



ANNUAL REPORT 2022

Fife Day Care Services Limited

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MISSION STATEMENT

Fife Day Care Services will constantly strive to provide quality active ageing day centre based support to older adults (over 65's). The day centre staff team will be appropriately trained relevant to their role within the organisation and will be equipped to enable service user choice and opportunity to socialise with peer group and participate in a range of stimulating recreational, creative and physical activities. As a third sector organisation, we also commit to continuous volunteer involvement in all aspects of our work, tapping into skills and experience that will enhance the quality of the service we provide.

Aims & Objectives

- ❖ Provide a safe and supported environment for older people to socialise
- ❖ Provide support, but encourage self-management and enable older people to be as independent as reasonably possible
- ❖ Alleviate loneliness and isolation thus Improving mental health and wellbeing
- ❖ Encourage healthy eating and physical activity thus improving overall health, strength and balance
- ❖ Cultivate optimism, boost self-esteem and confidence
- ❖ Cultivate friendships & a network of support
- ❖ Continuous monitoring of physical and mental health of service users, involving other agencies and professionals if and when required
- ❖ Provide advice, signposting individuals to other relevant agencies and professionals if and when required
- ❖ Provide a few hours respite for service users and their relatives/carers
- ❖ Provide volunteer opportunities and student placements with mentoring, guidance, training and support as required

COMPANY INFORMATION

Incorporated:	In Scotland
Link Officers:	Lesley Elias (Social Work Contracts Service)
Incorporated No:	194329
Registered Office:	64 Cedar Avenue Lumphinnans Fife KY4 9FE
Website:	www.fifedaycareservices.org.uk
Company Number:	SC194329
Charity Number:	SC012298
Care Inspectorate Number:	CS2017358768
Auditors:	John Lynch & Co Chartered Accountants Torridon House Torridon Lane Rosyth Fife KY11 2EU
Bankers:	Royal Bank of Scotland 52 East Port Dunfermline Fife. KY12 7HB

MEET OUR STAFF TEAM

Service Manager



Mrs Carol Reddington

31 Years' Service

Carol worked as an Enrolled Nurse with NHS Fife before joining Fife Day Care Services in 1991. Worked as a Group Coordinator and then Senior Coordinator, before being appointed as the Service Manager in the year 2000.

Qualifications:

- SVQ Level 4 Health and Social Care (Adults)
- Registered Manager in Health and Social Care Level 4
- Best Practice in Dementia Care and Registered Group Facilitator of Best Practice in Dementia Care (trained by the Dementia Services Development Centre, Stirling University)

Most satisfying aspect of her job role:

Meeting and getting to know so many amazing people, from service users and their families to volunteers, students and the many other professionals within the teams and organisations who refer to the service or support FDCS in other ways. And, having the privilege to manage such dedicated, kind and passionate individuals who all bring such unique personalities and skills towards making the excellent Fife Day Care Services team.

What Carol likes to do when not at work:

Reading fiction novels, listening to music, live music concerts, she is a football fan and a season ticket holder at Parkhead, Glasgow.

Assistant Service Manager



Miss Sheree Sinclair

22 Years' Service

Sheree worked in Administration and Co-ordination with Stagecoach Fife Buses before joining Fife Day Care Services in 2001, initially as Office Administrator and Accounts Manager, before undertaking further training and being appointed as Assistant Service Manager in 2014.

Qualifications:

- SVQ level 3 Health and Social Care (Adults)
- Professional Development Award in Health and Social Care Supervision SCQF level 7
- Best Practice in Dementia Care

Most satisfying aspect of her job role:

The versatility of being able to do a variety of tasks. Having a chat and a banter with different people each day and seeing that the work we do makes a difference to others gives great satisfaction and motivation. Having such a supportive Manager and being part of such an amazing team makes coming to work every day a pleasure.

What Sheree likes to do when not at work:

Enjoys long walks, reading, shopping, live music and going on city breaks.

Senior Day Care Co-Ordinator



Anne Marie McManus

25 Years' Service

Anne Marie's skills and experience comes from working in the Care Sector since leaving school. She worked as a Nursing Assistant with NHS Fife for many years, then at Raith Gates Nursing Home in Kirkcaldy directly before joining the team at Fife Day Care Services as a Day Care Co-ordinator in 1997, followed by promotion to Senior within the Day Care team in 2014.

Qualifications:

- SVQ level 2 Health and Social Care (Adults)
- SVQ Level 3 Health and Social Care (Adults)
- Professional Development Award in Health and Social Care
- Supervision SCQF level 7
- Best Practice in Dementia Care

Most satisfying aspect of her job role:

Anne Marie has found it exceptionally rewarding this past year witnessing the improvement in service users mobility, strength and mood being back in the Day Centre. She gets such satisfaction delivering the activities, knowing service users are happy to be back and benefitting physically and mentally. Anne Marie also enjoys the conversations and laughter with everyone. One service user recently told her that FDCS is their "happy place" and this she feels sums up the atmosphere within the Centre and makes her job so worthwhile and satisfying.

What Anne Marie likes to do when not at work:

Being outdoors walking, she loves all kinds of music and going to live concerts. Anne Marie likes shopping, particularly browsing in Antique Shops and she is an animal lover and has a cat called Toots who she says adopted her. Anne Marie also loves to spend lots of time with family and friends.

Day Care Co-Ordinator



Ann Pheely

4 Years' Service.

Ann worked for HSCP for many years as part of their Home Care Team, and joining the team at Fife Day Care Services in February of 2018, she brought a wealth of experience and skills in interacting and supporting older people with her.

Qualifications:

- SVQ Level 2 Health and Social Care (Adults)
- Best Practice in Dementia Care

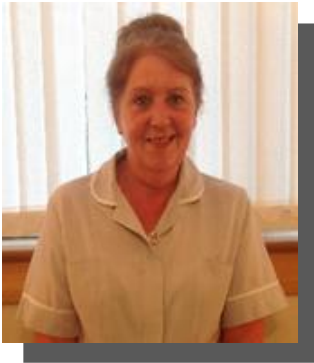
Most satisfying aspect of her job role:

Being involved in delivering the support, activities, conversations and games that bring such enjoyment to service users. Ann loves witnessing them going home happy each day, knowing they have had such a good time.

What Ann likes to do when not at work:

Going to music festivals and shows. Spending time with all her family and having long weekends and holidays away with both family and friends.

Day Care Co-Ordinator



Janette Huxtable

3 Years' Service.

Janette also worked as part of the Home Care Team for many years, and joined Fife Day Care Services in April 2019. Having long term experience in caring for and supporting people, in particular older adults, Janette also brought vital skills to the Day Care Centre, and like Ann, is a welcome addition to our small team.

Qualifications:

- SVQ Level 2 Health and Social Care (Adults)

Most satisfying aspect of her job role:

Janette feels privileged to be part of an amazing team, being together with colleagues who provide such a beneficial and fun service. Janette said that witnessing service users thrive and improve whilst attending the Day Centre makes her very proud.

What Janette likes to do when not at work:

Janette said that she values and enjoys family time, especially quality time with her daughters and granddaughters and going shopping with her sister. Janette has a passion for exercise and attends a local Gym for classes in body pump, dance, step and kettlebells, she also looks forward to finishing her working week and relaxing with a sauna and steam room.

Day Care Co-Ordinator



Alison Wilson

6 Months Service

Alison is no stranger to FDCS, she previously served as a volunteer on our Board of Director's and in her previous employment with Fife Forum as a Local Area Co-ordinator with their Older People's Team, she referred people regularly and supported new service users with introductions and visits.

Alison joined the team here in April 2022, replacing Beverly Miller who left for pastures new.

Qualifications:

- Degree in Social Science from Napier College 2011
- HND in Social Science from Carnegie College 2009
- HNC Social Care from Carnegie College 2008

Most satisfying aspect of her job role:

Alison said that she is enjoying every aspect of her job, every day is different, whether chatting with service users, helping them to play games, join in activities and have fun. Alison also values the extra time spent with service users when she is scheduled to be passenger escort with the driver, helping them from their homes and into the Centre and then home again at the end of the day. Alison feels that the full team create such a warm and friendly Day Centre and she is so happy to be a part of it.

What Alison likes to do when not at work:

Alison loves being active, getting out and about on her bike, swimming and going on long walks with her dogs.

BOARD OF DIRECTORS

- Mrs April Adam, Chairperson
- Mrs Margaret Morgan, Treasurer/Secretary
- Mrs Jean Cant, Director
- Mrs Caroline Friel, Director
- Mrs Helen Hughes, Director

MEET OUR VOLUNTEERS



Mrs Joyce Finlayson

31 Years' Service
(Wednesday & Friday)



Mr Gabriel Forte

3 Years' Service
(Friday)



Miss Dorothy Lindsay

28 Years' Service
(Monday & Tuesday)



Mrs Marina McNeil

2 Years' Service
(Monday)



Mrs Fay Mitchell

15 Years' Service
(Thursday)



Mrs Valerie McCann

3 Years' Service
(Wednesday)



Mrs Millie Penman

12 Years' Service
(Tuesday)

Students

Due to the pandemic restrictions/limited numbers permitted within the Day Centre, unfortunately we were unable to accept any students on placement.

OUR GROUPS

Our Active Ageing Groups take place from Monday through to Friday from 09:00 a.m. until 13:45 p.m.

MONDAY

Attended by people from the village of Crossgates, Hill of Beath & Cowdenbeath

TUESDAY

Attended by people from the villages of Ballingry, Lochore, Crosshill, Glenraig, & Lochgelly

WEDNESDAY

Attended by people from the villages of Kelty & Cowdenbeath

THURSDAY

Attended by people from the villages of Ballingry, Lochore, Crosshill, Glenraig, & Lochgelly

FRIDAY

Attended by people from the villages of Kelty & Cowdenbeath

Transport is provided door to door & our transport operator is Kingdom Transport Coaches. All vehicles have tail-lifts and can accommodate wheelchairs.

Current charges are £12.00 to attend each group and £6.00 is charged (Retainer Fee) when anyone is absent. These charges help towards running costs i.e. rent, utilities, transport, meals and entertainment.

WHAT TO EXPECT BY ATTENDING ONE OF OUR GROUPS

Social Interaction, Stimulation and Friendship

From the time that they are picked up from home, service users enjoy conversation with drivers, escorts and fellow group members. Also as most of our service users are housebound, the journey to and from groups is sometimes the only chance to view the community that they live in.

Once at the day care venue, service users can settle in, and catch up with other group members, before partaking in activities planned for the day.

Information and Advice

Our staff and volunteers are on hand to listen to any queries and concerns, and if they cannot solve the problem or answer the question, they will contact someone who will be able to.

Newsletters/Leaflets from various agencies e.g. Age UK Updates on Benefits Guide.

Information on Cold Weather Payments, Health Information on Flu Jabs, Medicines etc.

Visits from Local Area Co-Ordinator's & Community Mental Health Nurses.

A Hot Nutritious Meal

On arrival at the groups tea, coffee & a snack is served, and service users enjoy a nice hot two course lunch followed by tea/coffee & biscuits.

Recreation and Entertainment

Many activities including target board, chair exercises, music & movement, play your cards right, bowls & bingo.

ACTIVITIES AND GAMES

"You can't turn back the clock, but you can wind it up again. It is pain that ages us, not years. The best way to offset tension is with physical activity"

This is a quote by Bonnie Prudden 1914-2011. Bonnie was an American physical fitness pioneer, rock climber and mountaineer.

There are a variety of activities and games on offer within the Centre and the Day Care Coordinator's team do an amazing job of facilitating activities that not only provide mental stimulation and fun, but also focus on promoting physical activity, which helps to improve strength and balance and maintain or improve service user movement and mobility, and so the above quote by Bonnie Prudden is very relevant to our "active ageing" style of support and the benefits it gives.

Activities and games include;



Play your
cards right



Dancing &
Entertainment



Circa
Computer



Arts & Crafts



Stretch Band Exercises



Target Game



Golf



Reminiscence & Poetry



Archery



Bingo



Go for Gold 2022



Go for Gold 2022

GO FOR GOLD EVENT 2022

This popular annual event arranged by the wonderful team at Active Fife took place on Friday 30th September. The theme this year was “The Swinging Sixties” and our team name was “The Monkees”. Everyone had a great time, with the staff getting into the spirit by dressing up in their “flower power” gear and playing a sixties themed soundtrack. The competition games included golf, hoopla, football and bean bag target.

Thank you to all the staff team for making it special and fun.

FIFE HEALTH & SOCIAL CARE STRATEGIES

Prevention and Early Intervention

Attending a day support service enables older people to maintain social networks, to socialise independently of family and remain involved and active in their communities. It also supports families and carers of older people by providing a few hours respite.

It encourages and enables older people to stay healthy and active for longer and reduces the risk of rapid mental or physical deterioration.

Integrated and Co-ordinated Care

As a long established care and support provider in Fife, we continue to work closely with many other services and health and social care professionals to ensure that those who are at risk of isolation and/or harm receive the shared response necessary to keep them safe and support individual needs to provide the correct balance of support and care.

Improving Mental Health and Wellbeing

Staff members at F.D.C.S have training in Best Practice in Dementia Care and have the knowledge to provide structured, person centred support to the people attending, many who are frail and/or have memory and cognitive impairment, ensuring that their quality of life is maintained or improved and that they remain at home and in their own communities for as long as possible. Supporting older people with dementia to socialise in their own communities also challenges stigma.

Our Day Centre provides regular companionship, support and social interaction. Our activities provide physical exercise and mental stimulation, therefore improving mental health and wellbeing.

Reducing Inequalities

As a well-established third sector organisation, we are fully committed to the provision of a service that promotes community inclusion and integration. Not only for our service users, but also for the volunteers that we recruit to assist the staff team, several of whom have a learning disability and benefit from mentoring, guidance, training and support in a work place environment.

NATIONAL HEALTH & WELLBEING OUTCOMES

There are nine national health and wellbeing outcomes which apply to integrated health and social care. Fife Health and Social Care Partnership and partners work together to ensure that these outcomes are meaningful to people in their area

- People are able to look after and improve their own health and wellbeing and live in good health for longer
- People, including those with disabilities or long-term health conditions, or who are frail, are able to live, as far as reasonably practicable independently and at home or in a homely setting in their community
- People who use health and social care services have positive experiences of those services, and have their dignity respected
- People who use health and social care services are centred on helping to maintain or improve the quality of life of people who use their services
- Health and social care services contribute to reducing health inequalities
- People who provide unpaid care are supported to look after their own health and wellbeing, including reduce any negative impact of their caring role on their own health and wellbeing
- People who use health and social care services are safe from harm
- People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide
- Resources are used effectively and efficiently in the provision of health and social care services

How does FDCS link in with the above and help people to meet these outcomes?:

Attending a Day Centre has multiple benefits for not only service users but also relatives/caregivers and volunteers.

Service users

- Attending a Day Centre is an enjoyable and beneficial alternative to sitting at home alone, it gives the opportunity for socialization and activity within in a supported, comfortable and safe environment
- Focus on wellbeing, prevent deterioration and act on any safeguarding or health concerns
- Promotes a feeling of independence and supports the building of new and meaningful friendships
- The chance to take part in group activities, games and exercise, all of which has been linked to an improvement in cognitive health, such as improved memory and slowed mental decline. Also linked to physical benefits such as improved sleep, improving muscle function and strength/balance which in turn reduces the risk of falls

Relatives/Caregivers

Whilst their relative is at the Day Centre, it allows time to relax and rejuvenate and also gives people some time out from their caring role. Gives them independence for a short time and reduces stress, helping to improve their own health and wellbeing

Volunteers

For younger and older volunteers, being active, busy and feeling useful also helps mental and physical health, in turn improving overall health and wellbeing

TRUSTEES REPORT

OBJECTIVES, ACTIVITIES AND ACHIEVEMENTS

In the summer of 2021, after many months of anticipation, clearance was given from Public Health for our alternative pandemic community support to finish, and for our service to resume once more from base. So from the end of August 2021, we reopened the doors of the Day Centre and welcomed service users back into group support.

This felt like a huge achievement and although our base support is different to pre pandemic, with smaller groups, it has been of great benefit to the older people we serve and to those that help to support them at home.

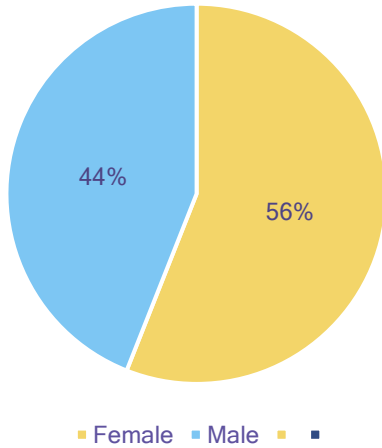
Service users not only have the benefits of physical activity and mental stimulation provided by the staff team in the delivery of games, entertainment and activities, but they have the company and enjoyment of mixing with their peers. Something that was missed so much during the lockdowns and restrictions. Another advantage of having our Day Centre up and running again, is the ability to provide several hours respite per week to those that provide family support to relatives.

To witness the increase in people's strength and balance, confidence and their enjoyment and fulfilment has been good for everyone's mental health and job satisfaction.

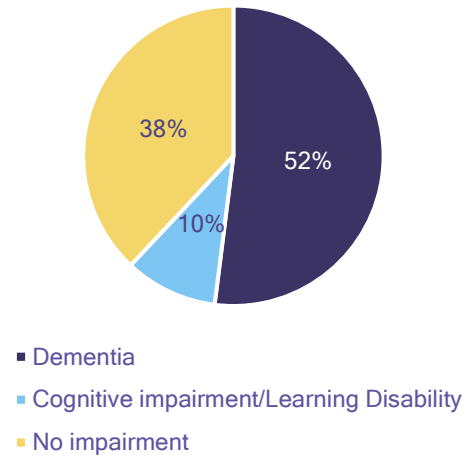
Whilst as an organization, the pandemic and restrictions proved that we are resilient and able to adapt to many changes, our main aim is to provide active ageing style support in groups, so to return to that has been immensely gratifying to everyone.

SERVICE USER STATISTICS

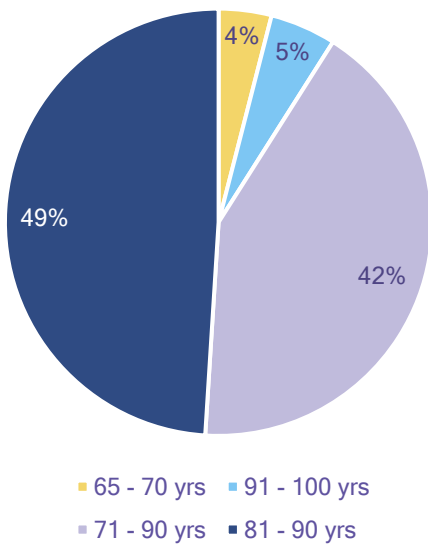
Attendance



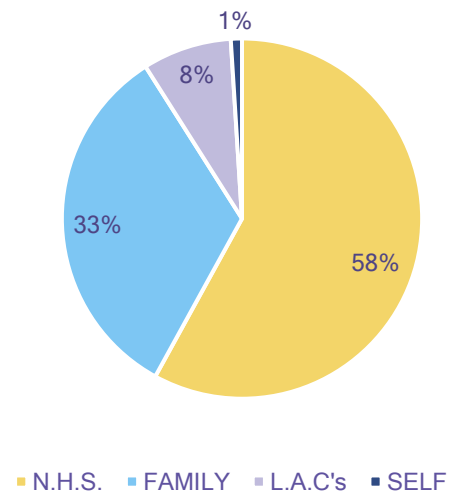
Of those who attend



Age Range



Referrals from 01/04/2021 to end September 2022



FEEDBACK FROM SERVICE USER'S QUESTIONNAIRE 2022

Each year, we distribute questionnaires and ask service users to give their opinions on every aspect of our service support and delivery. This allows us to constantly evaluate and make changes where we can, ensuring a support service that is not only enjoyable, but beneficial

The questions and answers were:

1. **Venue: What is your opinion on the Day Centre facilities, is it comfortable, warm, spacious and easy accessible?**

100% satisfied with the venue and facilities, and some comments were how spacious and bright the lounges are, easy to walk around and good access. It is comfortable and a few mentioned how much better they find communication with only two sitting at each table now and smaller numbers attending. One service user said coming along to the Day Centre feels like her second home.

2. **Transport: Are you satisfied with the transport, including timings and comfort, support from drivers/escorts and would you have any other means of getting to and from the Day Centre if we were no longer able to provide transport?**

100% satisfied with all aspects of transportation, and some comments were how comfortable and clean the buses are and everyone enjoys the conversations and interactions with the drivers and escorts and find them kind, helpful and considerate.

88% of current service users would have no other means of getting to and from the Day Centre without us providing transport.

3. **Meals: Do you consider having a meal important whilst at the Day Centre and do you enjoy the meals served?**

100% satisfied with meals and consider the hot/cooked lunch important

Some comments were: how much more enjoyable it was eating in company rather than sitting alone at home. It was so nice having a cooked meal at lunchtime, only requiring a sandwich or snack early evening at home. A few service users think that the meals are as nice as you could get in a restaurant and are very grateful that lunch is included in their day at the Centre

4. **Cost: Do you feel that the amount you are asked to pay is too expensive or do you consider it value for money?**

100% satisfied and state good value for money with some comments being; they appreciate being consulted with whenever cost increase is being increased and given a full explanation why, most service users stated that the charge is very fair considering that it includes transport, meals, a warm and comfortable environment and plenty activities, entertainment and games.

5. **Variety of Activities/Games/Entertainment:** What is your opinion of the activities on offer, do you find them enjoyable, interesting, stimulating? Do you have any suggestions for new activities?

100% satisfied with current activities and entertainment program. Some comments were how well balanced they found the range and choice on offer and how each activity can be altered to suit those with physical difficulties. Staff keep all activities and games fun and interesting and go out their way to keep everyone happy. Most service users particularly enjoy the physical games like the golf and bowls and also there were many comments on the summer program that allowed the opportunity to be out in the garden area for music and exercise, this was a particular favourite in 2022.

6. **Other social outlets:** If our service was not available to you, would you have any other means of social interaction?

88% No

12% Yes

For a large majority, coming to our Day Centre is the only chance they have to socialize with peer group and take part in activities that are enjoyable and meaningful, most only seeing either family members and/or home care workers.

7. **Personal Outcomes/Health Benefits:** Do you feel that attending the Centre has helped you achieve and maintain the outcome you were looking for?

100% Yes

The personal outcomes and benefits were many and include: help with low mood, boosts self-esteem and mental health, increased confidence in abilities and mobility, building friendships and meaningful relationships with peers. And 100% said that the company of others was the aspect that was the main benefit and everything else was a big bonus.

8. **The opinion on support from the staff and volunteer team:** Do you feel that your dignity is respected and do you feel listened to and supported? Do you have ample opportunity to ask questions, give your opinion? And, do you feel included and in control of your choices whilst at the Day Centre?

100% satisfied

Comments were: Staff and volunteers are excellent, always take time to listen and they are very caring and respectful. Our opinion is always taken into consideration and choices respected. They are constantly on hand ensuring our comfort and if we need anything, just have to ask. The staff and volunteers have such a good sense of humor and we can have a laugh and fun as well.

9. **Name of the service:** Currently looking at a possible change in name to reflect the methods and style of our “Active Ageing” support within the Centre. Do you feel that our name is outdated or inappropriate? Do you think that including the words active and ageing into any new name is a good idea? E.g. Active Ageing Day Centre. Or do you have any suggestions you would like to put forward? You are a service user and your opinion is important, please let us know

Most of the service users are quite unconcerned about any change of name, as long as they continue to have a quality service. Quite a few did say that they would prefer Centre rather than Care in any new name and a few other suggestions for a possible name change were: “Happy Day Care”, “Happiness House”, “The Happy Place”, “Care Plus”, “The Friendship Circle”

10. **Additional Comments:** All service users wished to express their satisfaction with the full service and some comments were:

“I am happy with everything, staff and volunteers so very helpful, they do a great job looking after us and I do not think they can do any more than they already do”

“5 star treatment and support, my family have seen such a difference in my mood and confidence since I started. Everyone so lovely and I have had the opportunity to meet people I would never otherwise have met, who are now my friends”

“The day goes too fast, I would like a longer time at the Centre”

“Very happy with all the staff and volunteers, you do not get many places better than here”

“I enjoy everything, but it would also be nice to get out on some trips again on the bus occasionally. I really enjoyed visiting SKY in Dunfermline a few years ago, everyone was so nice and we had a lovely lunch”

SERVICE MANAGERS REPORT

Well here we are in October 2022, more than two years into what is now ubiquitously referred to as the “new normal”. As the months have progressed restrictions on daily life have eased slowly and there have been many welcome changes for all of society. From a service point of view it has meant less requirement for social distancing, which in turn meant we could increase capacity within the Day Centre with the added bonus of being able to welcome our hard working and dedicated volunteer team back regularly. They have all been so patient and loyal whilst awaiting the safest time that we could facilitate an increase in numbers again. Having them helping the staff team once more on a weekly basis and interacting with service users has been such a boost to the full organization.

As we move into the future, the decision has been made after consultations with the HSCP, service users, staff and the Board, that our maximum amount of service users daily will be capped at ten.

We have found that this amount works very well and encourages and supports more beneficial, meaningful interaction and conversations, not only between staff and service users, but also between themselves. So as well as the enjoyment and benefits of collective activities and games, the smaller groups have created closer bonds and some lovely friendships, that many service users carry on out-with the Day Centre.

After the past few years, we are all more aware of how vital social contact and interaction is to human beings and to our overall health and wellbeing, and even more so for many older people who without some form of support, are unable to access social and community groups independently and can be isolated and lonely. So, this “new normal” feels very good indeed.

The overall health and wellbeing benefits of our active ageing style of support come from a combination of mental stimulation and movement/ physical exercise. With all activities and games carefully planned to facilitate both. The staff team has always carried out a first class job of planning and delivering the activities program, but I have to mention and praise their efforts since the Day Centre reopened last year, they have all shown such enthusiasm for helping our service users regain confidence and strength/balance. More recently an addition to the program has been a morning warm up routine, which focusses on breathing, stretching and bending. And the benefits have been so lovely to witness, with a marked improvement in the gait and posture of most service users, who are also having fun whilst participating. You will be able to read comments from our service users from the survey section of this annual report.

Everyone at Fife Day Care Services is looking forward to the remainder of 2022 and the start of 2023 with optimism, and we have a few plans in the pipeline (funding permitting) for some new activities and projects, so watch this space.

As always, I finish by personally saying a thank you to numerous people. From volunteers, service users, families, staff and the many other individuals and organizations who advise and collaborate with us, helping to make this a service of quality and a vital support to many from our local communities.

Carol Reddington
Service Manager
October 2022

ACKNOWLEDGEMENTS & THANKS

- A special acknowledgement to Mr. Joe Paterson, who, after four decades of involvement with the organization and three decades of being Chair for the Board, decided to retire in October 2021. Everyone at FDCS is thankful to Joe for his many years of dedication to the service and wish him all the very best for the future - thank you Joe.
- Fife Council HSCP: Core Funding
- Lesley Elias: Link Officer
- Age Scotland
- Ann & Fiona: Active Fife Physical Activity team
- Joyce Finlayson: donations/gifts
- April Adam & team: FIRST
- Care Inspectorate
- Community Mental Health Nursing Team (over 65's)
- Chris, Janet & John Rae: Kingdom Transport
- Dawn Keenan: Older People's Team HSCP
- Fife College: Gail Ligman
- Fife Voluntary Action
- Leslie Barr & family: donation
- Nicola Hynd, the Muirhead boys and Family: Fundraising, handmade gifts and donations
- John Lynch & Co: Chartered Accountants
- Local Area Coordinators: Fife Forum
- Management and staff: Lindsay House
- Margaret Morgan: Reminiscence groups and donations
- Post Diagnostic Dementia Support Team
- ScotGEM Student Placement Team: School of Medicine, St Andrews University
- SKY Cares: Volunteering and donations/grants
- So Connect Team
- The team at Bankhead Central Glenrothes: PPE supplies
- Fergus Wilson, Beverly Hamilton & family: fundraising and donation
- The Family of the late John Forte: donation

A special thank you to all the lovely service users who regularly donate by handing in biscuits and teabags etc., this is much appreciated.

And, finally a huge thank you to the many volunteers that contribute to the full service delivery, from the individual members of our Board to the volunteer team who assist the day care staff. Without voluntary input, Fife Day Care Services would not be able to function, and they are all truly appreciated.



FIFE DAY CARE SERVICES LTD

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