



## Fife Carers Centre

### ACTIVITIES OFFERED TO ANY UNPAID ADULT CARER IN FIFE

#### Face to face groups:

- Levenmouth carers group meeting in person fortnightly on Monday 10am at the café 'Beach coffee House' above Beachcomber Amusements
- Crafty Carers group – every second Thursday 1:30-3pm – in person, at the Fife Carers Centre
- NE Fife Carer Support Group – meets every 2nd Monday from 2-3.30pm at Fisher & Donaldson's, Ceres Road, Cupar



#### Walking groups:

- Beveridge Park in Kirkcaldy – every second Tuesday 1pm
- Pittencrieff Park (the Glen) in Dunfermline – every second Tuesday 1pm
- NE Fife Carers – every first Thursday of the month in St Andrews, 10-11.30am
- South West Fife - every second Tuesday at various locations 11.30am
- Riverside Park, Glenrothes - every second Wednesday at 1pm



#### Online groups:

- Virtual Club for Carers and befrienders in Fife – every Monday 2-3:30pm on Zoom
- Male carers social & support group – on the 1st and 3rd Tuesday of every month 2pm on Zoom
- North East Fife carers Wellbeing Group – FB messenger chat group
- Book Group – every first Monday of the month 4pm on Zoom
- Book group - every 3rd Monday of the month 4pm on Zoom
- Kirkcaldy, Burntisland & Kinghorn parent carers social & support group – every second Thursday 10-11am on Zoom
- WhatsApp chat group called "Levenmouth Carers": peer support and information, mostly for parent carers
- "Levenmouth Carers"- Facebook chat group
- Dunfermline, Crossford - social & support group, every second Thursday 2-3pm on FB Messenger
- South West Social & support group – every Wednesday 2-3pm on Zoom



To join or for further information phone us on 01592 205 472 or  
email [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)