



RESTORATION CALENDAR - NOVEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 11am-1pm 	1 11am-1pm 1:30pm	2 9am 7pm	3 11am-1pm 	4 11am-1pm 1:30pm	5 10am 7pm
7 11am-1pm 	8 11am-1pm 1:30pm	9 7pm 	10 11am-1pm 	11 11am-1pm 1:30pm	12 10am 7pm
14 11am-1pm 	15 11am-1pm 1:30pm	16 9am 7pm	17 11am-1pm 	18 6pm	19 10am
21 11am-1pm 	22 11am-1pm 1:30pm	23 1pm 7pm	24 11am-1pm 	25 11am-1pm 1:30pm	26 10am



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ONLINE



HARDCORE ABSTINENCE:

Zoom group for those looking to maintain their abstinence or for whom abstinence is their goal. This is a privately selected group.



HOPE-IATES:

Zoom group specifically for members who have experienced opioid use. This is a privately selected group. Contact us for more information.



RAFFLE:

Enter our raffle on our Facebook or Instagram pages. You're in with a chance to win some vouchers!



RESTO BINGO:

Online bingo night. Opportunity to win a voucher!



RESTO QUESTO:

Online quiz night. From general knowledge to gameshow style, with the odd curveball thrown somewhere in between. Voucher for the winner!

**** PROTECT YOUR COMMUNITY ****
Wash your hands
Isolate if you have symptoms

In person groups are subject to change depending on COVID guidelines

LIVE



RECOVERY CAFÉ:

Join your recovery community for a cuppa and a chat.
Every Monday, Salvation Army, Buckhaven (Michael Street)
Every Tuesday, St Margaret's Church, Dunfermline (Touch)
Every Thursday, Sandybrae Community Centre, Kennoway
Every Friday: YMCA Community Centre, Glenrothes



Readings



Therapies



Advice



Haircuts



PINK SALTIRE - THE HIVE:

We'll be present in Fife's LGBT+ centre in Kirkcaldy.



RESTORATION AGM:

We will be holding our 2021-2022 AGM on Zoom.
Tuesday 1st November 2022 at 7pm.
Contact us for the link if you would like to attend.



RESTORATION EDUCATION:

Keep an eye on our social media channels every Saturday for some recommendations to keep in your Recovery Toolkit!



RESTO RAVERS:

Live Music Night!
YMCA Community Centre, Glenrothes.
Come along to our Recovery Café's if you would like a ticket!



SPORT & SUPPORT:

We'll have some activities on offer after our Dunfermline and Glenrothes Recovery Café's this month. Get your sweat on! Contact us for more information.

'LIKE' US ON FACEBOOK
AND 'FOLLOW' US ON INSTAGRAM
FOR MORE UPDATES
@RestorationFife



Funded with thanks by:



FOR MORE INFORMATION
TEXT/WHATSAPP

07734 408498



RESTORATION GROUP AGREEMENT

covid safety - protect your community
wash your hands
isolate if you have symptoms



do not attend
under the influence of substances



please do not ask for, or disclose, personal
information to other members:
phone numbers, addresses, social media
details or any other personal information.



be mindful of the personal space of others
not everyone is a hugger!



confidentiality
what's shared in here - stays in here
be mindful that not everyone
is at the same stage in recovery



be respectful to one another
allow everyone the chance to speak



please do not use language that's
hurtful or inappropriate



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