



## 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.fassaction.org.uk](http://www.fassaction.org.uk)

# 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.



[www.fassaction.org.uk](http://www.fassaction.org.uk)



## Fife Curnie Clubs Flourish With Nature

**Sign Up Now!**

Call Gail on 07384514478



[www.fassaction.org.uk](http://www.fassaction.org.uk)