







Fife 2023 Spring Programme

Event	Date(s)	Time	Venue
PAMIS Inclusive Art Club (adults)	Saturday 25 th March 29 th April 27 th May	2-4pm	Glenrothes Art Club Caledonia House, Pentland Square, Glenrothes KY6 2AL
NEW PAMIS Inclusive Art Club (children) 	Saturday 29 th April 27 th May	11am-1pm	Glenrothes Art Club Caledonia House, Pentland Square, Glenrothes KY6 2AL
Pony Axe S (Obama the pony and accessible cart)	Tuesday 4 th April Thursday 13 th April	All day (45 minute slots) approx 10am- 3pm	Either Kirkcaldy beach or Ravensraig Park, Kirkcaldy to be confirmed
PAMIS Friendship Club March – Music Multi-sensory story April – Music Arts/crafts	Saturday 25 th March 22 nd April	11am-1pm	Maxwell Centre 70 Stenhouse Street Cowdenbeath Fife KY4 9DD 
PAMIS Children and Families Activity Club <i>school aged children only</i> *David (FSharp) **Storytelling Swimming, and more	Friday Club *7 th April **14 th April	10:30am– 2.30pm	Calaiswood Nightingale Place, Dunfermline KY11 8LW 
Family Swimming Session (Calaiswood) Up to 3 family groups per session (2 large changing rooms available)	Friday 24 th March	3.30-4.15pm 4.15-5pm 5-5.45pm	Calaiswood Nightingale Place, Dunfermline KY11 8LW 
Family Swimming Session (Michael Woods)	To be confirmed	To be confirmed	Michael Woods Warm Swimming Pool, Viewfield, Glenrothes KY6 2RD 

 Music Session with David (FSharp Music) <i>Adults only</i>	Monday 3 rd April 10 th April 17 th April 24 th April	2-4pm Individual or small groups for half hour session	Multi-purpose room Maxwell Centre 70 Stenhouse Street Cowdenbeath Fife KY4 9DD 
Seagull Trust canal trip Ratho, west of Edinburgh Newbridge. EH28 8RA	Wednesday 12 th April	11am until 2.30pm	*FULLY BOOKED*
Wellness Focus Group for parents/carers Gentle Yoga Breathwork Warm up Cold water therapy Fire and toasted marshmallows	Thursday 20 th April	11am-1pm	Venue – West Sands Beach, St Andrews, Fife
Wake up Shake up with Judy On Zoom	Friday 31 st March 28 th April 26 th May	12-12.30pm	Zoom link
PAMIS Online Disco On Zoom	Friday (last of each month) 31 st March 28 th April 26 th May	7pm-8pm	Zoom link Each disco has a theme!

Booking for any of these events is essential and some activities have limited spaces. If you would like to book a place or have any further questions please don't hesitate to get in touch. More information regarding these events will be sent out in the near future. All activities are free to PAMIS families.

To book please contact either:

Lesley –Tel: 01592 551 310/07779 506 994 or Email: lesley.gray@pamis.org.uk
 Andrew – Tel: 07989 525494 or E-mail: andrew.smart@pamis.org.uk

‘we support people with Profound learning and multiple disabilities (PMLD) and their families to lead healthy, valued and inclusive lives.’

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