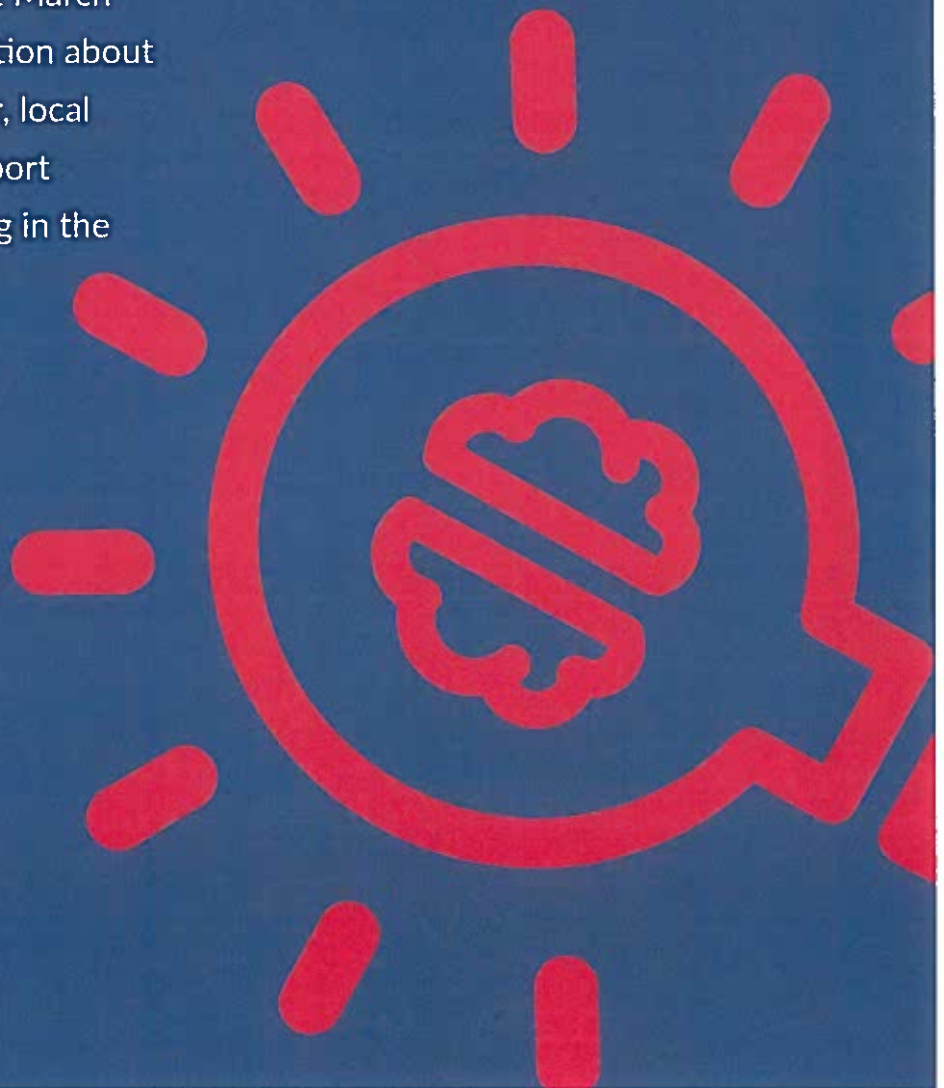


# CUPAR MENTAL HEALTH & WELLBEING GROUP

## LOCAL SUPPORT AND INFORMATION BOOKLET

This booklet is current as at March 2024 and contains information about and contact information for, local services which help to support mental health and wellbeing in the community.

MARCH 2024



## SAMH Sam's Cafe

<https://www.samh.org.uk/about-us/our-work/sams-cafe>

Sam's is a mental health peer support service provided by SAMH across Fife. Peer Workers help others offering support with mental health, crisis, challenging thoughts and suicidal thoughts.

## Distress Brief Intervention

[www.dbi.scot](http://www.dbi.scot)

The Mental Health Hub have a direct referral Pathway to the Distress Brief Intervention (DBI) programme. NHS24 Mental Health Hub staff may offer this pathway for those who contact them in distress from anywhere across Scotland.

**Information correct as at November 2023**

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:  
[fife.EqualityandHumanRights@nhs.scot](mailto:fife.EqualityandHumanRights@nhs.scot)  
or phone 01592 729130.

We review our resources frequently to ensure information is accurate and up to date. If you experience any difficulties with the content please get in touch:  
[fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

Designed by the  
Health Promotion Service  
Fife Health & Social Care Partnership  
November 2023 Revise November 2025

Fife Health & Social Care Partnership

NHS Fife

# Keeping Connected

## Keeping well

### Mental Health Directory

Mental Health services in Fife who can help you maintain or improve your mental health and wellbeing.

## Better Than Well

01592 644048

<https://www.linkliving.org.uk/our-support/our-services/fife-better-than-well>

Referrals - [admin@linkliving.org.uk](mailto:admin@linkliving.org.uk)

Self-help coaches support people over the age of 16 in Fife who have struggled with childhood trauma and have found it difficult to engage with other services.

## SDS Options (Fife)

01592 803280

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

Self directed support information and advice.

## Richmond Fellowship Scotland

01592 774967

<https://www.richmondfellowship.org.uk/>

North East Fife 01334 657517

The largest provider of social care services in Scotland, providing personalised, high quality community-based support services.

## Fife Self-harm Project

01383 747 788

[www.penumbra.org.uk/service-locations/](http://www.penumbra.org.uk/service-locations/)

By actively listening and being completely non-judgemental, staff endeavour to guide the person towards appropriate sources of support and strategies for coping.

## Fife Boomerang Association Service

01592 775650

For those experiencing mental health problems, reduce isolation and improve confidence.

## Keeping well

### The Well

<https://www.fifehealthandsocialcare.org/your-community/the-well>

Drop in, both in your community and online and find out information and receive general advice to help you stay well and independent within your local community.

### Moodcafe

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Information and resources to help you understand and improve your mental health.

### Access Therapies Fife

<https://www.accesstherapiesfife.scot.nhs.uk/>

Information to help you to deal with mental health problems and to access a range of local services including self help guides and resources.

### On Your Doorstep Fife

<https://www.onyourdoorstepfife.org/>

A directory of community-based activities, services and support.

### Andy's Man Club

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

A men's suicide prevention charity, offering free-to-attend peer-to-peer support groups.

### Women's Wellbeing Club

[www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)

Peer Support Groups run by volunteers at local venues nationwide. Meetings are safe, confidential spaces for any woman to attend.



## Crisis Support Fife

### Samaritans

116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

### Samaritans - if you're having a difficult time:

<https://www.samaritans.org/scotland/how-we-can-help/if-youre-having-difficult-time/>

### Samaritans - if you're concerned about someone:

<https://www.samaritans.org/scotland/how-we-can-help/if-youre-worried-about-someone-else/>

### NHS Inform surviving suicidal thoughts:

<https://www.nhsinform.scot/surviving-suicidal-thoughts>

### Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

You are not alone and talking about how you feel is a positive first step in getting help.

### NHS 24 Mental Health Hub

111

This service provides urgent care and advice when your GP, pharmacy or dental practice is closed. The Hub is available 24 hours a day, 7 days a week for those in need of urgent psychological or emotional support.

### SHOUT

Text "FIFE" to 85258

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

## Needing support

### Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

You are not alone. Talking about how you feel is a positive first step in getting help.

### Mind to Mind

<https://www.nhsinform.scot/mind-to-mind>

If you're feeling anxious, stressed, low, or having problems sleeping or dealing with grief - find out how you can improve your mental wellbeing by hearing what others have found helpful.

### NHS Inform

<https://www.nhsinform.scot/>

Health information that anyone living in or visiting Scotland can trust.

### NHS 24

111

<https://www.nhs24.scot/>

Urgent care advice day or night and health and dental support when your GP practice or dentist is closed. The service can also help if you are in mental distress.

### NHS Fife

<https://www.nhsfife.org/>

Information for finding your local health services: GP, Dentist, Pharmacy, Optician.

### The Well

<https://www.fifehealthandsocialcare.org/your-community/the-well>

Information and general advice to help you stay well and independent within your local community.

### Moodcafe

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

Information and resources to help you understand and improve your mental health.

### **Access Therapies Fife**

<https://www.accesstherapiesfife.scot.nhs.uk/>

Information to help you to deal with mental health problems and to access a range of local services, self support and guided self-help sessions on topics such as stress, sleeping and low mood.

### **Keeping Connected Fife**

<https://www.nhsfife.org/media/38641/keeping-connected-for-adults-in-fife.pdf>

This leaflet provides a directory of services which offer help and support on a range of issues.

### **Staying Safe and Keeping Well**

<http://www.fife.gov.uk/stayingsafekeepingwell>

If you need a helping hand this directory of Fife services and support can help.

### **SAMH Sam's Cafe**

<https://www.samh.org.uk/about-us/our-work/sams-cafe>

Offer peer support with mental health, crisis support, challenging thoughts and suicidal thoughts.

### **Men's Shed Fife**

<https://scottishmsa.org.uk/find-a-shed/>

Supporting men in the community

### **Link Life Fife**

<https://www.fifehealthandsocialcare.org/change-projects/improving-mental-health-services/link-life-fife>

For anyone who needs support to manage stress, anxiety or feelings of being overwhelmed that are affecting their mental health or general wellbeing.

### **Fife Forum**

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

A Voluntary Sector advice and information agency that provides information and advice on issues that affect older people and adults. We provide: Elderly Forums, User Panels, Local Area Co-ordination and Advocacy.

### **Contact Point Day Resource Centres**

0345 140 7777

(Barony) Kirkcaldy & Buckhaven

<https://www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy>

Provide a safe environment for people with mental health problems, opportunities to reduce isolation, develop new skills and encourage employment.

### **Express Group (Fife) Ltd**

01592 645331

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

Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly, Methil and St Andrews.

People in Fife with mental health problems can turn to Express Groups to help them cope and recover. The groups provide a safe place where service users can share experiences, and peer support.

### **Change Mental Health**

01592 26 83 88

[https://changemh.org/support\\_areas/fife/](https://changemh.org/support_areas/fife/)

Information Line 0300 323 1545

[fifeservices@changemh.org](mailto:fifeservices@changemh.org)

Provide unique support to people with severe and enduring mental ill health.

### Job Centre Plus

New claims: 0800 0556688 Text: 0800 0234888  
Existing claims: [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)

### Opportunities Fife

[www.opportunitiesfife.org](http://www.opportunitiesfife.org)

### General & Money Advice

#### Citizens Advice and Rights Fife (CARF)

Free independent, confidential and general advice:

0345 1400 095 [www.cabfife.org.uk](http://www.cabfife.org.uk)

Debt & money advice: 0345 1400 094

Welfare advice: 0345 1400 092

Universal Credit: 0800 023 2581

### Mental Health Money Advice

[www.mentalhealthandmoneyadvice.org/scot](http://www.mentalhealthandmoneyadvice.org/scot)

### Our Fife

<https://our.fife.scot/gethelp>

### Families

#### Fife Befriending Service

[www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/fife-befriending-service](http://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/fife-befriending-service)

#### Fife Carers Centre

01592 205472 [www.fifecarerscentre.org](http://www.fifecarerscentre.org)

#### Fife Community Mediation Service

01592 641618 (Fife Community Safety Support Service)

[info@sacro.org.uk](mailto:info@sacro.org.uk) [www.sacro.org.uk](http://www.sacro.org.uk)

#### Foodbanks and Community Cafes

[www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/food-banks](http://www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/food-banks)

#### Parent Club

[www.parentclub.scot](http://www.parentclub.scot)

#### Care Information Scotland

0800 011 3200 [www.careinfoscotland.scot](http://www.careinfoscotland.scot)

#### Carers UK Scotland

0808 808 7777 [www.carersuk.org/scotland](http://www.carersuk.org/scotland)

#### The Silver Line

0800 4 70 80 90 (24 hours) [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

Fife Health  
& Social Care  
Partnership



# Keeping Connected Fife

## Emergency & Crisis Numbers

### Samaritans

116 123 (24 hours)

[www.samaritans.org](http://www.samaritans.org)

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

### Breathing Space

0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)

### NHS24 111

[www.nhs24.scot](http://www.nhs24.scot)

### Fife Council Social Work

Out of Hours 03451 550099

### Fife SHOUT Service

[www.nhsfife.org/shout](http://www.nhsfife.org/shout)

Text 'FIFE' to 85258

Free confidential support, 24/7



**In an emergency call 999**

This leaflet provides a directory of services which offer help and support on a range of issues.

## **Addictions**

### **Fife Alcohol and Drug Partnership**

01592 321321  
[www.fifeadp.org.uk](http://www.fifeadp.org.uk)

### **We Are With You**

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

### **Alcoholics Anonymous**

Meetings in Fife: 0800 917 7650 (24 hours)  
<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Fife>  
Email: [help@aamail.org](mailto:help@aamail.org)

### **Drugs, Alcohol & Psychotherapies Limited (DAPL)**

01333 422277 [www.dapl.net](http://www.dapl.net)

### **Fife Alcohol Support Service (FAAS)**

01592 206200 [www.fassaction.org.uk](http://www.fassaction.org.uk)

### **Fife Intensive Rehabilitation & Substance Misuse Team (FIRST)**

01592 585960 [www.firstforfife.co.uk](http://www.firstforfife.co.uk)

### **Gamblers Anonymous Scotland**

24 hour helpline 0370 050 8881  
[www.gascotland.org](http://www.gascotland.org)

### **Stop Smoking Services**

NHS Fife - 0800 025 3000  
Email: [fife.smokingcessation@nhs.scot](mailto:fife.smokingcessation@nhs.scot)

### **Scottish Families Affected by Alcohol and Drugs Fife Project**

08080 101011  
<http://www.sfad.org.uk/>

### **Talk to Frank**

0300 123 6600  
[www.talktofrank.com](http://www.talktofrank.com)

## **Adult Protection**

### **Fife Adult Protection**

01383 602200 [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)

### **Hourglass - Safer Aging Stopping Abuse**

0808 808 8141 [www.wearehourglass.scot/scotland](http://www.wearehourglass.scot/scotland)

## **Advocacy**

### **Fife Advocacy Forum**

01592 786729 [www.fifeadvocacyforum.org.uk](http://www.fifeadvocacyforum.org.uk)

### **Circles Network Fife**

Kirkcaldy 01592 645360 Lochgelly 01592 786729  
[www.circlesnetwork.org.uk](http://www.circlesnetwork.org.uk)

### **Fife Forum**

01592 643743 [www.fifeforum.org.uk/](http://www.fifeforum.org.uk/)

## **Domestic Abuse**

### **Fife Women's Aid**

0808 802 5555 (24 hours) [www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)

### **Men's Domestic Abuse Advice Line**

0808 801 0327 [www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### **Scottish Domestic Abuse & Forced Marriage Helpline**

0800 027 1234 (24 hours) [www.sdafmh.org.uk](http://www.sdafmh.org.uk)

## **Bereavement & Loss**

### **Compassionate Friends**

0345 123 2304 [www.tcf.org.uk](http://www.tcf.org.uk)

### **Cruse Bereavement Care Scotland**

0808 802 6161 [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

### **Petal Support Limited**

01698 324502 [www.petalsupport.com](http://www.petalsupport.com)

## **Eating Disorders**

### **B-eat**

0808 801 0432 [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### **Supported Scotland**

07716 639067  
<https://supportedscotland.org/>  
Email: [hello@supportedscotland.org](mailto:hello@supportedscotland.org)

## **Employment**

### **Fife Employment Access Trust (FEAT)**

01592 759371  
[www.fifeemploymentaccesstrust.com](http://www.fifeemploymentaccesstrust.com)



## Men's Shed

<https://scottishmsa.org.uk/>

## SDS Options (Fife)

Self directed support information and advice.

01592 803280 [www.sdsoptionsfife.org.uk](http://www.sdsoptionsfife.org.uk)

## Better than Well

Free 1-1 Self Help sessions 01592 644048

[www.linkliving.org.uk/our-support/our-services/fife-better-than-well/](http://www.linkliving.org.uk/our-support/our-services/fife-better-than-well/)

## Change Mental Health

<https://changemh.org/>

Email: [fifeservices@changemh.org](mailto:fifeservices@changemh.org)

Information and Support Line 01592 268388

## Richmond Fellowship Scotland

01592 774967 North East Fife 01334 657517

<https://www.richmondfellowship.org.uk/>

## Fife Self-harm Project (age 18+)

01383 747 788

[www.penumbra.org.uk/service-locations/](http://www.penumbra.org.uk/service-locations/)

## Our Minds Matter

[www.fife.gov.uk/ourmindsmatter/](http://www.fife.gov.uk/ourmindsmatter/)

<https://wakelet.com/wake/>

## Mind to Mind

[www.nhsinform.scot/mindtomind](http://www.nhsinform.scot/mindtomind)

## Women in Mind

Email: [womeninmindfife@gmail.com](mailto:womeninmindfife@gmail.com)

<https://www.facebook.com/womeninmindfife/>

## Housing

### Disabled Persons Housing Service (Fife)

01592 803280 [www.dphsfife.org.uk](http://www.dphsfife.org.uk)

[enquiries@dphsfife.org.uk](mailto:enquiries@dphsfife.org.uk)

### Frontline Fife Housing Advice

01592 800430 [www.frontlinefife.co.uk](http://www.frontlinefife.co.uk)

### Trust in Fife

01592 646677 [www.trustinfife.org.uk](http://www.trustinfife.org.uk)

## LGBT Issues

### LGBT Health & Wellbeing

0800 464 7000 [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

### LGBT Youth Scotland

0131 555 3940 [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## Suicide Prevention

### Brothers in Arms

[www.brothersinarmsscotland.co.uk](http://www.brothersinarmsscotland.co.uk)

### SAMs Café

Kirkcaldy - 07971 892886

Dunfermline - 07725 214012

Glenrothes 07971 892886

Leven - 07971 892886 [www.samscafe.org.uk](http://www.samscafe.org.uk)

### Andy's Man Club

Dunfermline North, Dunfermline South, Glenrothes,

Kirkcaldy, Methil & St Andrews

[www.andysmanclub.co.uk](http://www.andysmanclub.co.uk)

## Trauma & Abuse

### Fife Rape and Sexual Assault Centre (FRASAC)

01592 642336 [www.frasac.org.uk](http://www.frasac.org.uk)

### Kingdom Abuse Survivors Project (KASP)

01592 644217 [www.kasp.org.uk](http://www.kasp.org.uk)

### Rape Crisis National Helpline

08088 01 03 02 [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

### Safe Space

01383 739084 [www.safe-space.co.uk](http://www.safe-space.co.uk)

### Trauma Counselling Line Scotland

08088 020406

[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)



## Community-based Information

### On your doorstep

[www.onyourdoorstepfife.org/](http://www.onyourdoorstepfife.org/)

### The Well

[www.fifehealthandsocialcare.org/your-community-the-well](http://www.fifehealthandsocialcare.org/your-community-the-well)

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use audio formats.

NHS Fife SMS text service number 0780 580 0005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact: [fife.EqualityandHumanRights@nhs.scot](mailto:fife.EqualityandHumanRights@nhs.scot) or phone 01592 729130.

We review our resources frequently to ensure information is accurate and up to date.

If you experience any difficulties with the content please get in touch:

[fife.infocentre@nhs.scot](mailto:fife.infocentre@nhs.scot)

Designed by the  
Health Promotion Service  
Fife Health & Social Care Partnership

Published November 2023  
Revise November 2025



## Health & Social Care

### Fife Council

Social Work Enquiries: 03451 55 15 03

[www.fife.gov.uk/kb/social-care](http://www.fife.gov.uk/kb/social-care)

### NHS Fife

[www.nhsfife.org/services/know-who-to-turn-to/](http://www.nhsfife.org/services/know-who-to-turn-to/)

### Macmillan service

0808 808 0000 [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Improving Your Cancer Journey

03451 551 500

Email: [Improving.Cancerjourney@fife.gov.uk](mailto:Improving.Cancerjourney@fife.gov.uk)

### Defence Medical Welfare Service

Helpline: 0800 999 3697

Dunfermline 07730 219571

Kirkcaldy 07377 722642

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

### NHS Inform

0800 22 44 88 [www.nhsinform.scot](http://www.nhsinform.scot)

### On Your Doorstep Fife

[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

### The Well

[www.fifehealthandsocialcare.org/your-community/the-well](http://www.fifehealthandsocialcare.org/your-community/the-well)

## Mental Health & Wellbeing

### Access Therapies Fife

[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

### Moodcafe

[www.moodcafe.co.uk](http://www.moodcafe.co.uk)

### Contact Point Day Resource Centres

(Barony) Kirkcaldy & Buckhaven 0345 140 7777

[www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy](http://www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy)

### Express Group (Fife) Ltd

Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly, Methil, St Andrews & Tayport  
01592 654331 [www.expressgroupfife.org.uk](http://www.expressgroupfife.org.uk)

### Fife Boomerang Association

Service to those experiencing mental health problems.  
01592 775650

Anger

Worry

Panic

Low Mood

Low  
self-esteem

Sleep  
problems

Anxiety

Stress



**When life starts to feel overcast – it's okay to ask for help**  
**Get in touch with the Guided Self-Help Service**

**We can help you to:**

**Learn skills to manage your difficulties**

**Develop strategies to deal with future  
problems**

**Feel empowered to achieve your goals**

**To find out more, please go to:**

**[Accesstherapiesfife.nhs.scot.uk](https://www.accesstherapiesfife.nhs.scot.uk)**



**Scan me**

**Free**

**Confidential**

**Here for you**

# Sam's Fife



## Mental Health Peer Support Drop-In

Tuesday  
9.00am - 5.00pm

A 16yrs  
plus  
project

**Community Voice**  
**19 Crossgate**  
**Cupar**  
**KY15 5HA**

No  
appointment  
or referral  
needed

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





# COMMUNITY CONNECTIONS CUPAR

## COMMUNITY CONNECTIONS CUPAR

We all recognise that medication is not the only option to improve how we feel.

Talking to a link worker at Community Connections Cupar can help you make changes to your life that improve your health and well being.

The service is free and confidential. Appointments can last up to 45 minutes and give you the opportunity to discuss any issues that you feel are affecting your health. With your link worker you can look at positive solutions and find out about different organisations or activities that offer support.



**Improve your health and wellbeing with this free, confidential service.**

**If you would like an appointment please use the contact numbers below:**

**Eden Villa Practice**  
01334 651223

**Bank Street Medical Practice**  
01334 651201

For more information call:  
**Jane Aird on 07703886194**  
or email [Jane.Aird-cn@fife.gov.uk](mailto:Jane.Aird-cn@fife.gov.uk)





# #togetherstronger

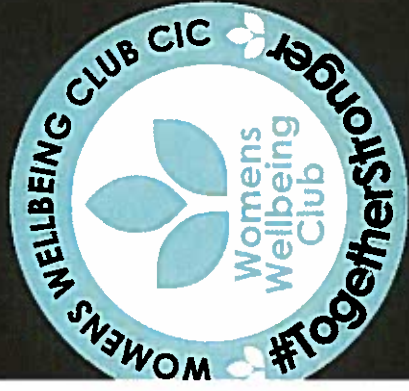
We provide a safe, non-judgemental space to share, listen, give and receive support. Come and join us at a group, everyone is welcome no matter the strength of the storm you're facing. There are no waiting lists and no referral required, Groups run on Tuesday evenings.

Check the website or Facebook for local group information or use our info only text and Whatsapp service

**07394522110**

(no calls can be made to this number and a response will be made via text between 5pm and 6pm daily)

Visit our website to find your local group  
[www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)



# Womens Wellbeing Club

[www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk)

Welcome to **The Well** where you can find out what support you can get for your self and your loved ones

Working together to better support people to achieve what matters to them



**THE WELL**

TALK TO US



Loneliness



Financial Support



Food insecurity

HERE TO HELP



Bereavement



Mental Health



Caring responsibilities

LET'S CHAT



Community groups



Social Care



Activities

Get in touch if you require help or just for a chat



03451 551500



[TheWell@fife.gov.uk](mailto:TheWell@fife.gov.uk)

Visit  
The Well  
near me:



Fife Health & Social Care Partnership



# ANDYS MAN CLUB



#ITSOKAYTOTALK

## WHAT IS ANDYS MAN CLUB?

Andys Man Club is a free peer-to-peer group that provides a place for men to come together in a safe and open environment to talk about the issues or problems that they have faced or are currently facing.

## HOW DOES IT WORK?

The process is about bringing men together who have been in similar situations, to each help each other on a peer-to-peer basis, sharing advice on how they have dealt with difficult situations. The 5 questions that are asked each week are designed not only to encourage men to talk, but to start to focus on the positives and on strategies to keep moving forward. There is no pressure to answer any of the questions and it is not uncommon for men to just listen for the first few sessions.

The clubs all run on the same format and adhere to the same guidelines. A key principle of Andys Man Club is anything that is said in the club, stays within the club.

## WHO IS IT FOR?

The club is open to any man 18 or over, who is going through a storm, been through a storm or just wants to meet a good group of people with the aim of improving one another.

## WHEN IS IT?

Andys Man Clubs meet every Monday at 7pm (excluding Bank Holiday Mondays).


## WHERE IS IT?


Andys Man Club has over 100 locations across the UK. Check our website below for a full list.


## HOW DO I JOIN?


Just turn up on the night. No registration or referral is required, all we ask is that you arrive before 7pm. The full list of our locations available on our website.

## CONTACT US


 @andysmanclub

 @andysmanclubuk

 info@andysmanclub.co.uk

 @andysmanclubuk

 andysmanclub.co.uk

 andysmanclub



**Cupar and North East Fife Group  
YMCA, 93 Bonnygate  
Cupar, KY15 4LG**

**2024 Programme**

Meetings details below  
SEE BACK FOR MORE INFORMATION ABOUT THE MEETINGS

|                |                              |                       |
|----------------|------------------------------|-----------------------|
| Wed 17th Jan   | Pacing                       | 10am – 12pm - Online  |
| Mon 19th Feb   | Balance of Life              | 1.30 - 3.30pm - Venue |
| Wed 13th March | Improve your Sleep           | 10am – 12pm - Online  |
| Mon 22nd April | Stress & Window of Tolerance | 1.30 - 3.30pm – Venue |
| Wed 1st May    | Relaxation & Visualization   | 10am – 12pm - Online  |
| Mon 17th June  | Social Interaction           | 1.30 - 3.30pm - Venue |
|                | <u>Summer Break</u>          |                       |
| Mon 19th Aug   | Models of Health             | 1.30 - 3.30pm - Venue |
| Wed 11th Sept  | Flare ups                    | 10am – 12pm - Online  |
| Mon 21st Oct   | Understanding Pain           | 1.30 - 3.30pm - Venue |
| Wed 13th Nov   | Dealing with Anxiety         | 10am – 12pm - Online  |
| Mon 16th Dec   | Resilience                   | 1.30 - 3.30pm - Venue |

- This is a professionally led training group for people with all forms of chronic pain. Sessions focus on building skills that help you to regain control and cope more effectively. You are welcome to attend at any point during the programme. You do not need to be referred by a health care professional to attend.
- We acknowledge part funding for this project from NHS Fife



**0800 783 6059**

enquiries only

 @PainAssocScot

 Pain Association Scotland

 painassocscot

**Pain Management Strategies and Support for People in Pain**

Unit 3, Mullion House, Maidenplain Place, Aberuthven, Perthshire, PH31EL

email: info@painassociation.com web: www.painassociation.co.uk

telephone: 01738 629503 fax: 01738 625611

Scottish Charity Number SC 014486



## LOCATIONS

Here are the opening times and locations for the Cupar foodbank. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

## ADDRESS

21 St Catherine Street  
Cupar  
Fife  
KY15 4TA

The Cupar Foodbank opening times are -

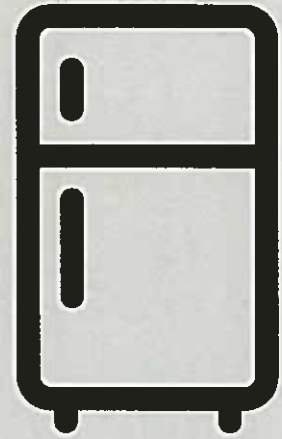
Monday 11am - 3pm  
Wednesday 4pm - 6pm  
Friday 11am - 3pm then again between 5pm - 6pm

Bank details for donations are -

RBS, Glenrothes,  
Sort Code: 83-17-23,  
Account Number: 00269012.



# CUPAR COMMUNITY FRIDGE



## WHAT?

Cupar Community Fridge is a welcoming space where anyone can access free, quality food. The majority of food on offer would have otherwise gone to waste - we also welcome ambient food donations!

## WHERE?

The Cupar Community Fridge is located in the Tauntine Cafe, within the County Buildings.

## WHEN?

Tuesdays (11:00-12:00) 

## WHO?

Cupar Community Fridge is run by dedicated Fife Council Volunteers. If you are interested in future volunteering opportunities please contact [Caitlin.Brown@fife.gov.uk](mailto:Caitlin.Brown@fife.gov.uk)

# Community Cafe



**Every Saturday**

**12-3pm**



Come along and meet new friends whilst enjoying  
tasty food...and access support for a wide range of  
**concerns**

- Social Isolation
- Mental Health
- Housing
- Employment
- Homelessness
- Finances
- Education
- Immigration
- Family Support
- Sexual Health



**help@cic.scot 07421 22 33 69**

**Old Parish Centre, Short Lane, Cupar, KY15 5EQ**

**Community In Cupar is a registered charity in Scotland, SC051775**





# Good Companions Lunches

**EVERY MONDAY  
12NOON TO 2PM**

**The Village Café has been very fortunate to have been granted funds from the Scottish Government's Wellbeing Fund to run our Good Companions Lunches.**

**The aim of the lunches are to encourage members of our community who are carers, live on their own, or those whose families no longer live locally, to come together and share lunch, chat with some companions and pass a pleasant hour of two in the café. Come along to enjoy a game of chess or scrabble, read a paper, or just listen to the chat whilst tucking into a delicious lunch.**

**The lunch will consist of homemade soup, a sandwich or toastie with a choice of fillings, followed by a cup of tea or coffee with a fresh homebake to finish. The lunch is free and no booking is required, however any donation you are able to make towards the lunch is much appreciated and will be used towards the continued running of the Good Companion Lunches. We look forward to seeing you and enjoying your company.**



*The Village Cafe*

COMMUNITY RUN SINCE 2018

**38 Main Street, Ceres, KY15 5NA 01334 828560**

Scottish Charity Register No: SC049961

# Social Cafe

## CUPAR

EVERYONE WELCOME

CONNECT  
WITH  
OTHERS



FREE  
HOT  
DRINK  
AND  
SNACK

MEET YOUR  
LOCAL CLD  
WORKER

WHEN: FRIDAY  
10 - 12 PM

WHERE: CUPAR  
COUNTY BUILDINGS.

For more info contact: Mandy Ferguson (Community Education Worker)



**LIGHT LUNCH  
COFFEE AND TEA  
10.30 – 14.00**

**CUPAR OLD  
PARISH CENTRE  
EVERY MONDAY  
all welcome.**



# Ceres Coffee & Chat



Every  
Wednesday at  
The Village  
Cafe in Ceres

**10am - 2pm : Serving soup,  
scones, tea and coffee (no charge,  
donation optional)**

**2pm - 4pm : Drop in Advice Clinic**

Funded by Ceres, Kemback and  
Springfield Parish Church,  
Fife Council Winter Funding Grant



# **CROCHET CAFE**

**WHERE? COUNTY BUILDINGS,  
CUPAR**

**WHEN? TUESDAYS 11-12.30PM**

**WANT TO LEARN CROCHET BUT DON'T  
KNOW WHERE TO START  
LET US SHOW YOU HOW.**

**CONTACT MANDY FERGUSON -  
MANDY.FERGUSON@FIFE.GOV.UK - 07921288423 FOR MORE**



# LGBTQ+ Hub

**Last Friday of Every Month**

**6-8pm**

Come and make new like-minded friends whilst joining in fun activities every month, and access any support you feel you might want

**Inclusion**

**Safe**

**Fairness**

**Empowered**

**Support**



**help@cic.scot 07421 22 33 69**

**Old Parish Centre, Short Lane, Cupar, KY15 5EQ**

Community In Cupar is a registered charity in Scotland, SC051775



93 Bonnygate, Cupar KY15 4LG  
01334 659387  
hello@cuparymca-ywca.org.uk



# SPRING

## FAMILY ROADSHOW

THURS  
4th April  
10am - 11:30am

AT YMCA-YWCA IN THE  
BONNYGATE

**FREE ENTRY**

(CHILDREN TO BE ACCOMPANIED BY AN ADULT)

JOIN US FOR LOTS OF FUN!

- Easter Crafts & Spring Collage •
- Youth 1st Activities • Elaine from Tesco •
- Fife Folk Museum • Scavenger Hunt •

Info Stalls and a FREE Goodie Bag to take home





# Home Safety

## Talks

**Inputs are free and can provide advice on safety in and around the home for**

### ⇒ Children

### ⇒ Vulnerable adults

**Child Safety talks would generally include:-**

- Stair safety
- Falls prevention
- Burns prevention
- Cord Safety
- Poison prevention

**Adult Safety talks would generally include:-**

- Falls awareness
- Fire Safety
- Burns prevention
- Poison prevention

**If you are part of a group and would like an input from us or more information then please get in touch by calling**

**01592 583642 or by email at**

**[saferecommunities.projectofficers@ffe.gov.uk](mailto:saferecommunities.projectofficers@ffe.gov.uk)**



## Co-op Knit & Natter

- Community Knitting & Crochet Group
- All Levels Welcome
- Refreshments Available
- Bring your own needles & wool

**Where: Co-op Funeral Care, Cupar**

**When: Every Tuesday 10am**

For further information - contact Rita on 01334 650457



# FIFE FOLK MUSEUM



Open Wednesday to Sunday  
10.30am - 4pm (last entry 3.15pm)  
from April 1st to October 31st.  
Entry is free, but a small donation  
will be much appreciated.

Visit the Coffee Shop while you are  
here. Open Wednesday to Sunday  
from 10.00am for Breakfast, Lunch  
and lots of Cake. For reservations  
call 01334 828806

Contact us to arrange a visit for  
your school, tour or special  
interest group.

Unfortunately not all areas of  
our historic buildings are fully  
accessible. Please contact us  
ahead of your visit for more  
information on access.

Fife Folk Museum  
High Street, Ceres, Fife KY15 5NF  
01334 828180

info@fifefolkmuseum.org www.fifefolkmuseum.org

Charity Number SC 020920



## FIFE FOLK MUSEUM

### EVENING TALKS



Beginning in April, 7.00 pm in the Visitor Centre.  
Numbers will be restricted—please book your place in advance at  
neweventsfm@gmail.com

April 8th The Hope Family—Craighall Castle, Ceres and Its Lairds  
Bob Scott

May 6th 'Killing People for a Living'  
Marion Todd—Crime Writer

June 3rd The Country Pottery Muse for  
a Crafting Life  
Sean Kingsley



July 1st Competitive Ploughing  
William Grive

August 5th Teases—Forgotten Stories  
of the Barony of Teases  
Craig Cameron

September 2nd Bridgescapes—  
Celebrating Scotland's  
Bridgebuilding Heritage  
Bruce Keith

October 7th A Story Journey round Fife  
Shelia Kinninmonth



A £3 donation towards the  
upkeep of the Museum  
will be much appreciated



**FREE Courses in Cupar**  
**Learning Centre, Cupar County Buildings**

**Numeracy**  
**Communication**  
**Computing**  
**Employability**

- ✚ Small group and one-to-one support from the tutor.
- ✚ Courses run on Tuesdays, Wednesdays and Thursdays
- ✚ Join at any time and work at your own pace.
- ✚ Work towards an SQA certificate in Numeracy, Communication, Literacy or Computing (ICT).

If you're interested, contact:  
Nathalie on 07703717861  
OR [nathalie.sleigh@fife.gov.uk](mailto:nathalie.sleigh@fife.gov.uk)



SQA Approved  
Centre



SCOTTISH  
**GAEELIC**


*for beginners*

*8 week course*

VENUE: COUNTY BUILDINGS  
CUPAR

DATE: STARTS – FEB 2024

**CONTACT: MANDY FERGUSON  
(COMMUNITY EDUCATION WORKER)  
TO BOOK A SPACE.  
MANDY.FERGUSON@FIFE.GOV.UK OR  
CALL 07921288423**



# FREE Courses in North East Fife



Computing

Numeracy



Literacy/Communication

Employability

- 📖 Classes available in Cupar, St Andrews, Anstruther and Newburgh
- 📖 Courses run every day - A choice of morning, afternoon and/or evening sessions.
- 📖 Small groups and individual attention from the tutors
- 📖 Join at any time and work at your own pace.
- 📖 If required, you can work towards **SQA** qualifications in Numeracy, Literacy/Communication, Employability and ICT (Information and Communication Technology).

If you need further information, please phone or text:

Nathalie on 07703717861 or

Nicki on 07872677907 or

Fiona on 07711390864

Or e-mail: [abe.esol@fife.gov.uk](mailto:abe.esol@fife.gov.uk)



# Digital skills sessions



Do you need help setting up a device (smartphone, tablet, Chromebook, or Laptop) to access the internet?

Do you want to use emails and no idea where to start?

Keeping your device and details safe online?

Drop-in for a chat about digital skills sessions at

CLD Training Room

TUESDAY 2- 4pm

Contact: Steve on 07548-702705



# Community Job Clubs

HELP & SUPPORT, JOB SEARCHING AND TRAINING OPPORTUNITIES!

Need access to a computer to help you search for jobs?

Want support with your CV and job applications?

Fancy a cuppa and a friendly chat?

## Drop into one of our sessions at:

|  |                     |                        |
|--|---------------------|------------------------|
| LEUCHARS PRIMARY SCHOOL/LARICK CENTRE, TAYPORT | ALTERNATE MONDAYS   | 2 – 4PM                |
| TAYSIDE INSTITUTE COMMUNITY CENTRE, NEWBURGH   | TUESDAY             | 10AM – 12PM            |
| COUNTY BUILDINGS, CUPAR                        | TUESDAY FORTNIGHTLY | 2 – 4PM<br>5 – 7PM     |
|  | FRIDAY              | 10AM – 12PM<br>2 – 4PM |
| ANSTRUTHER TOWN HALL                           | WEDNESDAY           | 10AM – 12PM            |
| COSMOS CENTRE, ST ANDREWS                      | THURSDAY            | 2 – 4PM                |

**Our staff will be able to offer advice on most aspects of searching and applying for work.**



NORTH EAST FIFE AREA



**brag enterprises**  
 Empowering People. Sustaining Communities

# BRAG Support

**Are you unemployed and stuck in a rut?  
 Are you looking for free support and don't  
 know where to turn?**

Brag Enterprises offer support to unemployed people in Fife to:

- Increase digital skills in looking for work
- Be successful in gaining employment through our recruitment courses
- Take part in fun outdoor activities to boost personal development and increase motivation
- Improve interview training using our VR Headsets
- Meet new people and make new friends
- Improve well-being and social anxiety

**"The Future depends on what you do today" – Mahatma Gandhi  
 You have nothing to lose by giving us a call (or email!!!)**

If you would like more info and to chat to one of the team, please get in touch via details below.

**email [brightfutures@brag.co.uk](mailto:brightfutures@brag.co.uk) or call 01592 860296**

Brag Enterprises, Levenmouth Community Enterprise Centre, Methil, KY8 3RW  
 Brag Enterprises, Crosshill Business Centre, Crosshill, KY5 8RW

**no one  
 left behind**

**Citizens Advice & Rights Fife**  
 Independent advice for our community

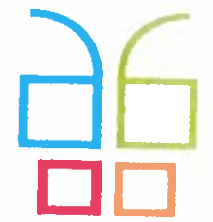


**youth 1st**

**Barnardos**

**frontlinefife**  
 North East Fife & Kirkcaldy

- Mindfulness
- Arts and Crafts/Play
- Buggy Walks
- WEEKLY FAMILY NIGHTS!**



**Square Start**



**Homework Club**

**BookBug Sessions**



**Whole Family Wellbeing Support**



**First Aid Training**

**Healthy Eating/Cooking on a budget**

**Online Safety Sessions**

Cupar YMCA, 93 Bonnygate, Cupar, KY15 4LG  
 Thursday 4:30pm – 6:30pm  
 Tea/Coffee/Snacks provided  
 Contact the SquareStart Team on:  
 Tel Number: 01592 860296  
 Email: [squarestart@brag.co.uk](mailto:squarestart@brag.co.uk)

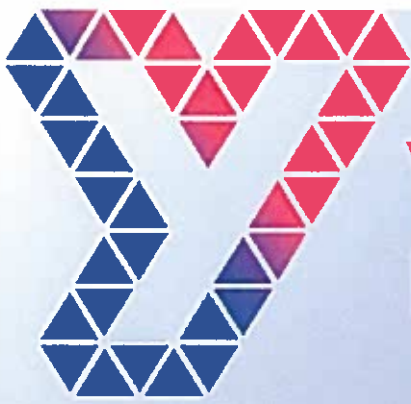


**SquareStart Fife**

**no one  
 left behind**







# YMCA-YWCA Cupar

Marathon House  
93 Bonnygate  
Cupar KY15 4LG  
01334 659387

## ACTIVITIES HERE AT THE "Y"

### ABOUT US

Cupar YMCA-YWCA is a charity in North East Fife which offers a broad programme of activities for children, young people, families and adults and works in partnership with many local organisations and providing support services and opportunities for the community.

### OUR SERVICES

- Room Hire
- Printing
- Copying
- Laminating



### FURTHER INFORMATION

[HTTPS://CUPARYMCA-YWCA.ORG.UK](https://cuparymca-ywca.org.uk)

FACEBOOK - THEYCUPAR

HELLO@CUPARYMCA-YWCA.ORG.UK



# YMCA-YWCA Cupar

Marathon House  
93 Bonnygate  
Cupar KY15 4LG  
01334 659387

## ACTIVITIES HERE AT THE "Y"

| <b>Monday</b>                                   | <b>Time</b>       | <b>Contact</b>  |
|---|-------------------|---|
| Tai Chi (weekly)                                | 10.00am - 11.00am | Eric Bell - 01592 720330  |
| U3A Singing for Fun (fortnightly)               | 10.30am - 12.00pm | <a href="https://u3asites.org.uk/cupar/groups">https://u3asites.org.uk/cupar/groups</a> |
| U3A French Beginners Group (fortnightly)        | 11.30am - 1.00pm  | <a href="https://u3asites.org.uk/cupar/groups">https://u3asites.org.uk/cupar/groups</a> |
| Growth & Wellbeing Group                        | 1.00pm - 2.30pm   | Cupar Y   |
| Karate (weekly)                                 | 6.30pm - 7.30pm   | Chris Hollands - 07989 658621   |
| Moathill Reading Group (every 4th Mon)          | 7.00pm - 8.30pm   | Brian Owens - 01334 656122  |
| Scottish Country Dancing                        | 7.30pm - 9.00pm   | Pia - 07715 115789  |
| <b>Tuesday</b>                                  | <b>Time</b>       | <b>Contact</b>  |
| Yoga Class (weekly - waitlist)                  | 10.15am - 11.15am | Cupar Y   |
| L.I. Dance (weekly)                             | 11.30am - 12.30pm | Carol - 07928 371673  |
| IT ABE  | 1.30pm - 3.30pm   | abe.esol@fife.gov.uk  |
| Tots 'n Toddlers Parent Group                   | 1.00pm - 2.00pm   | Cupar Y   |
| Girls' Project for girls P5+ (term time)        | 6.00pm - 7.30pm   | Cupar Y   |
| Yoga Class (weekly - waitlist)                  | 7.15pm - 8.45pm   | Hilda Clow - 01738 813886   |
| <b>Wednesday</b>                                | <b>Time</b>       | <b>Contact</b>  |
| Cupar Gaelic Group (fortnightly)                | 10.00am - 11.30am | Bruce (via Cupar Y)   |
| U3A Ukulele #2 Intermediate (fortnightly)       | 10.30am - 12.00pm | <a href="https://u3asites.org.uk/cupar/groups">https://u3asites.org.uk/cupar/groups</a> |
| Cupar Oasis Ladies Group (fortnightly)          | 1.00pm - 2.30pm   | Wanda (via Cupar Y)   |
| Cupar "Y" Bridge Club (weekly)                  | 6.00pm - 9.00pm   | Barbara - 01334 828090  |
| Slimming World Cupar with Karen                 | 9.30am or 11am    | Karen - 07826 567163  |
| Slimming World Cupar                            | 5.30pm            | Slimming World  |
| <b>Thursday</b>                                 | <b>Time</b>       | <b>Contact</b>  |
| Castlehill Readers (every 1st Thurs)            | 3.00pm - 4.00pm   | Helen / Andrea (via Cupar Y)  |
| Brightside Bunch for 7-12-year-olds (term time) | 6.30pm - 8.00pm   | Cupar Y   |
| <b>Friday</b>                                   | <b>Time</b>       | <b>Contact</b>  |
| Cupalele Group                                  | 10.00am - 12.00pm | <a href="https://u3asites.org.uk/cupar/groups">https://u3asites.org.uk/cupar/groups</a> |
| Cupar Express Group                             | 9.30am - 1.00pm   | Express Group Fife - 01592 645331   |