



Fife Carers Centre

ACTIVITIES OFFERED TO ANY UNPAID ADULT CARER INFIFE

Face to face groups:

- Carers Catch up Club/group befriending- Kirkcaldy Linton lane centre every second Tuesday 1-2:30pm.
- Levenmouth carers group meeting in person weekly on Monday at 10am at the Caledonian hotel restaurant.
- Crafty Carers group – every second Thursday 1-2.30pm – in person, at the Fife Carers Centre, spaces are limited and must be pre-booked.
- NE Fife Carer Support Group – meets every last Monday of the month from 2-3.30pm at Fisher & Donaldson's, Ceres Road, Cupar.
- Carer Social and Activity Group in Cairneyhill, every second Thursday 11am-12.30pm at The Church Hall, 3 Main Street, Cairneyhill.
- MEN'S GROUP, 2PM – 3PM, 4th Tuesday of Each Month at Fife Carers Centre



Walking groups:

- Rabbits brae Park in Kirkcaldy – every second Tuesday 12pm (followed by the meeting at 1pm at the Linton lane Community centre).
- Pittencrieff Park (the Glen) in Dunfermline – every second Tuesday 1pm followed by the meeting at 2pm at the 'Peacock café' in the park.
- Carers Support Group at The Botanic Gardens, St Andrews every Thursday morning. Please contact Ali on 07889 562447 if you would like to come along.
- West Fife Carers walking group- every second Tuesday at various locations at 11.30am.

Online groups:

- Virtual Club for Carers and befrienders in Fife – every Monday 10:30-12:00pm on Zoom
- Male carers social & support group – 1PM – 1.40PM, 2nd Tuesday of Each Month on Zoom
- North East Fife carers Wellbeing Group – Facebook group
- Book Group – every first Monday of the month 4pm on Zoom
- Book group - every 3rd Monday of the month 4pm on Zoom
- WhatsApp chat group called "Levenmouth Carers": peer support and information, mostly for parent carers
- "Levenmouth Carers"- Facebook chat group
- Dunfermline and Crossford - social & support group, 1st and 3rd Thursday of each month via FB messenger video calls

**To join or for further information phone us on
01592205472 or email centre@fifecarers.co.uk**

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