



# Restoration Fife

## July activities - week 1

proudly funded by:



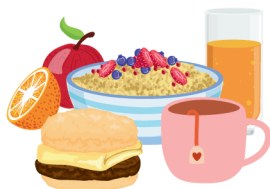
monday

30th

### **Cupar Resto**

YMCA

10:30am - 11:30am  
Breakfast Club



11:30am - 1pm  
Wellbeing Activity



tuesday

1st

### **Dunfermline Resto**

Touch Trust  
Abel Place

10:30am - 11:30am  
Breakfast Club



11:30am - 1pm  
Walk and Talk



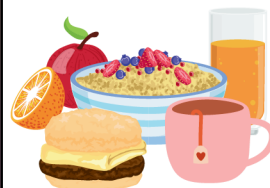
wednesday

2nd

### **Kirkcaldy Resto**

The Hive

10:30am - 11:30am  
Breakfast Club  
& Gym



11:30am - 1pm  
Walk and Talk



sunday

6th

### **Recovery Connects**

Queens Park Arena  
Glasgow

12pm - 6:30pm





# Restoration Fife

## July activities - week 2

proudly funded by:



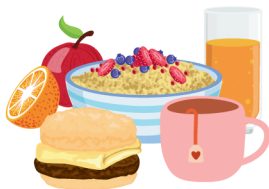
### monday

7th

#### **Cupar Resto**

**YMCA**

10:30am - 11:30am  
Breakfast Club



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11:30am - 1pm  
Walk and Talk



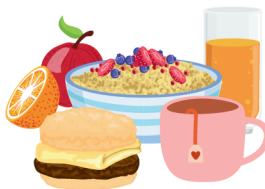
### tuesday

8th

#### **Dunfermline Resto**

**Touch Trust  
Abel Place**

10:30am - 11:30am  
Breakfast Club



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11:30am - 1pm  
Arts and Crafts/  
Readings



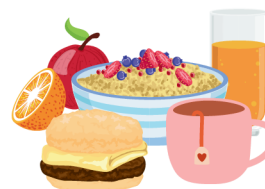
### wednesday

9th

#### **Kirkcaldy Resto**

**The Hive**

10:30am - 11:30am  
Breakfast Club  
& Gym



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11:30am - 1pm  
Mindfulness



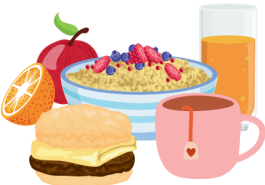

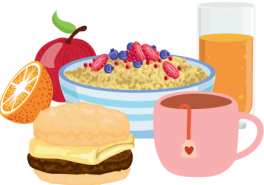

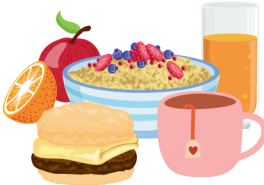


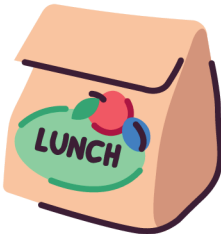



# Restoration Fife

## July activities - week 3

proudly funded by:



monday	tuesday	wednesday	thursday	friday
<p>14th</p> <p><b>Cupar Resto</b></p> <p><b>YMCA</b></p> <p>10:30am - 11:30am Breakfast Club</p>  <hr/> <p>11:30am - 1pm Wellbeing Activity</p> 	<p>15th</p> <p><b>Dunfermline Resto</b></p> <p><b>Touch Trust Abel Place</b></p> <p>10:30am - 11:30am Breakfast Club</p>  <hr/> <p>11:30am - 1pm Therapies - Dot Peer Support</p> 	<p>16th</p> <p><b>Kirkcaldy Resto</b></p> <p><b>The Hive</b></p> <p>10:30am - 11:30am Breakfast Club &amp; Gym</p>  <p><b>GYM</b></p> <hr/> <p>11:30am - 1pm Walk and Talk</p> 	<p>17th</p> <p><b>Fishing Group</b></p> <p>10am - 2pm</p>  	<p>18th</p> <p><b>Walk &amp; Talk</b></p> <p><b>Glenrothes Town Park</b></p> <p>11am</p> 





# Restoration Fife

## July activities - week 4

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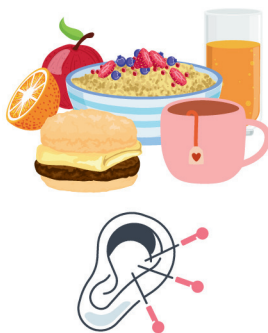
monday

21st

**Cupar  
Resto**

**YMCA**

10:30am - 11:30am  
Breakfast Club  
& Acupuncture



11:30am - 1pm  
Peer Support



tuesday

22nd

**Dunfermline  
Resto**

**Touch Trust  
Abel Place**

10:30am - 11:30am  
Breakfast Club



11:30am - 1pm  
Arts and Crafts



wednesday

23rd

**Kirkcaldy  
Resto**

**The Hive**

10:30am - 11:30am  
Breakfast Club  
& Gym



11:30am - 1pm  
Peer Support



friday

25th

**Recovery  
Olympics**

**Stirling**

9.30am - 6pm



**TOGETHER  
in  
RECOVERY**





# Restoration Fife

## July activities - week 5

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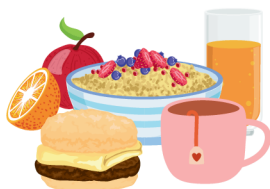
### monday

28th

#### **Cupar Resto**

**YMCA**

10:30am - 11:30am  
Breakfast Club



11:30am - 1pm  
Wellbeing Activity



### tuesday

29th

#### **Dunfermline Resto**

**Touch Trust  
Abel Place**

10:30am - 11:30am  
Breakfast Club



11:30am - 1pm  
Arts and Crafts



### wednesday

30th

#### **Kirkcaldy Resto**

**The Hive**

10:30am - 11:30am  
Breakfast Club  
& Gym



11:30am - 1pm  
Walk and Talk



### thursday

31st

#### **Kicking Addiction**

**Ballast Bank  
Inverkeithing**

11am - 1pm

