

# 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	<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>Natalie Higgins  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>            07771718538            01592 204541</p>
Monday 3rd February	<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>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.</p>	<p>11.30pm-1:00pm</p> <p>Helen Christie:  <a href="mailto:HChristie@alzscot.org">HChristie@alzscot.org</a>            07584136602            01592204541  <a href="mailto:fifeservices@alzscot.org">fifeservices@alzscot.org</a></p>
Monday 3rd February	<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 10th & 24th February	<p><b>The Choir</b>  <b>St Columba's Church of Scotland, Robertson Road, Dunfermline KY12 0BF</b></p> <p>Second and Fourth 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 10th February	<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 17th February	<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 24th February	<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>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH</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>Musical Memories</b>  <b>Tulliallan Bowling club, Kincardine, FK10 4NY</b></p> <p>Join us in songs as we travel through the decades.</p>	<p>10:30am – 12:00pm</p> <p>Natalie Higgins  <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a>  07771718538  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 Apart from the last Tuesday of every month	<p><b>Indoor Walking Group Winter Months</b>  <b>Townhill Community Centre, Dunfermline, KY12 0EN</b></p> <p>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.</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	<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, this is wheelchair accessible.</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 4th February	<p><b>About Digital and Me (ADAM)</b>  <b>Fife Brain Health &amp; Dementia Resource Centre,</b>  <b>Hill Street, Kirkcaldy KY1 1AH</b></p> <p>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. <b>Lead Scotland</b> will also be on hand offering IT &amp; digital skills support for those living with dementia &amp; their families. <b>Please email or call ahead of time to book a time slot.</b></p>	<p>10:00am – 12:00pm</p> <p>Audrey McCann  <a href="mailto:AMcCann@alzscot.org">AMcCann@alzscot.org</a>  07771815332  01592 204541</p>

Tuesday 11th & 25th February	<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 25th February	<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.	10:30am – 12:00pm Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Every Wednesday	<b>Love 2 Bake - PLEASE BOOK A SPACE</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>Musical Memories</b> <b>Lochgelly Centre, Bank Street, Lochgelly KY5 9RD</b>  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 <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> 07795507072 Natalie Higgins
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 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 12 <sup>th</sup> February	<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 12 <sup>th</sup> February	<p><b>Dementia Information Café</b>  <b>Together Levenmouth Hub, 45 High Street, Leven KY8 4NE</b></p> <p>Second Wednesday of each month- group for carers and people living with dementia.</p>	<p>2:30pm – 3:30pm</p> <p>Shirley Heeps  <a href="mailto:SHeeps@alzscot.org">SHeeps@alzscot.org</a>  07818402729  Janine Adair  <a href="mailto:jadair@alzscot.org">jadair@alzscot.org</a>  07734289400  01592 204541</p>
Wednesday 26 <sup>th</sup> February	<p><b>Football Memories</b>  <b>Fife Brain Health &amp; Dementia Resource Centre, Hill Street, Kirkcaldy KY1 1AH</b></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  <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a>  07795507072  01592 204541</p>
Wednesday 26 <sup>th</sup> February	<p><b>Dementia Information Café</b>  <b>St Columba’s Church of Scotland, Robertson Road, Dunfermline KY12 0BF</b></p> <p>Last Wednesday of each month- group for carers and people living with dementia.</p>	<p>2:30pm – 3:30pm</p> <p>Shirley Heeps  <a href="mailto:SHeeps@alzscot.org">SHeeps@alzscot.org</a>  07818402729  Janine Adair  <a href="mailto:jadair@alzscot.org">jadair@alzscot.org</a>  07734289400  01592 204541</p>
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>Stroll Together Newburgh</b>  <b>Lindores Abbey Distillery, Newburgh, KY14 6HH</b></p> <p>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.</p>	<p>1:30pm – 2:30pm</p> <p>Lesley Dewar  <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a>  07766445717  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 13th February	<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 13th February	<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 27th February	<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 – 3:00pm</p> <p>Shirley Richardson <a href="mailto:SRichardson@alzscot.org">SRichardson@alzscot.org</a> 07827992313 01592 204541</p>
Thursday 27th February	<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>Musical Memories</b> <b>Trust Housing, Balbirnie Court, Markinch KY7 6AH</b></p> <p>Join us in songs as we travel through the decades.</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>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>1:30pm-3.00pm</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 7th February	<b>Football Memories</b> <b>St Andrews Bowling Club, 1 Pipeland Road, KY16 8JN</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.	2:00pm – 3:45pm  Lesley Dewar <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541
Friday 14th, 21st, & 28th February	<b>Bake-a-licious Baking Group – PLEASE BOOK A SPACE</b> <b>Cellardyke Town Hall, Toll Road, Anstruther KY10 3BQ</b>  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 <a href="mailto:LDewar@alzscot.org">LDewar@alzscot.org</a> 07766445717 01592 204541

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/>

