

Adult Children of Alcoholics & Dysfunctional Families Fife

aca-fife.org.uk

Retreat Information

Fife Retreat February 23/24/25th 2018 Theme Become Your Own Loving Parent (Happy Birthday To Me)

Celebrating Fife Groups 2nd Birthday

Accommodation

The Retreat shall Start on Friday 23rd February 2018 arriving at the bay Hotel between 3pm and 6pm. Accommodation is 2 persons to a twin deluxe room (unless a single occupancy has been requested) Full use of hotels leisure facilities is included in cost, Hearty breakfast on Saturday and Sunday is included and lunch, evening Scottish buffet on Saturday 24th February is included in price, also tea/coffee through out the weekend and available in accommodation. An extra charge of £4.00 is applicable should you require lunch on Sunday 25th February. The retreat will end on Sunday 25th February 2018 at 1pm. Should additional accommodation be required for the Sunday night please contact the Bay hotel directly for arrangements prior to arriving for retreat and a discount may be applicable. (Please note the requirement for single occupancy of room. This is for people who require it that may have sleep / health problem and require single room to meet their needs . There is 8 single spaces available, Single occupancy shall be allocated on a first come basis and please be mindful of your fellow travellers if this is a priority need. A universal cost of the weekend has incorporated for this and for all events of the weekend) The hotel is disabled friendly and any special requirements/ queries the Hotel can be contacted directly

Meetings/ Events

Meetings / Events shall be held over the weekend in Kinghorn Community Centre . The Community Centre is a 10 Minute walk from the Bay Hotel and 2minutes drive in a car (Transport shall be available if people can not undertake the walk) The community centre is Disabled friendly and all on one level. A breakout cafe area is available and a quiet break out room shall be made available .

Retreat Program

A final retreat program shall be made available the second week of January 2018 and duly forwarded to participants of the retreat also further information put up on the Fife Adult Children of Alcoholics website (Further information page) and ACA UK site and World wide site Day visitors can book through the booking method and forward by email cost for Saturday is £10.00 inclusive of evening entertainment and buffet further program event shall be available in Mid January 2018

Transport

The Bay Hotel is 10 minutes walk from Kinghorn Train Station . The trains run from Edinburgh Waverly / Haymarket Station every 8 min and 40 min past the hour from Edinburgh Waverly (the train Journey from Edinburgh takes approx 40 minutes) The Hotel is a 2minutes ride in a taxi, also 2 bus stops away from Kinghorn train station a Number 7 stagecoach bus stops right outside the hotel. The bus times are 10 mins and 40 past the hour from Kinghorn. Edinburgh Airport is about 16 miles away from Kinghorn and links via tram / bus shall take you into Edinburgh Haymarket / Waverly train station approx cost is about £3.00 to city centre a taxi would cost about £15.00 from the Airport to Edinburgh Haymarket train Station and are allocated at the Airport. Noted below is various helpful contact numbers to assist with the arrangements in retreat participation.

USEFUL CONTACTS

National Rail Enquiries - Official source for UK train times and timetables [Tele 03457 484950](tel:03457484950)

Plan a journey – Stagecoach <https://www.stagecoachbus.com/plan-a-journey>
(num 7 bus)

Edinburgh airport contact numbers | Useful contact details [Tele 0844 4488833](tel:08444488833)

HARRY CABS **Address:** 95 High St, Burntisland KY3 9AA **Phone:** 01592 874321

Lees Taxis **Address:** 56 Aberdour Rd, Burntisland KY3 0EN **Phone:** 01592 871234

The Bay Hotel, Fife - Luxury hotel accommodation www.thebayhotel.net/ **Address:** Burntisland Rd, Kinghorn, Burntisland KY3 9YE **Phone:** 01592 892222

Kinghorn Community Centre Rossland Place Kinghorn KY3 9SS 01592 890149

Kinghorn Medical Centre **Address:** Rossland Pl, Kinghorn, Burntisland KY3 9RT **Tele** 01592-890217

NHS 24 - Health Information and Self Care Advice for Scotland **NHS 24 has a new number – 111**

NHS Fife - Victoria Hospital **Address:** Hayfield House, Hayfield Rd, Kirkcaldy KY2 5AH

Phone: 01592 643355

Retreat Contact Sandra 07951463588 email sandymearns11@hotmail.com

Adult Children of Alcoholics and Dysfunctional Families – Fife aca-fife.org.uk/

(Further information page)

Adult Children of Alcoholics and Dysfunctional Families UK - UK ...

www.adultchildrenofalcoholics.co.uk (Events page)

