



Staying Safe and Keeping Well

Useful telephone numbers and contact
information for support services in Fife



2024 edition



www.fife.gov.uk/stayingsafekeepingwell

Contents

Need help now?	3
About this booklet	4
You are important	5
Help with the cost of living	6
Help with money	7
Help with housing, home energy and household bills	10
Help with food	16
The 'To Do' list	31
Families	32
Alcohol and Drug Support and Recovery Services	34
Health and wellbeing	41
Sexual abuse support	49
Domestic abuse support	52
Bereavement support	55
Staying connected	57
Tell us what you think	63



BSL users can contact Fife Council
via **ContactScotland-BSL**

contactscotland-bsl.org

In an emergency call video relay service 999 BSL



Need help now?

If you are in a crisis, or are worried about someone you know, help is available. You're not alone. The best thing you can do is talk to someone. Call 'Breathing Space' or the 'Samaritans' on the numbers below or speak to someone you trust. **If it is an emergency, or you are in immediate danger, call 999. Don't try to cope on your own.**

Adult Protection Phone Line **01383 602200**

Call this number if you are worried because you or someone you know is being harmed or neglected. **In an emergency call 999**

SMS text service for people with a hearing loss **07781 480 185**

Sign up required for SMS or use translation service.

Breathing Space **0800 83 85 87**

Mental health and wellbeing helpline. **breathingspace.scot**

Child Protection **Police 101 or Social Work on 03451 55 15 03**

If you consider a child(ren) or young person to be in IMMEDIATE danger, DO NOT wait, **in an emergency call the Police on 999.**

Citizens Advice and Rights Fife (CARF) **0345 1400 095**

cabfife.org.uk

CARF Text service for people with a hearing loss **0787 2677 904**

NHS 24 **111**

Call NHS 24 if you are ill and it can't wait until your GP surgery opens. This includes immediate mental health illness out with GP hours.

Samaritans **116 123**

jo@samaritans.org (response time 24 hours) **www.samaritans.org**

Their helpline is available 24 hours a day all through the year and it is free to call. They know that this is a difficult period for lots of people.

Social Work Contact Centre (Open 9-5pm) **03451 55 15 03**

Social Work out of hours emergencies **03451 55 00 99**

About this booklet

This little booklet has one big message... you are important.

That's exactly why so many services have contributed to this booklet from across Fife (from the Council workforce, Health and Social Care Partnership, organisations and the third sector, such as voluntary and community groups) to make up the content.

The shared aim is to make 'Staying Safe and Keeping Well' a relevant, free and handy source of information. It helps address a range of concerns that you might be experiencing – from finance to issues about health and wellbeing.

Perhaps you are looking for help under a section or several sections - maybe even browsing on behalf of someone? Whatever the purpose for reading this booklet, the contributors want you to know help and support is on hand.

**It's OK in these uncertain times to reach out for support.
Remember you are not on your own.**

If you plan to visit any of the organisations mentioned in this booklet, please check first before you go.

The contents were correct at the time of preparing this booklet but please remember that this is a year long booklet so there may be changes. Once again, please check first before you go.

Help with the cost of living

Rising costs are making life especially difficult for many friends and family this winter. If you know someone who is finding it hard to make ends meet or struggling in other ways, please encourage them to reach out. They are not alone. We're here to help and so are countless other people from all across Fife's public services and voluntary organisations. Here you'll find their contact details. Please, get in touch and encourage your friends and family too. That way we'll help each other through this winter.

You are important. PLEASE...

Don't keep things to yourself

It's ok not to feel ok. Try to recognise the signs that things are getting too much. Remember you are not alone. There is always someone who wants to listen and help. Talk to someone you trust. If you reach crisis point call one of the support numbers on page 3 of this booklet.

Don't try to change anything big

Now is not the time to start a new diet, a new routine or make unrealistic resolutions. Don't stretch yourself too far or overindulge. You can always try and change things for the better, but take small steps, not all at once. Let go of some of the things you can't control and try to focus on what's most important for that day.

Don't forget to look after yourself

Try to keep to a routine. Do things that help you look after your mental health and that keep you comfortable, safe and happy. Try to eat healthy meals and get enough sleep. Stay active if you can. Try to get out for a daily walk - it's important to get fresh air even if it's a walk around your garden or up and down your street.

Don't forget to have time for yourself

Give yourself a break and don't be too hard on yourself. Take some time to relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you. If you are a regular user of social media, try to take a break from it. Visit www.onfife.com for details of places you may be able to escape to between Christmas and New Year.

Help with... the cost of living



Everyone is feeling the impact of the cost of living crisis but a huge range of support is available.

For useful information, advice, help with benefits, energy bills and food go to: our.fife.scot/gethelp

Use the free and confidential benefits calculator to receive an estimate of the entitlements you could be getting. Don't miss out - claim what's yours.

Unable to access information online?
Call our **Community Support Line**
0800 952 0330 (Mon-Fri, 9am-5pm)

SCAN ME



Help with money

Increase your income

You may be missing out on income you're entitled to. It's always worth checking and this can be done online or you can arrange an appointment to speak with someone.

There's a whole host of other advice online around benefits, support services, support grants and helping your money go further.

 our.fife.scot/gethelp/money

EntitledTo Benefits checker

fife.entitledto.co.uk

Use this free and confidential Benefits Calculator provided by EntitledTo and find out what extra money you can claim. Enter your details and you'll receive an estimate of the entitlements you could miss. Even if you already receive some benefits it's worth checking.

Christians Against Poverty

0800 328 0006

Free money coaching and in-person debt support covering postcodes KY11 and KY12

capuk.org

Citizens Advice and Rights Fife (CARF)

0345 1400 095

CARF can offer help on a range of topics including welfare benefits and money advice.

CABFife.org.uk

Crisis and Community Care Grants

fife.gov.uk/welfarefund

Disabilities Fife

01592 203993

dfscot.com/help-and-advice

Are you a person with disabilities who needs help with money? Visit the website for help and advice.

Fife Council's Welfare Fund

0300 555 0265

Fife Credit Unions

01592 725233

fifecreditunions.org.uk

Help with money

Fife International Forum

01592 642927

www.fifeinternational.uk

Fife International Forum provides services Fife Wide for Migrants and Refugees. Their website provides information on the range of services.

National Debtline

0808 808 4000

nationaldebtline.org/Scotland

Tax Credit Helpline

0345 300 3900

Trust in Fife

01592 201849

info@fprs.co.uk

Fife Private Rental Solutions - Fife's advice hub for the private rented sector and ethical letting agency have an Advanced Income Maximisation Officer who can support tenants living in private lets to increase their income.

Universal Credit Freephone

0800 328 5644

Financial Abuse and Scams

Scammers will be hoping to exploit the current Cost of Living crisis by preying on people who may be vulnerable because they are worrying about their finances. This means you have to be even more vigilant to keep your money safe and not let it fall into the hands of criminals. Here are helpful websites and pointers to avoid being scammed.

Advice Direct Scotland (ADS)

0808 164 6000

To report scams or get help and advice.

consumeradvice.scot

Rogue Traders/Doorstep Callers

If you feel uncomfortable or suspicious about a cold caller in your local area, **phone Police Scotland on 101, or 999 in an emergency or use on-line form: www.scotland.police.uk/contact-us**

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

Fife Trading Standards

TradingStandards@fife.gov.uk

Fife Trusted Trader

0333 444 0185

Find reliable and vetted local tradespeople **trustedtrader.scot/Fife**

Friends Against Scam

friendsagainstscams.org.uk

Online training and national initiatives

**HINTS
& TIPS**

Shut Out Scammers

- Only let somebody into your home if you know who they are.
- Be wary if someone turns up unexpectedly. If in doubt, don't answer the door.
- Check their identity card. Close the door and phone the organisation to confirm their identity if you are unsure.
- Don't feel embarrassed to ask questions about their identity - genuine callers will expect you to be careful.
- A trusted organisation will never ask for your financial or personal details over the phone or in an email.
- Don't be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.

Citizens Advice Scotland

www.citizensadvice.org.uk

Use their online scams helper.

Trading Standards Scotland

www.tsscot.co.uk/news/scam-share

Learn about the latest scams

Help with housing, home energy and household bills

The cost to heat our homes is becoming increasingly challenging. Advice and support is available to help keep warm this winter, as well as support if you are struggling with your rent and other household bills.

 our.fife.scot/gethelp/home

Homeless Emergency Number (free) 0800 028 6231

If you are homeless or about to be made homeless, please call.

If you are fleeing domestic abuse and have been made homeless call our **out of hours number 03451 55 00 99**

Care and Repair Service 01592 632 592

Help with household repairs and maintenance. Available to homeowners over 60 or homeowners over 50 who are registered disabled or in receipt of benefits.

Disabled Person's Housing and Self-Directed Support Service Fife 01592 803 280
dphsfife.org.uk

Fife Cares 03451 55 15 03
fife.gov.uk/safetyvisit

Free home safety visits for families with children under 5 years and also vulnerable adults. **Free** home security visits for people who have suffered domestic abuse.

Fife Community Safety Support Service 01592 641 618
infofife@sacro.org.uk

Fife Council Housing Information & Advice 03451 55 00 33

Fife Council Out of Hours Emergencies 03451 55 00 99
Open 24/7 over Festive period.

Fife Council Repairs Centre 03451 55 00 11
Please report routine repairs online fife.gov.uk/housingrepairs

Community Support Line

0800 952 0330

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

Fife Council Tenancy Assistance

03451 55 00 33

Contact your Housing Management Officer for help with your Fife Council tenancy.

Fife Housing Register

fifehousingregister.org.uk

Information regarding housing options and housing advice.

Fife Private Rental Solutions (FPRS)

01592 201849

info@fprs.co.uk

Fife's private rented sector advice hub, offering advice, guidance and support on all things private rented. Assistance for tenants, landlords and letting agents to sustain accommodation in the private sector.

Fife Law Centre

01592 786710

info@fifelawcentre.co.uk

Fife Law Centre is a charity with a team of solicitors providing **free** legal guidance and possible representation for residents of Fife, in all aspects of housing and related matters.

Frontline Fife

01592 800 430

Provide housing advice and support to people to help them to sustain their home and prevent homelessness. info@frontlinefife.co.uk

Furniture Plus Customer Services (Dysart)

01592 654546

A Fife wide charity offering a **free** collection service, goodwill scheme and referrals. Dunfermline and Dysart stores open to the public.

Penumbra

07876258721

fife.sls@penumbra.org.uk

Short term housing support service team offer practical and emotional support to people in their own homes and cover the Dunfermline and west of Fife. Community drop in sessions every Wednesday 2-4pm at 89 New Row, Dunfermline, KY12 7DZ.

Shelter Scotland free helpline

0808 800 4444

Practical advice on urgent housing matters

shelter.scot.org.uk

Help with housing, home energy and household bills

Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service offers a **FREE** Home Fire Safety Visit. We will come to your home at a time that suits you to give advice, help spot fire hazards and cover what to do in the event of a fire. Smoke and heat detectors might be fitted as part of the visit depending on existing alarms and home ownership.

For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit

No access to the internet? It's easy to arrange a visit by calling **0800 0731 999** or just Text "**FIRE**" to **80800** from your mobile phone.

Information on the New Alarm Standard, which came into effect in February 2022, can be found using the QR Code. Just open the camera on your phone and fit the QR code onto the screen. A link to the Scottish Government information will pop up. Alternatively, visit Fire and smoke alarms: changes to the law:



www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Contact us today to arrange a
FREE Home Fire Safety Visit
We'll help you spot possible fire hazards, sort out a fire escape plan and provide information about smoke, heat and carbon monoxide alarms.
CALL **0800 0731 999**, TEXT 'FIRE' TO **80800** or VISIT firescotland.gov.uk

Help with housing, home energy and household bills

Home Energy

Power cuts and safety helpline

105

powercut105.com

Heating advice

www.fife.gov.uk/heatingadvice

When it comes to energy and heating your home, there's endless advice and information available which can be overwhelming. Here you will find the most common issues and advice.

Prepayment Meters

Emergency Fuel Top Up

If you run out of money on your meter or used your emergency credit and cannot afford to top-up, please contact your energy supplier for immediate assistance.

If you're a Fife Council tenant, contact your **housing management officer** or nearest **local office** for help and advice.

If you are living in temporary accommodation, speak to your temporary accommodation management officer.

The Scottish Welfare Fund provides a safety net for vulnerable people on low incomes by providing community care grants and crisis grants. These awards are not loans, so you do not need to pay it back. The grants are designed to help people who are on a low income, so you can apply even if you do not claim benefits. For more information visit www.fife.gov.uk/welfarefund

If none of these are possible, Cosy Kingdom may also be able to help. If you're having difficulty topping up your meter due to mobility or issues in your personal life, please contact them for advice.

Help with housing, home energy and household bills

COSY KINGDOM

Cosy Kingdom is a free and impartial home energy and utility debt advice service available to anyone living within Fife.

Our Energy Advisors can provide practical, tailored energy advice by telephone or through a home visit.

To arrange an appointment with an energy advisor please contact us on the details below.

Some of the things we can help with include:

- Help with bills, tariffs, meters and energy suppliers
- Help to understand your heating controls, get more out of your appliances and to keep warm in the home.
- Advice on energy efficiency measures and funding for home energy efficiency improvements.
- Checking eligibility for any grants and discounts that may be available to help you pay your bills.
- Support to deal with fuel debt and self-disconnection from prepayment meters.

Call: 01592 807930

Text: 'Cosy' and your name to 88440

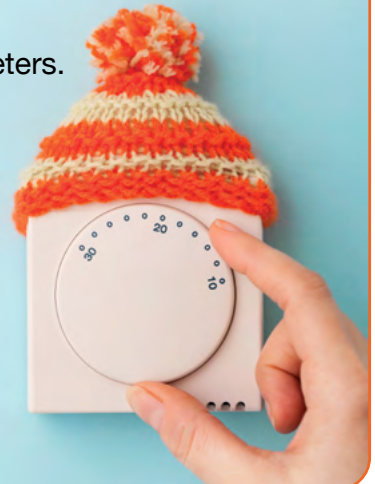
Email: info@cosykingdom.org.uk

Visit: www.cosykingdom.org.uk

Social Media @CosyKingdom

Closed from 3pm Friday 20 December

Open 10am Monday 3 January 2025



Help with housing, home energy and household bills

Energy suppliers

Boost	0330 102 7517 www.boostpower.co.uk
British Gas	0333 202 9802 www.britishgas.co.uk
EDF	0333 200 5100 www.edfenergy.com
E-Energy	0333 103 9575 www.e.org
E.ON Next	0808 501 5200 www.eonnext.com
Octopus Energy	0808 164 1088 octopus.energy
Scottish Power	0800 027 0072 www.scottishpower.com
SSE	0345 026 2658 www.sse.com
Utilita	0330 333 7442 www.utilita.co.uk

Financial and practical advice if you are struggling with rising energy costs

For advice on benefits, help with bills and support with the cost of living go to:

our.fife.scot/gethelp/bills

Unable to access information online or need more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Help with food

Food is essential and nobody in our community should go hungry. Fife has some amazing community cafes, community fridges, and pantries offering low cost meals and food items. The warm, welcoming environment is also a good opportunity to get out and meet people. A list of community cafes and food providers can be found online here:



our.fife.scot/gethelp/food

People can go hungry for many different reasons: for example, from redundancy to getting an unexpected bill when on a low income. Anyone finding themselves in such a crisis can visit a foodbank for short term access to emergency food and support.

Foodbanks are non-profit organisations that receive publicly donated food which is then sorted by volunteers and distributed as food parcels.

Community Fridge/Pantry/Larders are mainly run from community centres, churches and other organisations involved in community work. They have a range of pantry items and fresh items using surplus foodstuffs from shops in the area as well as some items topped up from funding. Mostly there is a small charge for the food and sometimes a membership is required. Community Cafes, and places to access low cost meals, run from a variety of venues such as churches, bowling clubs, town halls, community centres, and community organisations - they can be free or by donation.

Customers in crisis may be referred to a foodbank by:

- Social Worker
- Community Education Workers
- Welfare Support Workers
- Housing Officer
- Fife Council's Welfare Fund team tel. **0300 555 0265**
- Citizens Advice & Rights Fife tel. **0345 1400 095** or visit cabfife.org.uk
- Some GPs and health visitors can also refer you.

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

City of Dunfermline

Community Cafés

Bonnie Brew

01383 625 611

East Port, Dunfermline KY12 7JB

stmargaretdunfermline@gmail.com

Opening hours: Mondays 12pm to 4pm Free

Communi-Tea

07713 475 477

Abbeyview Community Hub, Abbey View, Dunfermline, KY11 4HA

cld.dunfermline@fife.gov.uk

Opening hours: Thursday 12pm Free with donations accepted

Cosy Café

01383 623 187

1 Allan Crescent, Dunfermline, KY11 4HE

stninianssessionclerk@gmail.com www.stniniansdunfermline.org

Opening hours: Wednesdays Donation based

Dunfermline St Columba's Church

01383 841 660

Robertson Road, Dunfermline, KY12 0BF

info@dstcc.org

www.dstcc.org

Opening hours: Fridays 11am to 2pm Free, donations welcome

Headwell Community Council

Headwell Bowling Club, 60 Shamrock Street, Dunfermline, KY12 0JQ

Opening hours: First Friday of the month from 12pm to 2pm. Free

Liberty Church - Connect

01383 733 970

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

office@libertychurch.co.uk

www.libertychurch.co.uk

Opening hours: Thursdays 2pm to 4pm Closed for July, opens again from 1st August 2024. Free

Help with food

Liberty Church - Gathering With God **01383 733 970**

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

office@libertychurch.co.uk

www.libertychurch.co.uk

Opening hours: Wednesdays 6pm to 7.15pm Free

Link Church **01383 739 169**

Link Church, 39 Priory Lane, Dunfermline, KY12 7DU

info@linkchurch.org.uk

www.linkchurch.org.uk

Opening hours: Mondays 11.30am to 2pm Free

Lunch @ Liberty **01383 733 970**

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

office@libertychurch.co.uk

www.libertychurch.co.uk

Opening hours: Thursdays 11.30am to 1pm Free

Oasis Drop-in **01383 620 465**

Viewfield Centre, Dunfermline, KY12 7HZ

dropin@viewfield.org.uk

www.viewfield.org.uk

Opening hours: Tuesdays 10.00pm to 2pm Free, donations welcome

Open House Café **01383 621 253**

Gillespie Memorial Church, Chapel Street, Dunfermline

office@gillespiechurch.org

gillespiechurch.org

Opening hours: Tuesdays and Thursdays 10am to 1pm Free with low cost items available

Revive Wellbeing Hub @ The Vine **01383 631 005**

131 Garvock Hill, Dunfermline, KY11 7HZ

revivewarmandwell.eventbrite.co.uk/

Opening hours: Monday to Thursday 9.30am to 2.30pm Low cost

Help with food

St Leonard's Church

2 Brucefield Avenue, Dunfermline, KY11 4SX

Opening hours: Wednesdays from 10am to 1pm, toasties at 12pm Free with donations accepted

Soup@12

01383 739 026

Abbey Church Halls, 6 Abbey Park Place, Dunfermline KY12 7PT

www.dunfermlineabbey.co.uk

Opening hours: First Thursday of every month from 12pm to 1.30pm £3 or donation

Zac's Cafe

01383 620 465

Viewfield Centre, Dunfermline, KY12 7HZ

dropin@viewfield.org.uk

www.viewfield.org.uk

Opening hours: Wednesdays and Thursdays from 10am to 4pm and Fridays 10am to 2pm Low cost

Community Fridge/Food Bank

Baldridgeburn Pantry & Café

01383 724 751

Baldridgeburn Community Centre, Dunfermline, KY12 9EH

cld.dunfermline@fife.gov.uk

Opening hours: Tuesdays 12.30pm to 1pm (free café) Tuesday 1pm to 2.30pm (Community Pantry) £2 or whatever can be afforded

Dunfermline Food Bank

Liberty Centre, Pitreavie Business Park, Dunfermline, KY11 8QS

info@dunfermline.foodbank.org.uk

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/

Opening hours: Mon, Wed and Fri 4pm to 6pm Free

Help with food

Food For Your Future Pantry

07730 809 375

Touch Community Centre, 30 Mercer Pl, Dunfermline, KY11 4UG

foodforyourfutureenquiries@gmail.com

www.facebook.com/foodforyourfuture

Opening hours: Thursdays 12pm to 1.30pm, and 5pm to 6.30pm £2.50 donation

Cowdenbeath Area

Community Cafés

Lo'gelly Lunches

Town Hall, Bank St, Lochgelly, KY5 9RE

www.facebook.com/Logelly-Lunches-359811728217548/

Opening hours: Community Café open every Tuesday 11am to 1pm

Community Larder open every Friday 10am to 1pm Free

Max's Light Bites

Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD

Opening hours: Mondays 12pm to 1.30pm Free

Oor Wee Café

07563 380 176

Kelty Community Centre, Main Street, Kelty, KY4 0AQ

oorweecafe@yahoo.com

www.facebook.com/OorWeeCafe/

Opening hours: Tuesdays 11.30am to 1.30pm Donation

Cardenden Community Fridge

Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW

Opening hours: Fridays 2pm to 4pm. £2

MAX's Community Larder

Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD

Opening hours: Mondays 1pm to 2pm £2 per week

Help with food

The Pantry @BRAG

Crosshill Community Enterprise Centre, Main Street, Crosshill, KY5 8BJ

enquiries@brag.co.uk

www.facebook.com/bragenterprises

Opening hours: Thursdays 1pm to 3pm £3

Community Fridge/Food Bank

Benarty Food Bank

07580 231 286

BRAG Centre, Main Street, Crosshill, Lochgelly, KY5 8BJ

info@dunfermline.foodbank.org.uk

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/

Opening hours: Monday, Wednesday and Friday 4pm to 6pm Free

Cowdenbeath Food Bank

07580 231 286

Fountain Meeting Rooms, Broad Street, Cowdenbeath, KY4 8JA

info@dunfermline.foodbank.org.uk

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/

Opening hours: Tuesdays and Thursdays 4pm to 6pm Free

Salvation Army

01383 513 384

Stenhouse Street, Cowdenbeath, KY4 9DD

cowdenbeath@salvationarmy.org.uk

Opening hours: drop in' facility on a Tuesdays 10am to 12pm Free

The Clearing

07802 414 418

239 High Street, Cowdenbeath, KY4 9QF

theclearing@btinternet.com www.facebook.com/streetpastorbase

Opening hours: Telephone 07802 414 418 on Tuesdays, Wednesdays and Thursdays between 10am and 12pm to arrange a time for collection. Free

Help with food

Glenrothes Area

Community Cafés

Colly Café

Collydean Community Centre, 89th North Glen Scout Group, Collydean Community Centre, Torphins Ave, Glenrothes, KY7 6UL

Opening hours: Monday to Friday free

Leslie Community Pantry

07730 789 255

Quarry Park Pavilion, Back Braes, Leslie, KY6 3EZ

gayle@lesliecommunitypantry.co.uk

www.facebook.com/lesliecommunitypantry/

Opening hours: Monday to Thursday 10am to 3pm Friday 10am to 1pm
Free

Peace N Jam

01592 754 206

St. Luke's Scottish Episcopal Church, Glenrothes, KY7 4BL

enquiries@peacenjam.org.uk

facebook.com/peacenjamproject

Opening hours: Tuesdays 12pm to 2.30pm Thursdays 10am to 1.30pm
Free

Community Fridge/Food Bank

Collydean Community Centre, 89th North Glen Scout Group

Collydean Community Centre, Torphins Ave, Glenrothes, KY7 6UL

www.facebook.com/collydeancommunitycentre

Opening hours: Monday to Friday 9am to 3pm Saturdays 10am to 12pm
Donation if it can be afforded

Gilvenbank Community Sports Hub

07930 517920

Gilvenbank Park, Pitcoudie Avenue, Glenrothes KY7 6XZ

suzanne.mcroberts@glenrotheshub.co.uk

Opening hours: Wednesdays 12pm to 2pm £3.50

Help with food

Glenrothes Food Bank

01592 631 088

Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ

info@glenrothes.foodbank.org.uk

glenrothes.foodbank.org.uk/

Opening hours: Mondays and Fridays 12pm to 3pm Tuesdays 11am to 1pm Wednesdays 1pm to 5pm Free

Glenrothes Foodbank at Auchmuty

01592 631 088

107 Alexander Road, Glenrothes, KY7 4DZ

info@glenrothes.foodbank.org.uk

glenrothes.foodbank.org.uk/

Opening hours: Saturdays 10am to 12pm Free

Kirkcaldy Area

Community Cafés

Bite and Blether

Linton Lane Community Centre, Linton Lane, Kirkcaldy, KY2 6LF

Opening hours: Fridays 10.30am to 12pm

Community Suppers Burntisland

Burntisland Salvation Army Hall, 40 Lonsdale Crescent, Burntisland, KY3 0BN Donation

Cornerstone Café

Burntisland Parish Church, Burntisland, KY3 9DH

Opening hours: Wednesday 12pm to 2pm free

Greener Kirkcaldy Community Meals

01592 858 458

8 East Fergus Place, Kirkcaldy, KY1 1XT

info@greenerkirkcaldy.org.uk

www.greenerkirkcaldy.org.uk

Opening hours: Wednesdays 4pm until 4.45pm, and 5pm to 5.45pm Free or donation

Help with food

Hosting Hope

01592 643 816

Linton Lane Community Centre, Linton Lane, Kirkcaldy, KY2 6LF

Opening hours: Last Sunday of every month from 12.30pm to 2pm free or donation

Nourish Support Centre

01592 653 639

Community Hub, The Mercat Shopping Centre, High Street, Kirkcaldy, KY1 1NJ

info@nourishsupportcentre.com

facebook.com/nourishsupport

Opening hours: Tuesdays, Wednesdays, and Thursdays 10am to 2pm
£4.00 suggested donation

Community Fridge/Food Bank

Kirkcaldy Food Bank

www.kirkcaldyfoodbank.org.uk

- **Burrtisland Salvation Army Hall,**
40 Lonsdale Crescent, Burrtisland, KY3 0BN
Opening hours: Tuesdays and Fridays 12pm to 2pm Free
- **Link Living**
Westbridge Mill, Bridge Street, Kirkcaldy, KY1 1TE
Opening hours: Monday to Friday 9.30am to 4pm Free
- **Linton Lane Centre**
Linton Lane, Kirkcaldy, KY2 6LF
Opening hours: Monday, Tuesday, Thursday and Friday 10am to 12.30pm Free
- **New Volunteer House**
16 East Fergus Place, Kirkcaldy, KY1 1XT
Opening hours: Monday, Wednesday, and Friday 10am to 12.30pm Free
- **Park Road Centre**
2 Park Road, Kirkcaldy, KY1 3EL
Opening hours: Monday and Thursday 10am to 3pm
Tuesday and Wednesday 10am to 1pm Free

Help with food

Levenmouth Area

Community Cafés

Cosy Café

Buckhaven Baptist Church, College Street, Buckhaven

Opening hours: Wednesdays 10am to 1pm Free/donation

Hame Fae Hame

The Centre, 1 Broomieknowe, Leven, KY8 4QP

Opening hours: Thursdays from 12pm to 2pm Free/donation

Homestart Hub

The Craft Centre, Letham Glen, Leven KY8 4SH

Opening hours: Friday, Saturday and Sunday 10am to 2pm. Free

Levenmouth Food Bank and Cafe Connect

01333 439 202

Methil Evangelical Church, Bowling Green Street, Methil, KY8 3DH

info@levenmouth.foodbank.org.uk levenmouth.foodbank.org.uk

Opening hours: Food parcels are fulfilled by referral only, with appointments offered for pick up on Monday and Friday from 3.30pm. Free

MCCI (Methil Community Children's Initiative)

01592 719422

Methilhill Community Learning Garden, 130 Sea Road, Methil KY8 2GW

mcci@hotmail.co.uk www.mcci-clubs.co.uk

Opening hours: Mondays and Fridays (from 21st October 2024) during school term time between 11.30pm and 1pm. Free/donation

Open Door Meals

07715 506 712

Smart Hall, St Kenneths Church, Cupar Rd, Kennoway, Fife KY8 5LR

Free

Help with food

North East Fife Area

Community Cafés

Colinsburgh Community Café & Food Hub

Colinsburgh Town Hall, 2 Main Street, Colinsburgh KY9 1LN

www.facebook.com/groups/3672848862961844

Opening hours: Café and Surplus food: Tuesdays 10.30am to 12pm
Surplus food only: Fridays 6pm to 6.30pm (min £2 donation) Check on Facebook as times can vary week to week £2

Cupar Community Fridge

County Buildings, St Catherine Street, Cupar, KY15 4TA

www.facebook.com/OurNEF

Opening hours: Tuesdays 11am to 12.00 noon Free

East Neuk Eats! Anstruther Community Fridge

East Neuk Centre, Ladywalk, Anstruther, KY10 3EX

facebook.com/eastneukcentre.trust

Opening hours: Café: Thursdays from 12.30pm to 2pm Community Fridge: Thursdays from 1pm to 3pm Free or donation

Lumsden Larder

Lumsden Hall, High Street, Freuchie, KY15 7EX

www.facebook.com/profile.php?id=61559917317859&locale=en_GB

Opening hours: Monday to Friday 8.00am to 4pm Open Saturday and Sunday but no set hours, check social media for updates. (self service) Free

St Andrews Community Fridge

07792 941 783

St David's Centre, St Andrews KY16 8BP

nefcommunityhub@gmail.com facebook.com/CommunityHubNEF

Opening hours: Monday to Friday 10am to 3pm Free

Help with food

St Monans Community Food Larder

St Monans Town Hall, Hope Place, St Monans, KY10 2DH

Opening hours: Fridays 12pm to 2pm £2 to access larder

Tayport Community Fridge

01382 549727

Larick Centre, Shanwell Road, Tayport, DD6 9EA

www.facebook.com/tayportcommunityfridge/

Opening hours: Fridays 3pm to 4pm Free or donation

Community Fridge/Food Bank

Auchtermuchty Foodbank

01337 827068

Auchtermuchty Community Centre, 1 Distillery Street, Auchtermuchty
KY14 7BY

www.facebook.com/groups/auchtermuchtycommunitycentre

Opening hours: Drop in or contact via facebook during office hours:
Monday and Wednesday 9.30am to 2.30pm Friday 11.30am to 2.30pm
Free

Cupar Food Bank

07474 453 153

21 St Catherine Street, Cupar, KY15 4TA

info@cupar.foodbank.org.uk

cupar.foodbank.org.uk

Opening hours: 10.30am to 11.30am Free

East Neuk Food Bank

01333 310 156

Anstruther Church, Burial Brae/School Green, Anstruther, KY10 3HF

eastneukfoodbank@gmail.com [facebook.com/eastneukfoodbank](https://www.facebook.com/eastneukfoodbank)

Opening hours: Tuesdays 12pm to 4pm Thursdays 4pm to 6pm Free

ENeRGI SCIO

01333 730 477

32 East Street, St Monans KY10 2AT

recovery@energi.org.uk

www.energi.org.uk

Opening hours: Tuesdays. Contact to arrange collection. Free

Help with food

Newburgh Food Bank

01337 840 709

TICC, 90-92 High Street, Newburgh, KY14 6DA

www.facebook.com/taysideinstitute

Opening hours: Mondays 10am to 11pm Free

Storehouse Food Bank

01334 845 985

St David's Centre, 23 Albany Park, St Andrews, KY16 8BP

storehouse@kingdomvineyard.com

storehousestandrews.com

Opening hours: Tuesdays 11am to 1pm Wednesdays 1pm to 2.30pm

Thursdays 11am to 1pm Free

Taybridgehead Food Bank

07840 957 039

Wormit Parish Church, 52 Riverside Road, Wormit DD6 8LL

taybridgeheadfoodbank.org.uk

Opening hours: All parcels are delivered on a Wednesday afternoon. Any request for an emergency parcel is dealt with immediately. Free

**Advice and support if you are
struggling with food costs**

our.fife.scot/gethelp/food

Unable to access information online or need
more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Help with food

South & West Fife Area

Community Cafés

Castle Community Cafe

07450 984 081

Blairhall Community Centre, 10-12 Wilson St, Blairhall

www.facebook.com/Castle-community-cafe-581797062194993

Opening hours: Thursdays 11.30am to 1.30pm

Chill and Chat

01383 411 381

North Queensferry Community Complex, Brock Street, Queen Margaret's Playing Fields, North Queensferry, KY11 1JD

facilities@nqcommunitycomplex.org.uk

nqcommunitycomplex.org.uk

Opening hours: Fridays 4.30pm - 5.30pm

EATS Rosyth Community Hub & Living Room Cafe

01383 414 756

115a Queensferry Road, Rosyth, KY11 2PS

info@eatsrosyth.org.uk

facebook.com/rosythcommunityhub

Opening hours: Monday to Friday 10am to 2pm Community meals:
Thursday and Friday 5pm to 7pm Free or by donation

Grow West Fife Community Meal

Blair Castle Walled Garden (Carlow Home) Culross, Fife, KY12 8JW

pamela@growwestfife.org

www.growwestfife.org

Opening hours: Community Lunch: Fridays Volunteer sessions: Monday,
Thursday and Saturday 10am to 2pm Free

Rosyth Parish Church

Rosyth Parish Church, 82a Queensferry Road, Rosyth KY11 2PQ

Opening hours: Fridays 12pm to 2.30pm Free or donation

Help with food

Community Fridge/Food Bank

Community Shop & Café 'Food for Thought' (Inverkeithing Trust)

Ballast Bank Community Centre, Preston Crescent, Inverkeithing, KY11 1DS

Opening hours: Wednesdays 9.30am to 11.30am £4.00 per bag or donation

The Food Hub

01259 730 997

Kincardine Community Centre, Anderson Lane, Kincardine FK10 4SF

kincardineca@gmail.com

www.facebook.com/KincardineCA

Opening hours: Food Hub: Tuesday 5.30pm - 7pm. Food Hub: Wednesday 11am - 12pm Coffee & Blether: Wednesday 1pm - 3pm £4 donation

Inverkeithing Food Bank

The Friary, Queen Street, Inverkeithing, KY11 1LS

info@dunfermline.foodbank.org.uk

dunfermline.foodbank.org.uk

Opening hours: Tuesdays and Thursdays 4pm to 6pm Free

Oakley Community Pantry

Oakley Community Centre, Station Road, Oakley, Dunfermline, KY12 9QF

Opening hours: Wednesdays 12pm to 2pm but finishes when food is gone. It goes quickly Minimum £3.00 donation

Rosyth Food Bank

Parish Church, Queensferry Road, Rosyth, KY11 2PQ

info@dunfermline.foodbank.org.uk

dunfermline.foodbank.org.uk

Opening hours: Mondays, Wednesdays and Fridays 4pm to 6pm Free

Saline and Steelend Fabulous Food Pantry

01383 853 762

Steelend Miners Welfare Club, Main Road, Steelend, KY12 9LX

Opening hours: Wednesdays 12pm to 2pm £4 donation

The 'To Do' list

Do have YOUR version of Christmas

Who says you have to do it the way it's always been done? Try to plan the Christmas you feel will give you the most enjoyment.

Do be kind to yourself

Don't expect everything to be perfect. The most important thing is to have fun and spend time with people you want to be with. Get better at delegating and making sure that everyone helps on the day. Get into a pattern that keeps you well before the holidays start - like going for a walk each day and eating well.

Do plan a special treat or a day out after Christmas

It doesn't have to be something that costs a lot of money - it could just be a day out to the Christmas lights or a walk in the park. It can help take the focus away from one big day of celebration and the let down feeling that can come after it.

Do make sure you have enough things you need to stay healthy and well

Make sure you have enough food in to last you over the days when the shops are shut. If you've got food at home and are looking after yourself, it's easier to cope with all the other hassles and temptations.

Do look after your health

If you've overdone it on the festive food and drink, try and go for a walk the next day. A walk gives you an excuse to get away from the festivities and out of the house for some "you" time, as well as shake the cobwebs away. To help you keep well over Christmas and the New Year, remember to order enough of any prescription medicines you will need and make sure you have other off-the-shelf remedies you might need e.g. "headache tablets".

Families

Family tensions can feel overwhelming at this festive time of year.

- Try to get a balance between time with family/friends and 'me time'.
- Have an 'escape plan' like making a phone call to a friend.
- Make sure you have time to yourself and time to recuperate.

Contact (for families with disabled children) **07458 046 071**
scotland.office@contact.org.uk

Contact Scotland aims to help you source the right information for you and your family, from early years through to transitions into adult life.

Families First familiesfirststandrews.org.uk/family-support-enquiries@familiesfirststandrews.org.uk **01334 208086**

Works with children 5-16 years and their families who face a range of challenges in NE Fife. eg ASD, MH, parent/carer responsibilities.

Families Outside helpline **0800 254 0088**

For families affected by imprisonment in Scotland. Provides info and support e.g. housing, finance, emotional support, detailed knowledge of the justice system and prison procedures.

Fife Families Information Service **01592 583146**
www.fathersnetwork.org.uk/fifefamilies

Fife Gingerbread **01592 725210**
fifegingerbread.org.uk

Accessible, approachable and non-judgemental support, advice with a focus on lone parents and families who need a helping hand.

Fife International Forum **01592 642927**
Services for migrants and refugees. www.fifeinternational.uk

Home-Start **01334 477548**

Provides support for families by recruiting and training volunteers to work with and support parents with young children.

Families

Muirhead Outreach Project

01592 358713

manager@muirhead-outreach.org.uk **muirhead-outreach.org.uk**

An early intervention charity that aims to reduce isolation, minimise the impact of childhood/family trauma and improve well-being and self-esteem.

One Parent Families Scotland

0808 801 0323

opfs.org.uk/talk-to-us

OPFS offers help and advice on single parent tailored topics. Connect through the **freephone** helpline, online chat, email about you and your story.

Parentline Scotland - Children First

08000 28 22 33

www.childrenfirst.org.uk/get-support/support-line

Support when you need a helping hand or feel like you are at the end of your tether. Call free, browse the website or start a webchat.

Relationships Scotland

0345 119 2020

Relationships-scotland.org.uk

Sleep Scotland Support Line (Mon-Thu 10am-4pm)

0800 138 6565

Square Start Families

01592 860296

squarestart@brag.co.uk

Provides support to families who are in crisis and/or require further help in building relationship with their children and improving parenting techniques.

The Cottage Family Centre

info@thecottagefamilycentre.org.uk

- 29/31 Cawdor Crescent Kirkcaldy KY2 6LH - **01592 269489**
- 34 St Clair Street Kirkcaldy KY1 2QE - **01592 210189**

The Cottage's purpose is to provide a family centre, serving Kirkcaldy, which caters for the needs of children aged 0 -16 years and their families.

Alcohol and Drug Support and Recovery Services

In Scotland, most substance use services will close for the two public holidays at both Christmas and New Year. This will feel like a long time for some people who use these services.

Social Work Offices will be closed on Wed 25th, Thurs 26th and Fri 27th December 2024 as well as Wed 1st, Thurs 2nd and Fri 3rd January 2025. However emergency Social Work can be offered during public closures and can be contacted on **03451 55 00 99**.

For the most up-to-date information on access to drug and alcohol services over the festive period visit www.fifeadp.org.uk

ADAPT is the main drug and alcohol triage service in Fife and provides information, advice, and support for alcohol and/or drug use.

Mon 23 Dec	Normal Hours
------------	--------------

Tue 24 Dec 2024	Close at 12.30pm
-----------------	-------------------------

Wed 25 Dec & Thu 26 Dec 2024	Closed
------------------------------	---------------

Fri 27 Dec 2024 Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Telephone Service 1.30pm – 4.30pm

Mon 30 Dec	Normal Hours
------------	--------------

Tues 31 Dec 2024	Close at 12.30pm
------------------	-------------------------

Wed / Thu 1st & 2nd Jan 2025	Closed
------------------------------	---------------

Fri 3rd January Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Services close at 12.30pm.

Telephone Service 1.30pm – 4.30pm

Answering service available outwith the above times.

Referral & Access to Treatment & Services	01592 321 321
---	----------------------

All services return to normal Monday 6 January 2025

Alcohol and Drug Support and Recovery Services

We Are With You Harm Reduction Service

0800 917 9211

wearewithyou.org.uk

We Are With You offers safer drug use advice and support including access to sterile injection equipment, Naloxone overdose prevention kits and other advice and supports. **Free** sterile injecting equipment is available from 20 pharmacies across Fife and from all We Are With You Sites. Daily online web chat service open to all until 9pm.

Closed on 25th and 26th December 2024.

Al-Anon

0800 0086 811

Support for family and friends.

al-anonuk.org.uk

AA – Alcoholics Anonymous

0131 225 2727

National free helpline

0800 917 7650

help@aamail.org

alcoholics-anonymous.org.uk

Clued Up

01592 858248

cluedup-project.org.uk

Substance use support for young people under 25 in Fife.

Closed Wed 25 to Fri 27 Dec 2024 and Wed 1 to Fri 3 Jan 2025.

DAPL

01333 422 277

enquiries@dapl.net

DAPL.net

SMS: 07584 233877

- DAPL Leven, 1-2 Parkdale Avenue, Leven, Fife KY8 5AQ
- DAPL Kirkcaldy, 13 Wemyssfield, Kirkcaldy KY1 1XN

DAPL offers **free** one to one counselling, support and advice to individuals who are affected by substance use and live within Fife.

Closed Mon 23 Dec 2024 and will reopen Mon 6 Jan 2025.

Drinkline Helpline Scotland freephone

0800 7 314 314

www.drinkaware.co.uk/advice-and-support/

Supports people who are worried about their own or someone else's drinking or drug use. Webchat available at www.wearewithyou.org.uk

Alcohol and Drug Support and Recovery Services

FIRST Peer Support Groups	01592 585960
Peer support drop-in groups on Mon 23 Dec 2024 and 30 Dec 2024 at St Luke's Church, Glenrothes starting at 6:30pm. Anyone can attend.	
Gamblers Anonymous Scotland	0370 050 8881 ga-scotland.org
GamCare	0808 8020 133 gamcare.org.uk
National Gambling helpline providing free confidential information, advice and support for anyone affected by gambling.	
Know the Score	0800 587 5879 knowthescore.info
Narcotics Anonymous	0300 999 1212 ukna.org
Re-Solv	01785 817885 re-solv.org
Restoration Fife	facebook.com/RestorationFife
Call, Text or WhatsApp	07501 176 234
General Enquiries	07734 408 498
For people in recovery from substance use and their families, offering safe spaces and fun activities, both online and in person across Fife.	
Scottish Families affected by Alcohol and Drugs	01592 382330
Support to anyone in Fife over 16 affected by someone else's drug or alcohol use.	www.sfad.org.uk/fife fifefamilies@sfad.org.uk
Helpline available over the festive period except 25, 26 Dec and 1 Jan.	08080 101011
helpline@sfad.org.uk	
SMART recovery online meeting	smartrecovery.org.uk
For any form of addictive behaviour	
Talk to Frank (drug info and advice)	0300 123 6600 talktofrank.com

Alcohol and Drug Support and Recovery Services

HINTS & TIPS

How to stay safe when using alcohol or drugs during the holidays

Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

Ask your support workers or services for the phone numbers and dates of the out of hours services that will be available. You can keep these written down somewhere you'll be able to find them easily, for example pinned to a fridge, in a specific pocket of a bag or jacket or other easy to remember place or write them at the back of this booklet. If possible, you could also store them in a mobile phone.

Remember that the services will be open again in a few days, and you can contact additional services (**NHS 24 on 111 or emergency services on 999**) or report to **A&E** in an **emergency**.

Contact the out of hours services if you need to talk to someone.

HINTS & TIPS

General safety tips

- **Set limits:** Decide in advance how much you plan to drink or use. Stick to those limits to help avoid overindulging
- **Stay with friends:** Look out for each other. Share your plans with friends and check in on one another throughout the festivities
- **Ensure your phone is charged and you have your emergency numbers in your contacts**
- **Create a safe place:** If you are hosting, provide a comfortable area where guests can relax and avoid excessive drinking or drug use
- **It's important that both men and women plan ahead, prepare for the possibility of sex and carry condoms**

Alcohol and Drug Support and Recovery Services

HINTS & TIPS

To stay safe when using alcohol

It is easy to forget that alcohol is a powerful drug and we need to be careful how we use it. Drinking too much has a negative impact on you and those around.

By setting a plan you can avoid drinking too much and, hopefully, avoid the negative impacts alcohol can have, such as hangovers, doing things you later regret, getting injured, getting into fights and feeling low or anxious.

- Eat before and while drinking and avoid salty snacks, which make your thirsty.
- Be assertive – don't be pressured in to drinking more than you want or intend to.
- Know your limit and stick to it. Be aware of how different substances affect you, and don't feel pressured to keep up with others. It's okay to say no.
- Alternate alcoholic drinks with a drink of water (stay hydrated).
- Stay busy – don't just sit and drink. Dance or have a game of darts or pool if you're at a pub.
- Track your drinks and don't let people top up your drink until it's finished.
- Make sure you have a safe way of getting home.
- Do not accept drinks from anyone you do not know.
- Avoid rounds, "shouts" and kitties – drink at your own pace, not someone else's.
- Drink slowly – take sips, not gulps.
- Do not leave your drink unattended.
- Try to avoid binge drinking. It has been shown to have a negative effect on our health and safety.
- Avoid mixing alcohol and drugs.

Alcohol and Drug Support and Recovery Services

HINTS & TIPS

To stay safe when using drugs

- Avoid using drugs alone.
- Avoid sharing injecting equipment (IEP). **Free** injecting equipment is available from some pharmacies (check online at www.needleexchange.scot) and from We Are With You (**closed 25th and 26th Dec**) and is available for delivery by calling **0800 9179211** and leaving a message.
- Start with a low dose of any drug and wait at least an hour before taking any more to see if the effects are what you are expecting. The strength of a drug and what it's cut with varies from batch to batch. If you want, you can also access Wedinos (www.wedinos.org) to test samples for peace of mind.
- Avoid mixing substances, particularly depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose. If you choose to use, try to stick to one substance.
- If you or a friend is unwell, seek medical help immediately. If possible, speak to services about getting a Naloxone kit for the event of an overdose.

How to spot an overdose

- Unresponsive
- Snoring or shallow breathing
- Blue lips
- Pale Skin
- Pinpoint pupils

If you think someone may have overdosed call 999 for an ambulance immediately. Tell the call handler you think the person has overdosed and let them know if you have Take Home Naloxone. Medical help must still be sought even if the individual then feels well again after you have given Naloxone. Wait with the person till the ambulance arrives.

Alcohol and Drug Support and Recovery Services

Take Home Naloxone Get Trained & Carry a Kit

Naloxone can be used to temporarily reverse the life-threatening effects of an opioid overdose, buying time for the ambulance service to arrive. A person may have multiple drugs in their body, but reversing the effects of opioids with naloxone can be the difference between life and death.

If you, or anyone you have contact with, is using opioids, ensure you have a Naloxone kit. Tell those with you that you have one, so they know where to find it, and how to use it.

There are a few Take Home Naloxone products to choose from:

- **Nyxoid** - Intranasal spray, available to anyone aged 14yrs and over.
- **Prenoxad** – Intramuscular injection, available to anyone aged 16yrs and over.
- **The Pebble** - a new nasal product where two nasal naloxone sprays can be stored in a case making them easy to carry with you anywhere.

Free training on how to administer Take Home Naloxone, and how to access a kit **free of charge** via post, is available via

Stop The Deaths

stophedeaths.com

Take-Home Naloxone - SFAD

sfad.org.uk

Naloxone is also available **free** from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit.

The Scottish Ambulance Service can also train individuals and supply them with Take Home Naloxone when at a call.

Health and wellbeing

Vaccination

Protect Yourself From COVID-19 and Flu

The winter flu and coronavirus vaccination programme has now begun.

Vaccination offers protection against the effects of coronavirus and flu, and is strongly recommended for those who are eligible.

If you're eligible, you'll receive a letter, text message or email with appointment details or information about how to book one.

You may receive information about your appointment at a different time than previous years. Please do not try to book an appointment until you've been invited by NHS Scotland.

To find out more about eligibility and vaccination this winter visit:
www.nhsinform.scot/winter-vaccines

Don't let your protection fade

To check your eligibility visit:

www.nhsinform.scot/winter-vaccines

For further information on the vaccines and booking visit:

www.nhsfife.org/booster



Right Care, Right Place

By using NHS services wisely, you can keep well and get the care you need quickly and safely.

If you become unwell and need to see a healthcare professional the same day, but it is **not** an emergency, there are different services you can use.

- During normal opening hours you should call your GP practice or you can get help online using the information and resources on NHS Inform, which includes symptom checkers [nhsinform.scot](https://www.nhsinform.scot)
- Other services such as community pharmacies, opticians, and dentists can also help you.
- Minor Injuries can assist with a range of conditions including cuts, minor burns, sprains and strains or broken/fractured bones. If you think you need to visit Minor Injuries phone **111** day or night
- For out-of-hours, when your GP is closed, you should phone **111** for advice.

If it's a **life-threatening emergency**, such as a heart attack or stroke, you should always call **999** or go directly to **A&E**.

A&E and 999 services should only be used when people are seriously ill or injured.

For further information visit:

www.nhsfife.org/services/right-care-right-place

Health and wellbeing

Community Pharmacies

nhsfife.org/services/right-care-right-place

There are 86 community pharmacies in Fife. As well as dispensing prescriptions, community pharmacies provide walk-in help and advice on medicines and a wide range of health conditions. Most have a private consultation room where you can discuss issues with pharmacy staff in confidence. Services such as Pharmacy First provide support for common conditions such as sore throats, earache and urinary infections. Check online to find your nearest pharmacy and information on the services they provide.

Dental Care

nhsfife.org

If you require access to NHS dental care and are registered as an NHS patient at a local dental practice, you should contact them direct to arrange an appointment.

If you are experiencing acute dental pain and are not registered with a dentist, you should call the Dental Advice Line on **01592 226555**. Staffed by members of NHS Fife **Public Dental Service** (Mon to Fri 8.30am – 5pm) who can help arrange for you to be seen if necessary.

Eye Care

nhsfife.org/services/right-care-right-place

If you have eye problems you can make an emergency appointment at your local optician. These appointments are provided free through the NHS and will ensure you receive the right specialist care as soon as possible. You can find a list of your nearest optician online.

NHS Fife

nhsfife.org

For information on local services and the latest local healthcare news

NHS Inform

nhsinform.scot

Scotland's national health information service, includes symptom checkers to assess symptoms and advice on what to do next.

Health and wellbeing

Quit Your Way (support in Fife)

0800 025 3000

Fife.smokingcessation@nhs.scot

Stop Smoking Support

nhsinform.scot/healthy-living/stopping-smoking

For advice and support on stopping smoking or vaping, including local services that can help.

Fife Macmillan Improving the Cancer Journey (ICJ) **03451 551500**

improving.cancerjourney@fife.gov.uk

Available to anyone affected by cancer providing non clinical support.

Mental Health

Access Therapies Fife

www.accesstherapiesfife.scot.nhs.uk

Provides information to help people deal with mental health problems and access a range of local services.

Psychology Enhanced Engagement Team (PEET)

Provides brief psychological interventions for people with mild mental health difficulties. In PEET, you work together with an NHS trained professional to learn tools and skills that will help you to better manage your current difficulties. PEET is available for adults aged 18+ through self-referral, via the Access Therapies Fife website -

www.accesstherapiesfife.scot.nhs.uk

Barnardo's

01592 651482

wellbeinginfife@barnardos.org.uk **barnardos.org.uk/get-support**

Barnardo's Wellbeing in Fife service provides mental health and wellbeing support to anyone aged 5-26 living in; North East Fife, Leven, Glenrothes, Kirkcaldy & Cowdenbeath. The service aims to increase capacity and skills for young people and families to feel equipped with managing their mental health and improving emotional wellbeing.

Health and wellbeing

Change Mental Health

01333 841304
fifeservices@changemh.org

Childline (Freephone)

0800 1111
childline.org.uk

Express Group (Fife)

info@expressgroupfife.org.uk

01592 645331
expressgroupfife.org.uk

Support groups for adults 18+ affected by mental health issues &/or social isolation; lunch provided.

Includem

0800 689 0030
referrals.keepingconnectedfife@includem.co.uk

Includem's Keeping Connected service is a short-term community-based support for young people aged from 10 up to 18 years of age. It is an early intervention service, offering support to young people who have experienced a significant change in behaviour in the last 3 months (e.g. spending time with family and friends or attending their routine activities) due to their mental health and wellbeing.

LLTTF (Living Life to the Full)

llttf.com

Mental Health Foundation Scotland

mentalhealth.org.uk/scotland

Mind to Mind

nhsinform.scot/mind-to-mind

Moodcafé

moodcafe.co.uk

NHS Fife Child and Adolescent Mental Health Service (CAMHS)

nhsfife.org/camhs-thingstotry

Psychology Services

acesstherapiesfife.scot.nhs.uk

SAMH

samh.org.uk
info@samh.org.uk

See Me

seemescotland.org.uk

Student Mental Health

thinkpositive.scot

Health and wellbeing

Self Harm

Mind

mind.org.uk

Penumbra

01383747788

Selfharm.Fife@penumbra.org.uk
selfharmnetworkscotland.org.uk/i-need-support

Our Self Harm services provide support for people 18 over living anywhere in Fife who self-harm and are seeking support.

Young Minds

youngminds.org.uk

Sexual Health

Sexual Health Fife

01592 647979

nhsfife.org/sexual-health

Under 25s can phone or text the Young People's number on **07890 586392**. We will arrange for a nurse to call you back. We aim to call back the same day or the next working day. Phone numbers available Monday to Friday 8:30am to 4:30pm

Free Condoms by Post

Free condoms by post to your home, confidentially in a plain unmarked envelope, is available for people living in Fife.

Packs contain 12 condoms and some water-based lubricant and should arrive within 10 days. Used correctly and consistently condoms help prevent HIV and reduce the risk of sexually transmitted infections and pregnancy. If a condom bursts, comes off or you do not use one you may be eligible for EMERGENCY CONTRACEPTION if you are at risk of pregnancy.

Scan the QR code to complete the form and request condoms. Access to form is also available on our website.

Further information and video are available on our website.

Suicide prevention

Signs of suicide can be difficult to spot. Asking someone directly about their feelings can help to save their life. This may feel like a difficult conversation to have but it can make a difference. If you are worried about someone, encourage them to talk to a family member, friend or contact one of the helplines listed below. If you are with someone who has an immediate suicide plan and means to carry it out, do not leave them alone. **Call 999** and get immediate help. If you feel you need help, please talk to someone.

Breathing Space **0800 83 85 87**
Mon-Thu 6pm-2am, Fri 6pm-Mon 6am **breathingspace.scot**

CALM **0800 58 58 58**
Helpline open 5pm – midnight, 365 days a year **thecalmzone.net**

NHS Inform **www.nhsinform.scot/surviving-suicidal-thoughts**
www.nhsfife.org/suicideprevention
www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide

Papyrus (preventing young suicide) **0800 068 41 41**
Hopeline open 24 hours a day, 365 days a year **Text: 07860 039967**
pat@papyrus-uk.org **papyrus-uk.org**

Samaritans **116 123**
Helpline open 24 hours a day, 365 days a year **www.samaritans.org**
(Email response time 24 hours) **jo@samaritans.org**

Survivors of bereavement by suicide **0300 111 5065**
Call Monday & Tuesday 9am-5pm **uksobs.org**

Health and wellbeing

Local Support

Andy's Man Club

andysmanclub.co.uk

A peer-to-peer support group for men over 18 to help them through life. All groups meet every Monday at 7pm (except on bank holidays). Andy's Man Club is available at a variety of venues and locations throughout Fife. Visit website for full information.

Sam's Café

www.samscafe.org.uk

Sam's Fife provides drop-in mental health peer support for people experiencing mental health issues, crisis or suicidal thoughts. The team are available for one-to-one support with **no appointment or referral needed**. Sam's is available at venues across Fife (including Saturday and Sundays) Visit the website for full information, including opening times.

Women's Wellbeing Club

womenswellbeingclub.co.uk

A peer-to-peer community support group run for woman by volunteers. See website for details.

We're here to help

For advice on benefits, help with bills and support with the cost of living go to:

our.fife.scot/gethelp

Unable to access information online or need more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Sexual Abuse Support

Rape or Sexual Assault - Turn to Sexual Assault Response Coordination Service (SARCS)

Did You Know.....?

- If you have experienced rape or sexual assault and are over the age of 16, you no longer have to report to the police or GP in order to receive medical care and support.
- If you are under 16 you can still contact SARCS but other professionals including social work and the police may have to be informed.

What is the NHS Scotland sexual assault self-referral phone service?

The NHS Scotland Sexual Assault Self-Referral phone service can refer you to **a healthcare professional at SARCS who will phone you back to discuss and arrange care for you in your local area.** If you self-refer within 7 days of the assault, arrangements can be made for you to have a forensic medical examination (FME) at a local SARCS in order to gather evidence from your assault. For Fife, the Forensic Medical Examination Suite is located at Queen Margaret Hospital, Dunfermline.

If the assault occurred more than 7 days ago, you can still use the self-referral helpline number who can put you in contact with the local Sexual Health clinic and Gender Based Violence service.

What could this mean for you....?

If appropriate for you, and you wish to have an FME, you will be given an appointment to attend your closest SARCS or the one most convenient for you. The FME team consists of a specialist nurse and doctor. At the time of making your appointment, you can request the gender of staff although this may not always be possible. At the time of making your appointment you can also ask if it would be possible to bring a friend or family member with you when you attend the SARCS for your examination.

Sexual abuse

Possible Outcomes....?

Any evidence that is collected (following your FME) will be kept and securely stored for 26 months. During that time, you can decide if you want to tell the police. Your evidence will only be looked at if you decide to report to the police. After 26 months, your evidence will be safely destroyed. This can be done earlier at your request. You can still report to the police after this time if you decide to do so.

Further support....?

If you give your consent, your details will be passed onto the Gender Based Violence team based in NHS Fife and they will make contact with you to help arrange follow-up appointments and offer ongoing care, support and advice. They can also refer onto other support services on your behalf.

SARCS self referral phone service open 24/7 **0800 148 88 88**

**Sexual Assault Response
Coordination Service (SARCS)** www.nhsinform.scot/turn-to-sarcs

In an **emergency call 999** or attend **Accident & Emergency**.

AMINA – Muslim Resource Centre **0808 801 0301**

Monday to Friday 10am to 4pm mwrc.org.uk

Offer support to Muslim and BME women across Scotland

FearFree **0131 624 7270**

FearFree is a national domestic abuse FearFreeInfo@sacro.org.uk
service for survivors of domestic abuse in Scotland.

Fife Law Centre **01592 786710**

Team of solicitors that give **free** info@fifelawcentre.co.uk
legal advice and representation for people in Fife.

Fife Rape and Sexual Assault Centre **01592 642336**

Offers support of anyone 12+ who has been frasac.org.uk
raped or sexually assaulted at some point in their lives.

Sexual abuse

Gender Based Violence Team NHS Fife Fife.gbvteam@nhs.scot

Help or advice available for residents of Fife that are or have been affected by domestic abuse and/or sexual violence. Open Monday - Friday 8:30am to 5pm except bank holidays.

Kingdom Abuse Survivors Project (KASP) **01592 644217**

Supports adult survivors of childhood sexual abuse kasp.org.uk

LGBT+ Helpline Scotland **0800 464 7000**
helpline@lgbthealth.org.uk lgbthealth.org.uk

A helpline providing information and emotional support to the entire diversity of the LGBT+ community.

National Ugly Mugs (NUM) nationaluglymugs.org

A UK wide charity working with sex workers to provide safety tools and support services to people in the adult industries.

Rape Crisis Scotland (available 5pm to midnight) **08088 01 03 02**

Support for people of all genders rapecrisisscotland.org.uk
13+ years who have been affected by sexual violence. Advice and info plus community languages and BSL video.

Safe Space **01383 739084**

Supports survivors of sexual abuse (aged 12+) safe-space.co.uk

SurvivorsUK **020 3598 6898**

Supports men and non-binary people survivorsuk.org
who have been affected by rape or sexual abuse. Webchat service available 12pm to 8pm 7 days a week.

The HIVE LGBT + Centre **01592 268102**

Waverley Care **0131 4416989**
Advice for gay and bisexual men. waverleycare.org

Domestic Abuse Support

It's difficult to accept that people you love or care for can treat you badly.

Domestic abuse is rarely a one-off incident. It is persistent and controlling behaviour perpetrated by a partner or ex-partner. It includes physical, sexual and emotional abuse.

Recent changes in the law recognise the harm caused by “coercive control” - acts that cause harm, punish or frighten.

Examples of domestic abuse include:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Depriving access to help and support services
- Depriving you of basic needs, such as food
- Financial or economic abuse
- Harassment and stalking
- Isolating you from friends and family
- Online or digital abuse
- Psychological and/or emotional abuse
- Physical or sexual abuse

Christmas and New Year can be a particularly difficult time, but there are people who can help you.

Police Scotland
www.scotland.police.uk/contact-us

In an emergency call **999**
non-emergency **101**

Domestic Abuse Support

CEDAR Plus (domestic abuse)

01592 583676

Therapeutic group work programmes for families who have experienced domestic abuse

- CEDAR (Children Experiencing Domestic Abuse Recovery) for 4 – 16 year olds and their mothers
- EYDAR (Early Years Domestic Abuse Recovery) for mothers with children 0-4 years

FearFree

0131 624 7270

FearFree is a national domestic abuse service for survivors of domestic abuse in Scotland **FearFreeInfo@sacro.org.uk**

Fife Law Centre

01592 786710

Team of solicitors that give **free** legal advice and representation for people in Fife. **info@fifelawcentre.co.uk**

Fife Women's Aid Freephone

0808 802 5555

24 hour support line for women

fifewomensaid.org.uk

Fife Women's Aid provide support and information to women, children and young people who are experiencing or who have experienced domestic abuse.

Children and young people's Freephone

0808 801 0422

The children and young people's service can also be contacted on **Facebook/ Messenger @ 'Join The Dots – FWA'**

FRASAC

01592 642 336

Fife Rape and Sexual Assault Centre

info@frasac.org.uk

is an independent voluntary organisation that offers a range of **free** and confidential time limited support to anyone 12+

KASP

01592 644 217

info@kasp.org.uk

Kingdom Abuse Survivors Project supporting the people of Fife with the aim to eliminate the debilitating effects that childhood sexual abuse can have on adult survivors.

Domestic Abuse Support

LGBT Helpline Scotland 0800 464 7000
helpline@lgbthealth.org.uk lgbthealth.org.uk

A helpline providing information and emotional support to the entire diversity of the LGBT+ community.

National Domestic Abuse 0808 2000 247

National Stalking Free Helpline 0808 802 0300

Gives practical information, support and advice to victims of stalking.

Safe Space 01383 739084
contact@safe-space.co.uk

Safe Space has 30 years of experience in helping people find the courage to begin to heal, strength to take the next step and a voice to challenge their past.

Scotland's Domestic Abuse & Forced Marriage Scotland
Freephone (Women & Men) 0800 027 1234
helpline@sdafmh.org.uk sdafmh.org.uk

Shakti Women's Aid Fife 0131 475 2399
info@shaktiedinburgh.co.uk shaktiedinburgh.co.uk

Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

The HIVE LGBT + Centre 01592 26810

Bereavement Support

The organisations below will listen when you are ready to talk.

At A Loss

ataloss.org

Child Bereavement UK

0800 02 888 40

support@childbereavementuk.org

childbereavementuk.org

Cruse Bereavement Care Scotland Scotland's Bereavement Charity

0808 802 6161

crusescotland.org.uk

support@crusescotland.org.uk

Cruse Scotland provides professional support for bereaved adults and children across Scotland. A **free** telephone helpline is the first point of contact and provides a compassionate listening service. Online support is also available through their GriefChat web service.

Grief Encounter

0808 802 0111

griefencounter.org.uk

Supporting bereaved children and young people.

Held in Our Hearts

heldinourhearts.org.uk

A local charity providing baby loss counselling and support to families.

NHS Inform

[nhsinform.scot/care-support-and-rights/
death-and-bereavement](https://nhsinform.scot/care-support-and-rights/death-and-bereavement)

NHS Specialist Palliative Care

NHS Fife Specialist palliative care includes a children and families service. It supports families following parental cancer diagnosis through palliative care and bereavement.

Referral is through the oncology service or GP.

Richmond's Hope

01333 408601 ext.400

methyl@richmondshope.org.uk

www.richmondshope.org.uk

Offers **free**, one-to-one support to bereaved children and young people in Fife who are between the ages of 4-18. Referrals accepted from schools and a variety of agencies. Parents and carers are welcome to email for self-referral forms. Operates out of the Wellesley Centre in Methil two-days a week (Tuesdays and Wednesdays).

Bereavement Support

Sands Fife 24 hr Helpline

fife@sands.org.uk

0845 528 0322

facebook.com/FifeSands

One to one bereavement support worker and counselling for anyone in Fife affected by a sudden and unexpected death of a child.

Scottish Cot Death Trust

contact@scottishcotdeathtrust.org.uk

One-to-one bereavement support and counselling for anyone in Fife affected by a sudden and unexpected death of a baby or young child.

Scottish Families Affected by Alcohol and Drugs

01592 382330

www.sfad.org.uk

SFAD's national family support services include their Helpline and a focus on Bereavement Support.

Our Helpline will be available over the festive period **except** for Christmas Day, Boxing Day and New Year's Day.

helpline@sfad.org.uk

08080 101011

Survivors of Bereavement by Suicide

uksobs.org

The Compassionate Friends

helpline@tcf.org.uk

0345 123 2304

tcf.org.uk

To support 'family' members in their bereavement following the death of a child. Very active in local networks so help is available. Bereavement support packs also available and can be customised to your circumstances.

WAY Widowed & Young

enquiries@widowedandyoung.org.uk

0300 201 0051

widowedandyoung.org.uk

Support to people who are bereaved of a husband, wife or partner before the age of 51.

Winston's Wish

winstonswish.org.uk

Support for children and families after the death of a parent or sibling.

Staying Connected

Advocacy

www.fifeadvocacyforum.org.uk

The Fife Advocacy Forum supports the development of advocacy across Fife and represents the views of local advocacy providers.

To help meet the needs of different people at different times in their life, there are several different types of advocacy. Please see the website which explains the range of advocacy available, details about the organisations that provide these services and how to contact them.

Age Scotland Helpline (Mon-Fri 9am-5pm)

0800 12 44 222

Free, confidential phone service for older people, their carers and families in Scotland. Providing information, friendship and advice.

Alzheimer Scotland

01592 204541

fifeservices@alzscot.org

Alzheimer Scotland Brain and Health Dementia Centre, Hill Street (opposite Stance 7 at Kirkcaldy bus station) Kirkcaldy KY1 1AH

Social, activity and support groups for people living with dementia and their carers in Fife; information and advice; Day Care; support to access technology enabled care and help to live independently at home.

British Red Cross National Support Line

0808 196 3651

Open Monday to Friday 10am to 5pm, Wednesday 10am to 8pm.

Community in Cupar

07421 223369

help@cic.scot

Community in Cupar supports all members of the community including those often isolated due to mental, social or financial, disability barriers. The Community in Cupar support Cupar and the North East Fife area. It also runs an LGBTQ+ Hub.

Staying Connected

Crossroads Fife

info@crossroadsg.co.uk

01592 610450

crossroadsfifecentral.org

Short breaks for carers, befriending, self-directed support and purchased care.

Deaf Communication Service

Textphone: 01592 583340

SMS Text message 07984 356 580

03451 551503

swinfo.deafcommunications@fife.gov.uk

Disabilities Fife

dfscot.com
help@dfscot.com

This organisation aims to address barriers caused by disability.

It offers support on any issue relating to disability: eg an accessibility matter, travel, IT and much more.

If you don't have a computer, please ask a friend or visit a library to send an email.

Fife Carers Centre

01592 205472
fifecarerscentre.org

Fife Centre for Equalities

info@centreforequalities.org.uk

01592 645 310
centreforequalities.org.uk

New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT.

Works with communities and partners to make Fife a fairer place to live, work and study. FCE is a Hate Crime Third Party Reporting Centre.



BSL users can contact Fife Council via contactScotland-BSL

**In an emergency
call video relay service 999 BSL**



Staying Connected

Fife Council SMS text service for people with a hearing loss

07781 480 185

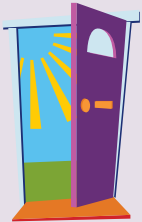
Sign up required for SMS or use translation service for the Adult Protection phone line

BSL users can also contact the council via **ContactScotland-BSL**

Fife Forum info@fifeforum.org.uk

**01592 643743
fifeforum.org.uk**

Provides community-centred advice/support, information signposting & guidance for adults 16+ via our Local Area Co-ordination service; issue-based professional Advocacy for Older People within care and hospital settings; and, supports locality-based Action Groups for Older People.



ON YOUR DOORSTEP

**Find out more about groups
and activities near you**

**Fife Health
& Social Care
Partnership**
Supporting the people of Fife together



On Your Doorstep Fife is a community website with links and information about care providers, clubs, organisations, groups and activities that are locally available in Fife.

It's aimed at individuals who require care and support, family carers, practitioners, care providers, support workers and health staff as well as members of the public.

www.onyourdoorstepfife.org

Staying Connected

Fife International Forum

01592 642927

www.fifeinternational.uk

Fife International Forum provides services Fife Wide for Migrants and Refugees.

Fife Shopping and Support Service

01592 653344

www.fifeshoppingandsupportservices.co.uk

Fife Shopping & Support Services is a charity registered organisation offering supports to elderly people and adults with disabilities throughout Fife. Their team can support with collecting shopping, housework, befriending and companion services. To make a referral please fill out the online form on the website or phone.

Fife Voluntary Action

0800 389 6046

info@fva.org

fva.org

Fife Young Carers

01592 407262

admin@fifeyoungcarers.co.uk

fifeyoungcarers.co.uk

Information and support to Young Carers in Fife, up to age 25.

Hourglass 24/7 Helpline

(Safer ageing • Stopping abuse)

0808 808 8141

wearehourglass.scot

Free SMS: 078 6005 2906

Hourglass is the only UK-wide charity which works to protect and prevent the abuse of vulnerable older people by raising awareness of the issues, encouraging education and giving information and support.

LGBT Helpline Scotland

0800 464 7000

helpline@lgbthealth.org.uk

lgbthealth.org.uk

A helpline providing information and emotional support to the entire diversity of the LGBT+ community. Tues, Weds, Thurs (12-9pm)
Sun (1-6pm)

Staying Connected

LGBT Youth Scotland
info@lgbtyouth.org.uk

0131 555 3940
lgbtyouth.org.uk

LGBT Youth Scotland offers a live chat service for LGBTQ+ young people aged 13-25, and those questioning their identity by going to the website.

Link Fife Mental Health Befriending Projects

www.linkbefriending.org.uk

Befriending for Adolescents and Adults living in East Fife, Levenmouth, Glenrothes and Kirkcaldy areas who may be isolated as a result of a mental health issue.

- Adolescent Project: contact Jane on 07421 471720
 - Adult Project: contact Senga on 07926 923927
-

Love and Harmony
thehive@loveandharmony.scot

01592 268102
www.thehivefife.org.uk

On Your Doorstep Fife
onyourdoorstep.fife@fife.gov.uk

onyourdoorstepfife.org

Search for community groups, information or support.

People First (Scotland)

0131 478 7707
peoplefirstscotland.org

People First is an organisation run by and for people with learning difficulties. The organisation aims to speak up and campaign for the rights of people with learning difficulties. People First also support collective-advocacy groups across the country in their work.

RNIB Helpline

0303 123 9999

Advice and information on sight loss.

helpline@rnib.org.uk

Or say “Alexa call RNIB helpline” to an Alexa-enabled device.

Staying Connected

Seescape

01592 644979

info@seescape.org.uk

Seescape (the operational name for Fife Society for the Blind) is the leading charity provider of support services for people with a visual impairment in Fife. They aim to empower people with visual impairment to live safely, independently and achieve their personal goals. Seescape offer a range of services as part of a one-stop-shop approach, including information and advice, rehabilitation, assistive technology training, befriending and social groups.

- **Closed** Wednesday 25th to Friday 27th December 2024
- **Open** Monday 30th and Tuesday 31st December 2024
- **Closed** Wednesday 1st and Thursday 2nd January 2025
- **Open** on Friday 3rd January 2025

The Silver Line (24hr helpline for older people)

0800 4 70 80 90

thesilverline.org.uk

The Well

03451 551500

thewell@fife.gov.uk

fifehealthandsocialcare.org/thewell

The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. The service is for anyone 16+ looking for advice and support. The Well's friendly staff are there to empower people to help them to find solutions to problems quicker and easier, giving them the right information at the right time. If you are looking for support, information, and guidance on topics such as energy, social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

Transgender Fife

transgenderfife.com

Support and information for the transgender community

Your Feedback

Please tell us what you think about Staying Safe and Keeping Well 2024

Your feedback is important to us so that we can further improve this little booklet.

If you have any comments or suggestions please complete our very short questionnaire online, available at:
www.fife.gov.uk/safeandwellfeedback

If you are reading the booklet and do not have access to a computer, we would still like to hear your views. To help you complete it, you could visit a library or ask a support worker/organisation mentioned in the booklet for assistance. There's the option that the questionnaire could be printed out for you to complete.

These could be returned to a Fife Council office, marked for the attention of:

ASP Team, 2nd Floor Kirkcaldy Town House
2 Wemyssfield, Kirkcaldy, KY1 1XW.

Don't miss out - claim what's yours

For advice on benefits, help with bills and support with the cost of living go to:
our.fife.scot/gethelp/money

Unable to access information online or need more assistance, call our **Community Support Line**
0800 952 0330 (Mon-Fri, 9am-5pm)



READY FOR WINTER

www.fife.gov.uk/readyFife



**Don't feel isolated
when severe
weather hits**

There are plenty of
ways for you to get the
latest information.



www.fife.gov.uk/winter



facebook.com/fifecouncil



twitter.com/fifecouncil



Kingdom FM - 95.2 & 96.1
Forth One - 97.3
Tay FM - 96.4 & 102.8



03451 55 00 11 faults & repairs
03451 55 00 99 out of hours



Fife Adult Support & Protection Committee (ASPC) is a partnership between Fife Council, Police Scotland and NHS Fife. These organisations and others, work together to support and protect adults at risk of harm in Fife, enabling them to live safe, healthy and fulfilling lives within their community.

Adult Protection Phone Line **01383 602200**

SMS text service for people with a hearing loss: **07781 480 185**
BSL users can contact via **ContactScotland-BSL**

In an emergency call 999
BSL users call video relay service **999 BSL**

Police non-emergency number 101
www.scotland.police.uk/contact-us



Fife Adult Support & Protection
www.fife.gov.uk/adultprotection

