



About Us

Our clubs are for adults living in Fife experiencing loneliness and isolation, aged 26 to 65 years old. We've been supporting people since 2016.

Members enjoy personal development through peer support and therapeutic group work, improving their quality of life, developing their social skills and confidence within the community.



Our number
07748 631417



Our Email
curnieclubsinfife@gmail.com



Our Address
24 Hill Street, Kirkcaldy

Registered charity number SC010422



www.fifecurnieclubs.org

Fife Curnie Clubs

What's On
Curnie in
2023



Curnie Clubs

- Buckhaven
- Dunfermline
- Glenrothes
- Kirkcaldy

We have four clubs across Fife. Each club meets on a weekly basis. Members are involved in planning the weekly activities which can include art, craft, quizzes, and team building.



Green Health

Spending time in nature is linked to improvements in mood, mental health and emotional well-being.

Our Flourish With Nature Programme involves outdoor trips, mindfulness walks, and nature-based activities.

Our Garden Project is a co-production open to all club members and is located in Kirkcaldy.



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Fife Curnie Clubs

Flourish With Nature

Sign Up Now!

Call 07384 514478

Fife Communities
Mental Health
and Wellbeing Fund



Scottish Government
Riaghaltas na h-Alba
gov.scot

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