



# Restoration Fife

## Recovery Community

# May 2023

'Believe you can and you're halfway there'

### Every Monday

### Every Tuesday

### Wednesdays and Thursdays

### Every Friday

### Weekend

**Buckhaven**  
Sport & Support  
11am - 1pm cafe  
1:30 - 2:30pm  
wellbeing activity

**Dunfermline**  
Sport & Support  
11am - 1pm cafe  
1:30 - 2:30pm  
wellbeing activity

Outings & Activities

**Glenrothes**  
Sport & Support  
11am - 1pm cafe  
1:30 - 2:30pm  
wellbeing activity

**Zoom Groups**  
7pm

1

2

3 **Bark in the Park**  
10.30am - 12pm  
Kirkcaldy  
Beveridge Park

4 **Raffle**

5   
Readings

6   
BINGO

8

9   
Therapies

10

11 **12:30pm**  
Women's  
Outdoor Group  
(Kirkcaldy) **WOW!**

12   
Therapies

13   
QUIZ

15   
Advice

16   
Advice

17 **Rock Climbing**  
Ratho, Edinburgh  
11:30am-3pm

18 **Raffle**

19   
Advice

20

22   
Haircuts

23

24 **Bark in the Park**  
10:30am - 12pm  
Glenrothes  
Town Park

25 **Big Fish Wee Fish**  
Fishing Group  
11am - 2pm

26

27

29

30

31 **Resto Runners**  
10:30am-12pm  
Town Park  
Glenrothes

1 **Hello June**

2   
Haircuts

3 **Raffle**

**Warm Space**  
**Warm Welcome**

Contact: Jade - 07501176234  
or Nicola - 07734408498

check out Restoration Fife  
for updates and our  
free raffles (voucher prize)



# Restoration Fife

## Recovery Community

# May 2023



### SPORT & SUPPORT:

Come and get some support at our Recovery Café's with the option of joining in with a range of sport and wellbeing activities afterwards.

Funded with thanks by:



### Every Monday

#### Buckhaven

Buckhaven Community Centre  
Kinnear Street  
KY8 1BH

### Every Tuesday

#### Dunfermline

St Margaret's Church  
Abel Place, Touch  
KY11 4JJ

### Every Friday

#### Glenrothes

YMCA  
North Street  
KY7 5PP



#### Restoration Daycation

£5 deposit to secure your place (returned on attendance at activity). Transport provided.



#### Bark in the Park - Dog Walks

You don't have to have a dog with you to join in with our dog friendly walks!

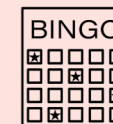


#### Resto Runners

Get your trainers on and join us for our latest fitness challenge!



#### Saturday Zoom Groups



Contact us for the links for our Bingo, Quiz and Music nights! Prizes for the Bingo and Quiz!



#### Big Fish - Wee Fish

Fishing season is back, so cast a line with us. Free transport, equipment and lunch provided.



#### Restoration Education

Stay tuned to our Facebook page for some wellbeing tips from our in house therapist.

## WOW!

#### Women Out Walking

Our Women Only outdoors group is back! Join us for a walk and talk.



## Restoration Fife Group Agreement

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.



please respect everyone's privacy  
and allow staff only to take photo's



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



## How to join in with us...

no referral needed

just pop in to any of our Recovery Café's  
from 11am to 1pm  
Mondays - Buckhaven Community Centre  
Tuesdays - St Margarets (Abel Pl, Dunfermline)  
Fridays - YMCA Glenrothes (North Street)

We provide a diverse range  
of weekly and monthly activities,  
both online and in person,  
with the sole aim of developing your recovery.

If you want to get involved:  
Check out our social media @RestorationFife  
PM us on any of our social media sites  
Call, text or WhatsApp us on 07734 408498