday	Wake up Shake up Oakley Community Centre, 5 Station Road, KY12	10:00am – 11:00am
	Oakley Community Centre, 5 Station Road, KY12	
		Michelle Hodgson
	Oakley Community Centre, 5 Station Road, KY12 9QF	
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	Oakley Community Centre, 5 Station Road, KY12 9QF	Michelle Hodgson MHodgson@alzscot.org 07824377548
Thursday	Oakley Community Centre, 5 Station Road, KY12 9QF Join us for some movement to kick start your day.	Michelle Hodgson MHodgson@alzscot.org 07824377548 01592 204541
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Thursday	Throwback Thursdays	10.30am -11.30am
13th	Braehead Court Housing Association, Braehead	
February	Court, Leven, KY8 1LF	Claire French
		Cfrench@alzscot.org
	Second Thursday of every month for some throwbacks	07795507072
	throughout the years of old sitcoms, screen memories and	01592 204541
	movement to music and much more.	0.002 20.00
Thursday	Screen memories – MOVIE THEME ON SCREEN	1:30pm – 3:30pm
13th	PLEASE BOOK A SEAT	
February	The Centre, 1 Broomieknowe, Leven KY8 4QP	Shirley Richardson
		SRichardson@alzscot.org 07827992313
	Second Thursday of the month - Come join us for A movie	01592 204541
	themed quiz with a refreshment, drink and snack at the	01392 204341
	interval.	
Thursday	Jukebox Day	1:30pm – 3:00pm
27th	Bowhill Community Centre, 145 Station Road,	Chirley Dichardson
February	Cardenden, KY5 0BW – Entrance from Wallsgreen	Shirley Richardson SRichardson@alzscot.org
	Road – Venue entrance at swimming pool car park	07827992313
	entrance.	01592 204541
	Fourth Thursday of the month. Come join us and listen to	
	Fourth Thursday of the month - Come join us and listen to some themed music and reminisce.	
	Some themed music and reminisce.	
Thursday	Throwback Thursdays	10:00am -11:00am
27th	Carlow Court Housing Association	
February	Aitken Road, Leven, KY8 4NS	Claire French
	• •	Cfrench@alzscot.org
	Last Thursday of every month, come and join us for some	07795507072
	throwbacks throughout the years of old sitcoms, screen	01592 204541
	memories and movement to music and much more.	
Franc Friday	AAt1.00t	44.00 40.00
Every Friday	Musical Memories	11:00am-12.30pm
	Trust Housing, Balbirnie Court, Markinch KY7 6AH	Natalie Higgins
		NHiggins@alzscot.org
	Join us in songs as we travel through the decades.	07771718538
		01592 204541
Every Friday	Social Group	1:30pm-3.00pm
	Gilmour Court, Blair Avenue, Glenrothes KY7 4RP	AL CRITICAL
		Natalie Higgins
	Come and join us at our social group, with a focus on making	NHiggins@alzscot.org 07771718538
	friends.	01771710556
Event Frider	Kinkaaldu Haanka and Calaa	
Every Friday	Kirkcaldy Hearts and Soles	11:00am -12:30pm
	Morrisons (Car Park), The Esplanade, Kirkcaldy, KY1	Claire French
	1SL	Cfrench@alzscot.org
	Our walking group is an opportunity for people living with	07795507072
	dementia or anyone wishing to maintain their brain health to	01592 204541
	join us for a weekly stroll along Kirkcaldy promenade. All	
	whilst taking in the scenery and enjoying a social chat.	
	· · · · · · · · ·	

Friday	Football Memories	2:00pm – 3:45pm
7th February	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.	Lesley Dewar <u>LDewar@alzscot.org</u> 07766445717 01592 204541
Friday 14th, 21st,& 28th	Bake-a-licious Baking Group – PLEASE BOOK A SPACE	2:00pm - 4.00pm Lesley Dewar
February	Second, third, and fourth Friday of the month - Come along and join us, an opportunity to continue a passion for baking.	LDewar@alzscot.org 07766445717 01592 204541

Contact details for groups:

Claire French Lesley Dewar

Email: <u>CFrench@alzscot.org</u> Tel: 07795507072 Email: <u>LDewar@alzscot.org</u> Tel: 07766445717

Michelle Hodgson Natalie Higgins

Email: MHodgson@alzscot.org Tel: 07824377548 Email: NHiggins@alzscot.org Tel: 07771718538

Shirley Richardson Helen Christie

Email: <u>SRichardson@alzscot.org</u> Tel: 07827992313 Email: <u>HChristie@alzscot.org</u> 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/

