



## DEMENTIA AWARENESS WEEK 2020 – FIFE PROGRAMME

Join us as we celebrate our great Kingdom of Fife

Dementia Awareness Week -1-7 June 2020

- **Meandering Monday (1<sup>st</sup> June)** – We would love to capture some of your special places in Fife, if you are able, take a walk to a favourite place and take a photo of yourself there. It could be your garden seat, a local beauty spot, a shop or theatre you love. Send it to our Facebook page – Alzheimer Scotland Fife - <https://www.facebook.com/AlzheimerScotlandFife/> so that we can share with everyone.
- **Treasure Hunt Tuesday (2<sup>nd</sup> June)** – Join us from the comfort of your armchair for a journey through Fife from North to South answering the Treasure Hunt questions to discover the name of a well-known Scottish treasure. The Treasure Hunt will be available on our website <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre> and Facebook page <https://www.facebook.com/AlzheimerScotlandFife/>
- **If there's a whisk there's a way Wednesday (3<sup>rd</sup> June)** – what can be better than enjoying a baking session with us and then having the delights of your efforts as a strawberry tea at home at 4pm; join us live on Facebook for our baking session from 1-2 pm <https://www.facebook.com/AlzheimerScotlandFife/>
- **Thursday warbling (4<sup>th</sup> June)** – it's good to sing! With a selection of well-known songs join our choir leader Amy in a 30-minute singalong session live on Facebook from 11am – 11.30 <https://www.facebook.com/AlzheimerScotlandFife/>
- **Quizzly Friday (5<sup>th</sup> June)** – looking for a bit of mental stimulation, then try out our thinking, memory and creative challenges. Try our brain teaser, reminiscence quiz or celebrate Fife in a poem. They are available on our website <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/fife-dementia-resource-centre> and our Facebook page <https://www.facebook.com/AlzheimerScotlandFife/>

'The Kingdom cares!

All the activities are free of charge, but we welcome any donation however small. We have a JustGiving page here: <https://www.justgiving.com/fundraising/janine-adair>  
All donations will go to Alzheimer Scotland Fife Services. Thank you