

9/16/2021

Covid-19 Resource & Support List

Covering Fife



Fife Forum
Making Community Connections

info@fifeforum.org.uk | Fife Forum
WAYNE MATHIESON

Content

2	Foreword
3-14	National
15-27	Fife-wide
28-32	Across Multiple Localities
33-34	Levenmouth Locality
35-36	Glenrothes Locality
37-41	North East Fife Locality
42-45	Kirkcaldy Locality
46-47	Cowdenbeath Locality
48-49	City of Dunfermline Locality
50-52	South West Locality
51	Contact Details

Foreword

As we entered the Covid-19 pandemic, the team at Fife Forum began to think about how they might be able to continue providing support to people and organisations throughout Fife. To assist our role, and ourselves in this, we began to gather detail relating to what supports were available for people during what was and is unprecedented times.

Fife Forum started to collate a Resource & Support List which the staff went on to distribute among their work contacts. Since then the list has grown and we are now attempting to better present the information to assist the reader. As many of the provisions scribed provide more than one support over a variety of areas we intend to now present the information by geographical area rather than service type.

The list will remain far from comprehensive but hopefully it continues to capture at least some of the primary supports we at Fife Forum are aware of. Beyond the pandemic, many of the contacts listed should remain valid as services remobilise, albeit the provisions offered will inevitably evolve as restrictions ease.

Please feel free to distribute as widely as you see fit and contact Fife Forum (FAO Wayne info@fifeforum.org.uk) should you wish to include or amend information. Our intention is to present information as accurately as we are able and apologise if errors occur. Should you note any anomalies please notify Fife Forum and we will endeavour to correct this as soon as is practicable.

Fife Forum aims to update this resource weekly (Thursday) and it is downloadable from our website www.fifeforum.org.uk

If this helps one person this feels worthwhile. Stay safe, stay well.

National

Service:	Brief:	Contact/Links:	Other:
Age Scotland Update (051120)	Free helpline for the over 50s and online support	www.ageuk.org.uk/scotland/ Tel 0800 12 44 222 Order Your 2021 Calendar Here: Follow link for free calendar (ctrl & click link)	National Mon-Fri 0900-1700
Breathing Space Update (031220)	Free helpline for people experiencing mental health issues	www.breathingspace.scot (for info & to download 'The Little Book of Caring Ways') Tel 0800 83 85 87	National Mon-Thurs 1800-0200 Fri-Mon 1800-0600
Scottish Government National Assistance Helpline Update (081020): Remains in operation for those self-isolating or at risk	A new national helpline to provide essential assistance to those who don't have a network of support and who are at greater risk if they contract COVID-19	Tel 0800 111 4000	National Links people over 70 or who receive the flu vaccine for medical reasons in to local supports such as Helping Hand (see Fife-wide)
Re-engage Update (060821): Tea Parties are beginning to remobilise in areas with guidance (check your area)	Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact; monthly Tea Parties (area specific) will recommence when permissible	www.reengage.org.uk/refer/ Tel 0800 716 543	National Tea Parties are held in localities including areas within Fife
Operation Connect, RAF	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	www.rafa.org.uk/operation-connect/ Tel 0800 018 2361	National
Coronavirus SAMH Mental Health Hub	Online support and signposting	www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub	National
Samaritans Scotland Helpline	Telephone helpline, listening ear	Tel 116 123 Email jo@samaritans.org	National
Frank Helpline	Helpline if someone wants to speak about drugs in confidence	www.talktofrank.com Tel 0300 123 3393	National 24-hour helpline

Service:	Brief:	Contact/Links:	Other:
SCLD (Scottish Consortium for Learning Disabilities)	Easy read coronavirus information	www.sclld.org.uk Tel 0141 248 3733	National
Coronavirus Emergency Energy Fund, One Parent Families Scotland	One-off payment of £50 to single parent families in Scotland who need help with their energy bills (may be subject to change should this be over-subscribed, so please check first)	www.opfs.org.uk	National Applications must be endorsed/submitted by a sponsor (Social Worker; Health professional; Housing Officer, teacher; clergy; or, Third Sector organisation) If you do not have a sponsor contact 0131 556 3899 or energygrants@opfs.org.uk
Scottish Women's Aid	Covid-19 advice and information for women, children and young people experiencing domestic abuse	www.womensaid.scot/covid-19/	National The helpline is as SDAFMH
Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)	Helpline for all people experiencing domestic abuse or forced marriages	www.sdafmh.org.uk Tel 0800 027 1234 Email helpline@sdafmh.org.uk	National 24-hour helpline Translation service available
LGBT Helpline Scotland	Helpline or a friendly voice for LGBT people	www.lgbthealth.org.uk Tel 0300 123 2523 Email helpline@lgbthealth.org.uk	National Tues, Wed 1200-2100 Thurs, Sun 1300-1800
National LGBT+ Domestic Abuse Helpline	Helpline for LGBT+ people experiencing domestic abuse	www.galop.org.uk Tel 0800 999 0327	National Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
Respect Men's Advice Line	Helpline for men experiencing domestic abuse	Tel 0808 8010327	National Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700
Citizens Advice Scotland	Online advice	www.cas.org.uk Coronavirus advice - what it means to you	National

Service:	Brief:	Contact/Links:	Other:
Shelter Scotland	Housing advice and homelessness	www.scotland.shelter.org.uk Tel 0808 800 4444	National Mon-Fri Office Hours
Scottish Fire Service	Carers & partner agencies are being encouraged to support people to remain safe at home in relation to fire hazards; resources to assist this are available on line; people can still be referred for practical safety advice via the Home Fire Safety portal	www.firescotland.gov.uk Tel 0800 0731 999 www.firescotland.gov.uk/your-safety/hfsv-form.aspx for Home Fire Safety Portal	National & Fife-wide The Fire Service Community Action Team have some capacity to take on voluntary roles within the community due to work being limited by the coronavirus situation; requests are required to be formal and in writing to e.fifecse@firescotland.gov.uk
British Red Cross	The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with	General Public: National Support Line – Tel 0808 196 3651 Partner Agencies: Call Centre for Referrals (Dalkeith) – Tel 0131 654 0340	National National Telephone Support Line 1000-1800 daily Edinburgh, Lothians & Fife Call Centre for Referrals Mon-Fri 0900-1630
Alzheimer Scotland & Fife Services Update (130921): Fife Outreach Service has resumed; contact: Jackie Cameron jcameron@Alzscot.org	A range of supports are available by telephone and video link, including support from Fife Dementia Advisors (for both those who are cared for and their carers); day services; outreach; can also provide a list of local shopping delivery services	www.alzscot.org/information-during-coronavirus Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Email helpline@alzscot.org (National) Fife Services (Support, Advice & Information): Tel 01592 204541 Email fifeservices@alzscot.org	National & Fife-wide National Services 24-Hour Fife Services Mon-Thurs 0900-1600; Fri 0900-1500
Advice Line Plus, Scottish Autism	Extended hours advice line providing reassurance, guidance and support for autistic people and their families	www.scottishautism.org/services-support/family-support/advice-line-plus Tel 01259 222022 Email advice@scottishautism.org	National 7-days 0800-2000
Employers' Helpline (Healthy Working Lives)	Workplace advice on health, safety & well-being information	www.healthyworkinglives.scot 0800 019 2211	National

Service:	Brief:	Contact/Links:	Other:
Covid-19 Helpline (delivered on behalf of NHS 24)	General advice & guidance for non-clinical needs, including help & advice in relation to testing	Tel 0800 028 2816 Dial 111 for medical assistance	National
Business Support Helpline (Scottish Government)	Official helpline for businesses for all questions related to coronavirus financial support and essential advice	Tel 0300 303 0660	National
AbilityNet (Technology Support)	In response to the Coronavirus emergency AbilityNet is running a series of live online events to help share useful information for disabled people and their carers; alongside providing free IT support to help older people and people with disabilities to use technology to achieve their goals	www.abilitynet.org.uk Tel 0800 269 545	National UK Office Hours
Co-operate (Co-op)	Online portal for information & guidance during the Covid-19 pandemic	www.co-operate.coop.co.uk/support/	National They aim to respond within 7 days Note: some local Co-op stores are utilising Co-op food delivery volunteers
Care Home FaNs	Care Home Friends and Neighbours (Care Home FaNs) is a national project that is helping care homes to connect meaningfully with their local community to enhance the quality of life of older people and those that support them; go online for 3 easy-to-take steps	www.carehomefans.org	National

Service:	Brief:	Contact/Links:	Other:
Saje Scotland Update (110821): Weekly drop-in Zoom Cafes; new course term starting 300821 (in person groups remobilising, initially Glenrothes & Dunfermline)	Empowering women to make positive choices about their lives; groups are running online (Zoom) and support is offered by phone and email	www.sajescotland.org Get in touch to book a place on a course or get more information Tel 07909482279 or 07887248354 Email info@sajescotland.org	National Online & in-person groups remobilising – initially: Glenrothes & Dunfermline
Chest Heart & Stroke Scotland	Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries	www.chss.org.uk Tel 0808 801 0899	National
Dance For Life, Strathearn Arts, Crieff	Free online dance classes which may benefit people with any kind of mobility issue or other challenges; can remain seated as designed to be accessible; classes are held online via the Zoom platform thus an internet connected device with camera is required	For information on how to join contact Megan: Tel 07789639956 Email megan@strathearnarts.org For further information or to sign up contact Janice Fraser: Tel 07921771486	Based in Crieff – Currently open to anyone Mon, Tue, Thur 1400 via Zoom
Scotland Cycle Repair Scheme (supported by Scottish Government & administered by Cycle UK) Update (150421): Scheme ended, web link remains live for enquiries	Free bike repairs for people who wouldn't otherwise be able to afford repairs (up to £50 per person; each member of a family can get one bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can also be taken to participating Bike Shops for maintenance	www.cyclinguk.org/ScotCycleRepair Email (for Bike Shops) scrs@cyclinguk.org If a Bike Shop would like to participate in the scheme contact by email Check the web link for exemptions & participating Bike Shops	National The Scheme aims to carry out 30 000 repairs by 310321 Search for the nearest participating Bike Shop via the web link or look for a Bike Shop displaying a poster or window sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs

Service:	Brief:	Contact/Links:	Other:
The Good Care Group Scotland Limited (Live-in Respite Provider)	Dedicated privately purchased live-in care provider rated outstanding by the CQC and excellent by the Care Inspectorate; the shortest contract offered is the Respite Package 24/7 Live-in Care (cost per week £1692.00 for a minimum of 14 days and can be taken in 2 separate blocks); regulated live-in care provided throughout Scotland	www.thegoodcaregroup.com Tel 0203 728 7577 Dedicated Client Services Email clientservices@thegoodcaregroup.com TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl & click to follow link)	National Specialist respite care available - includes dementia; Parkinson's; MS There is an additional clinical and environmental care assessment visit required to be carried out costing £395.00 The cost of 24/7 live-in ongoing care is £1494.00 per week
Individuals – Hardship Grants – Funding Sources (link provided by Fife Voluntary Action & the Funding & Monitoring Team, Fife Council)	Funding sources and hardship assistance during Covid-19 (external links)	Pandemic Funding for Individuals (ctrl & click to follow link) Tel 01592 583498 Funding & Monitoring Team, Fife Council	National & Fife-wide
Face Covering Exemptions, Scottish Government & NHS Scotland	Information as to who is exempt from wearing a face covering and how to apply for an exemption card (available as a physical card or digital card); physical cards are issued within 7-14 days and digital cards are issued within 48-hours	www.exempt.scot for information and online applications Tel 0800 121 6240 for telephone applications for those without internet access	National Online or Mon-Fri 1000-1500 for telephone applications
Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220	Easy way to source and share tips that assist daily living for people living with dementia; over 600 tips over 9 themes; all tips contributed by those living with dementia	www.dementiatip-share.org.uk Email philly@myid.org.uk for further information	National

Service:	Brief:	Contact/Links:	Other:
SHOUT, UK Text Messaging Helpline	24/7 text messaging service for when people feel they need immediate support and are experiencing a challenging time with their mental health; available to anyone, anywhere, at any time; free and anonymous (information may be shared if someone is at risk)	www.giveusashout.org Text SHOUT to 85258 Text STOP to stop conversation Text START to 85258 to re-start the conversation Text LOOFAH following your conversation to remove/scrub data from system Email info@giveusashout.org if contacting from a network listed and the service does not appear to be working (include your mobile phone number and network provider)	National 24/7 Free from all major UK networks (EE; O2; Three; Vodafone; BT Mobile; Virgin Mobile; Tesco Mobile; iD Mobile; Sky; Telecom Mobile; Libra; Giffgaff – some android phones may indicate you will be charged, this is incorrect if you are on these networks and you will not be charged)
Young Dementia Network (merged with Dementia UK Nov 2020)	Movement of people committed to improving the lives of those affected by young onset dementia	www.youngdementiauk.org Tel 0800 888 6678 Email helpline@dementiauk.org Support Related Enquiry (follow link) www.youngdementiauk.org/need-advice	National
Ask for ANI, Home Office & partners (Domestic Abuse Sector, Police, Pharmacy Associations) Launches: 140121	Codeword scheme working alongside existing supports helping victims of domestic support access emergency community supports; safe space provided within pharmacies	Participating Independent pharmacies and Boots Pharmacies throughout the UK	National Participating pharmacies will display posters – all victims of domestic abuse can approach staff and ask for ANI or help
WAY Widowed & Young Update (240221)	WAY offers peer-to-peer support network for anyone who has lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation, race or religion; UK members have access to a variety of supports	www.widowedandyoung.org.uk	National Membership only (over 3700) & this should be completed online costing £25 per year (paid either by direct debit or PayPal)

Service:	Brief:	Contact/Links:	Other:
ABC (Anorexia & Bulimia Care) Update (260221)	30 years of experience promoting care & support for anyone affected by anorexia, bulimia, binge eating & all types of eating disorders; support provided online, by telephone & by appointment	www.anorexiabulimiacare.org.uk Tel 03000 11 12 13 Option 1 Support Line Option 2 Family & Friends Support by appointment Skype Video Call; Telephone Chat; Online Chat - follow link www.picktime.com/ABCsupport Email support@anorexiabulimiacare.org.uk or familyandfriends@anorexiabulimiacare.org.uk	National Support Line Wed-Fri 0900-1300/1400-1700 Support by Appointment Wed-Fri 1400-1600
Priority Services Register Scotland (Extra Help with Electricity & Water) Update (180521)	The Priority Services Register (PSR) is a free UK wide service for vulnerable groups, over 60s, & those who live with children under 5; provides extra help during power cuts or when there's an interruption to your water supply; Joining the PSR helps utility companies to provide adapted services, adjust communications & make amendments to keep you safe, such as setting up a password scheme & providing advance warning of planned interruptions to electricity or water supplies	www.psrscotland.com to find out more or to join the scheme For people with no access to the internet: Scottish and Southern Energy Customers - Tel 0800 294 3259 SP Energy Networks Customers - Tel 0800 092 9290 Scottish Water Customer Helpline – Tel 0800 0778 778 Power Cuts - Tel 105	National
Home Energy Scotland (funded by Scottish Government) Update (200521)	Help reducing heating costs & energy efficiency; identify eligibility for free energy saving home improvements like insulation & heating through the Scottish Government's Warmer Homes Scotland programme	www.homeenergyscotland.org Tel 0800 808 2282	National Calls are free Mon-Fri 0800-2000 & Sat 0900-1700 Phone lines are often busy evenings & weekends

Service:	Brief:	Contact/Links:	Other:
<p>Cruse Bereavement Care Scotland Update (010621)</p>	<p>Promotes the well-being of bereaved people in Scotland helping anyone experiencing bereavement to understand their grief and cope with their loss; primarily free support is provided by volunteers; training is also provided for individuals & organisations</p>	<p>www.crusescotland.org.uk Tel 0808 802 6161</p>	<p>National Mon-Fri 0900-2000 Sat-Sun 1300-1600</p>
<p>Routine asymptomatic Covid testing for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government Update (010621)</p>	<p>Expansion of covid testing for all Front Line Adult Day Centre staff; regular asymptomatic testing will only be given to front line staff who provide regular close contact, personal care (within 1 metre) to vulnerable individuals; the helpline will advise you of your nearest PPE hub; LFD (lateral flow device) tests will be made available to each Front Line Adult Day Centre worker (12 week supply of kits from the hub); regular testing is only for those staff who come into close contact with clients – staff who are permanently based in an office/home do not need to test; staff should test at home or in the workplace twice a week (three to four days apart)</p>	<p>www.gov.scot/publications/coronavirus-covid-19-social-care-testing-guidance/ Tel 0300 303 3020 Social Care Testing Helpline</p> <p>For other staff who do not fit the criteria, but wish to participate in regular testing, the Universal Testing option is available: Coronavirus (COVID-19): getting tested in Scotland - gov.scot (www.gov.scot)</p>	<p>National Social Care Testing Helpline is open 0900-1700</p>

Service:	Brief:	Contact/Links:	Other:
<p>Home Instead (regulated home care services) Update (170621)</p>	<p>Care services arranged in a variety of ways from hourly visits to live-in services; minimum package is 4 hours/week which could be 2 hours each time; companionship care can include personal care; Sleeping Night service is from 2200-0700 (£179 weekday shift; £189 weekend shift); hourly rate £27 (weekday) & £29 (weekend); Live-in Care Ongoing £1495/week (Couples Care additional £180/week); Live-in Care Short Breaks Respite £270/day minimum 4 up to 7 or £245/day up to 1</p>	<p>www.homeinstead.co.uk/perthshire/ Tel 01738 505360 Email contact@pk.homeinstead.co.uk Address Home Instead Senior Care Perthshire, Suite A Moncreiffe Business Centre, Friarton Road, Perth PH2 8DG</p> <p>Home Instead Senior Care E-Brochure (ctrl & click to follow link)</p>	<p>Fife-wide (national network)</p> <p>Support SDS options & can facilitate rapid hospital discharge</p> <p>Specialise in dementia & Parkinson's care</p> <p>Caregivers are employed (not agency)</p>
<p>The LGBTI+ Elders Social Dance Club Online (supported by the National Theatre of Scotland) Update (290621)</p>	<p>For LGBTI+ Elders and allies – LGBTI+ Elders Social Dance Club – ONLINE; Spring/Summer season; using the magic of technology to connect, chat & boogie; like regular Dance Clubs you can join in however feels right for you; welcomes new members from the whole rainbow community and allies; join online to talk, laugh & dance together</p>	<p>www.nationaltheatrescotland.com/events/the-lgbti-elders-social-dance-club Facebook</p>	<p>National</p> <p>Part of The Coming Back Out Ball - find out more about the project here.</p>
<p>National LGBT+ Carers Group, Alzheimer Scotland Update (060721): Launches 040821</p>	<p>Online lunchtime group held on Microsoft Teams; safe space to come together, share experiences & offer support and advice</p>	<p>For info or to request a link:</p> <p>Tel 07584373396 Faye (Wed-Fri) or 07734289400 Janine (Mon-Thu) Email fsmart@alzscot.org or jadair@alzscot.org</p>	<p>National</p> <p>1st Wed of the month 1230-1330</p>

Service:	Brief:	Contact/Links:	Other:
<p>Living Life (managed & delivered by NHS 24) Update (160721)</p>	<p>Team of self-help coaches & therapists, offering appointment-based telephone support based on CBT; available to 16+ experiencing - low mood, mild to moderate depression, symptoms of anxiety, or a combination of these; when you first phone Living Life you will be asked for - name, contact details, the reason you phoned & at this point you may be offered an assessment appointment with one of their team or placed on their waiting list; following an assessment appointment, you will be offered a series of telephone support sessions with a self-help coach or therapist</p>	<p>www.breathingspace.scot/living-life/ Tel 0800 328 9655</p>	<p>National (Scotland only) Mon-Fri 1300-2100</p>
<p>Family Fund Update (090821)</p>	<p>Charity providing grants for families on low incomes raising disabled or seriously ill children & young people to families across the UK; grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing; eligibility criteria applies</p>	<p>www.familyfund.org.uk/grants-scotland Tel 01904 55 00 55</p>	<p>National</p>
<p>Vegetarian for Life Update (190821)</p>	<p>Virtual Vegan Lunch Club 4th Tue of the month 1300-1400 via Zoom (65+); 6-week cookery courses; Pen & Phone Pals Scheme (50+)</p>	<p>www.vegetarianforlife.org.uk Email ellie@vegetarianforlife.org.uk for Virtual Lunch Club Tel 0161 257 0887</p>	<p>National For vegans, vegetarians & meat reducers</p>

Service:	Brief:	Contact/Links:	Other:
<p>The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us) Update (200821)</p>	<p>This page has links to various people & organisations active around Scotland in the area of board gaming, role playing games & war games; they might run blogs, be publishers, designers, or retailers; be worth following; or, run a local gaming club of which there are several in Fife</p>	<p>www.meeplelikeus.co.uk/the-spotlight/</p>	<p>National (links to active groups in Fife)</p>

Fife-wide

Service:	Brief:	Contact/Links:	Other:
Fife Forum Update (060721): Essential visits where practicable/permissible; fortnightly Zoom group support 'Café Forum'; weekly Health Walk	Advice, information & signposting helping identify services & resources; online social group (via Zoom – fortnightly); weekly health walks alternating between Cairneyhill & Glenrothes; advocacy for people in care or hospital settings; older people fora & User Panels	www.fifeforum.org.uk Tel 01592 643743 Email info@fifeforum.org.uk Facebook Fife Forum Online Zoom Group & Health Walks Contact your Fife Forum link worker for information	Fife-wide Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap
Helping Hand, Fife Voluntary Action Update (140121): Reopened to anyone requiring help or support whilst Fife is in lockdown; includes a Prescription Delivery Service	Partnership to help support people and the most vulnerable with their needs during the crisis; people can register to receive support and volunteer to provide support	www.fva.org/helping_hand.asp Tel 0800 389 6046	Fife-wide Mon-Fri 0900-1700
Prescription Delivery Service, Fife Voluntary Action Update (240720): Ceased from 150820	FVA has partnered with NHS Fife, Fife Health and Social Care Partnership and Fife Council to provide a prescription delivery service for those in Fife that are most in need	www.fva.org/prescription.asp Tel 0800 389 6046	Fife-wide Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions themselves and have no one who can collect them on their behalf. Methadon/Subutex: Unable to collect or deliver these drugs. Please contact addiction services on 01592 716446 if help is required
Kirkcaldy Central Mosque	Free Food Packs	www.kirkcaldymosque.org.uk 01592 641057	Fife-wide deliveries

Service:	Brief:	Contact/Links:	Other:
Cosy Kingdom	Telephone energy advice, including energy debt support	Tel 01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk	Fife-wide Mon-Fri 0900-1700
Elders Crisis Contact Centre, Castle Update (140121): New online store including 'Free to You' range (Castle Furniture)	A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections	www.castlefurniture.org Tel 01334 898669	Fife-wide For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability)
Fife Council	Local Authority services	Council Services: 03451 55 00 99 Homelessness: 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) Scottish Welfare Fund: 0300 555 02 65 (Mon-Fri 0900-1430) Social Work & Social Care: 03451 55 15 03 Covid Community Helpline: 0800 952 0330 (Mon-Fri 0900-1700) or email covid.communityhelpline@fife.gov.uk	Fife-wide
Fife Migrants Forum	Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English	www.fifemigrantsforum.org.uk Tel 01592 642927 Facebook @fife.migrants Email info@fifemigrantsforum.org.uk	Fife-wide Main chatroom & local chatrooms can be accessed Telephone 0930-1300
Citizens Advice & Rights Fife	Telephone advice	www.cabfife.org.uk General Advice 0345 1400 095 Debt Advice 0345 1400 094 Universal Credit 0800 023 2581 Macmillan Service (people affected by Cancer) 0345 1400 092 Text Service for the Deaf Community 0787 2677 904	Fife-wide Mon-Fri 0830-1600
Lead Scotland Befriending for Young Carers	Distance Befriending for Young Carers aged 12-18; weekly telephone/email/video support offered by volunteers	www.lead.org.uk Tel 0131 228 9441 or 07775844885 Emma Pauley Email epauley@lead.org.uk	Fife-wide Tue, Thu, Fri (working days)

Service:	Brief:	Contact/Links:	Other:
Lead Scotland Learning Project Update (190821): Free webinar 'stay safe online' courses (30 minutes) www.lead.org.uk/webinars	Distance learning for individuals (age 16+); weekly telephone/email/video support for those seeking to learn how to use a computer or another skill	www.lead.org.uk Tel 07768 916460 Dawn Robb (Fife Learning Co-ordinator) Email drobb@lead.org.uk Sign up (free safety classes): www.lead.org.uk/learn-how-to-be-safe-online-with-lead-scotland/	Fife-wide Support will be provided by volunteers, who are PVG members; priority given to people who live on their own
Lead Scotland Befriending (Adults)	Distance befriending for adults (age 16+); weekly telephone/email/video call support offered by volunteers for those who are feeling lonely or socially isolated; priority is given to people who live on their own	www.lead.org.uk Tel 07950 771875 Louise Andree Email louiseandree@lead.org.uk	Fife-wide Mon-Thu (working days)
Fife Centre for Equalities – 60+ Minority Ethnic Older People Project Update (160921): Open Mon-Fri 0900-1700 (messages can be left)	Minority ethnic older people 60+ can use this support to access public services; access befriending; & information and signposting;	www.centreforequalities.org.uk Tel 01592 645310 Centre or 07826753539 Otilia Palea (Operational Assistant) Email info@centreforequalities.org.uk or Otilia@centreforequalities.org.uk Cantonese 07881 925301 Romanian 07826 753539 Hungarian/Bulgarian 07796 418917 Urdu 07827 405915 Vârșnicii etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice 少數民族長者現在可透過我們的服務獲得公共服務的資訊 فائف کے اقلیتی بزرگ اب ہماری مدد سے پبلک سروسز کی رسائی حاصل کر سکتے ہیں Other language interpreters will be identified	Fife-wide Alongside the aforementioned service the Centre's vision is to enable everyone they work with to take action that makes Fife a more equal, fairer place to live, work and study providing a collective voice to champion equality, diversity, inclusion and social justice

Service:	Brief:	Contact/Links:	Other:
Foodbanks Update (190821): Glenrothes from Sept 2021 – deliveries will cease; new opening times for collection Mon & Fri 1200-1500; Wed 1300-1700 (Auchmuty Foodbank open for referrals Sat 1000-1200; Leslie Sun1000-1200 & Thu 1400-1700)	Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link	Cupar: 07474453153 email info@cupar.foodbank.org.uk Dunfermline: 01383 432483 or 07730751895 email info@dunfermline.foodbank.org.uk East Neuk: Anstruther Church - Tue 1200-1600; Thu 1600-1800 Glenrothes: 01592 631088 email info@glenrothes.foodbank.org.uk Kirkcaldy: Various locations, website www.kirkcaldyfoodbank.org.uk Levenmouth: 07966502854 Delivery only St Andrews: 01334 474940 (option 2) email storehouse@kingdomvineyard.com Taybridgehead: 07840957039 (emergencies only)	Owing to Covid-19 there may be local variations so please contact Glenrothes Foodbank only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020) For referrals in the following towns and their surrounding areas, tel: South West Villages 07985739452; Ballingry 07515290119; Kelty 01383 650273; Cowdenbeath 07828564232
Asda Pharmacy	Call and collect service for vulnerable people or those who are practising social distancing – prescriptions can be collected from your car at dedicated bays within the store car parks.	Dunfermline (Halbeath) 01383 843617 Kirkcaldy (Carberry Road) 01592 657210	Fife-wide Please note opening times within stores may be reduced and people should call their local Asda pharmacy team for more information
Fife One Stop Shop, Scottish Autism	Support by email & telephone; telephone support by appointment; information, advice, local supports for autistic people, their families & professionals	www.scottishautism.org/services-support/family-support/fife-one-stop-shop Tel 01592 645350 Email fifeoss@scottishautism.org	Fife-wide Aim to respond within 3 working days
Centre for Positive Change (in partnership with Positive Change Yoga) Update (220221)	Free online Zen Yoga offered to Fifers since January and now extended to throughout March 2021; see website for booking information and terms & condition	www.positivechangeyoga.com Facebook @positivechangeyoga	Fife-wide

Service:	Brief:	Contact/Links:	Other:
Friendship Cabin Update (130821): In-person groups have reopened Mon-Thu at the Woodside Community Hall & from 160821 Gilvenbank Community Sports Hub, Glenrothes; Tea Party launches 030921	For adults 16+ - virtual social group with entertainment via the Lunch Clubs; 'Call Companion' services for those with limited mobility or who are isolated; Tea Party 'Fun Friday' with Karaoke & Disco; all services will be delivered in accordance with Government guidelines; places are limited to 15 per group session (contact Pearl in advance); £10 per session	www.thefriendshipcabin.com Tel 07423154632 Pearl Weepers Email info@thefriendshipcabin.com Facebook	Fife-wide & Glenrothes Area Lunch Clubs (Glenrothes): Tue-Thu 1000-1400 Woodside Community Hall Mon 1000-1400 Gilvenbank Community Sports Hub Tea Party (Glenrothes): Fri 1630-1900 Woodside Community Hall Virtual Zoom Group (Fife): Sun 1400-1600
Fife Lockdown Economy (FiLE) Update (190221)	Marketplace that connects local people in Fife with local businesses offering products and services during lockdown	www.fifelockdowneconomy.com Facebook @fifelockdown	Fife-wide
Fife Carers Centre Update (190821): Dementia Workshops for Carers from September (see website for programme or contact Centre for information)	New referrals accepted; centre remains closed for drop-in (telephone, email and virtual contact); current services include - assistance given to complete forms; help with emergency planning (including Carer Emergency Cards); carer support planning; a point of contact for carers experiencing difficulties; advocacy; befriending for carers; online male carers group; Dementia Workshops for Carers; and, co-ordinating supply of PPE to entitled carers (see separate entry p20)	www.fifecarerscentre.org Tel 01592 205472 Email centre@fifecarers.co.uk For 'Virtual Club for Carers' Mon 1400-1530 contact Sylwia Nadolny: Email sylwia.nadolny@fifecarers.co.uk Tel 07736909692	Fife-wide Referrals can be made via the telephone or the online portal

Service:	Brief:	Contact/Links:	Other:
Personal Protective Equipment (PPE) for Unpaid Carers	Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for	To request PPE contact Fife Carers: Tel 01592 205472 Email centre@fifecarers.co.uk	Fife-wide
Personal Protective Equipment (PPE) for Personal Assistants (Self-Directed Support)	A Self-Directed Support Personal Assistant employer may request PPE if the person being cared for has a diagnosis of Covid-19; another member of the same household has a diagnosis or symptoms; the person receiving care has received a shielding letter; or, any other risk for person receiving care or Personal Assistant(s)	To request PPE contact SDS Options Fife: Tel 01592 803280 Email ppe@sdsoptionsfife.org.uk	Fife-wide
Meal Makers, Food Train Update (180521): From 170521 Cooks will be permitted to visit Diners inside their home when delivering meals; new service launched by parent group (Eat Well Age Well)	Helping older people to eat well, age well & live well independently at home; neighbourhood food-sharing project connecting people who love cooking & who are happy to share an extra portion of home cooked food with an older neighbour who would really appreciate a freshly prepared meal & a friendly chat; 'Eat Well Age Well' freephone Malnutrition Advice Helpline with a focus on people 65+ launched	www.mealmakers.org.uk for information, to sign up as a cook or suggest a diner Tel 0141 551 8118 or 07702 868893 Carol Simmons, Development Officer – working days Mon-Fri Email carol@mealmakers.org.uk Malnutrition Advice Helpline (Eat Well Age Well) – Tel 0800 13 88 220	Fife-wide

Service:	Brief:	Contact/Links:	Other:
Befriending (Communities Recovery Fund), Fife Shopping & Support Services Update (171220): A few hours are left for referrals (available until the end of March 2021)	For elderly, disabled and vulnerable people who are feeling isolated as a result of the pandemic and would benefit from having a little company; open referral process	www.fifeshoppingandsupportservices.co.uk Tel 01592 653344 Email lynne@fifeshoppingandsupportservices.co.uk Facebook	Fife-wide Other privately purchased provisions are available Update 230421: privately purchased supports have re-engaged; at present, journeys made with clients are for essential purposes only
Gingerbread Fife	Lone Parent Helpline; Support Workers who offer telephone advice; new referrals accepted for: Teen Parent Project; Making It Work; Square Start Levenmouth; Buddy Project; &, Dad and Me	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Fife-wide with Local Projects Helpline: Mon-Thurs 0900-1700 Fri 0900-1530
Wells Near Me, Fife Health & Social Care Partnership and Partners Update (050421): Dedicated email address added	Virtual Wells Tue-Thu 1000-1200 & Mon/Thu 1300-1500; video calls connect participants with an advisor who aims to help the person find solutions to their health & well-being issues, including available supports; participants enter a virtual waiting room or can pre-book an appointment	www.fifehealthandsocialcare.org/the-well Email TheWell@fife.gov.uk or Aleksandra.Atanasova@fife.gov.uk Tel 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live BSL People requiring an interpreter should request this when booking an appointment (available from 091220)	Fife-wide Internet enabled video device; chrome or safari browser required For people entering the virtual waiting room please be advised you may not be seen if time expires
Libraries Service (On Fife) Update (110221)	Completely free eBook, eAudiobook & digital magazine service (RBdigital) now has even more content; all you need to register for this free service is your library membership	www.onfife.com/libraries-archives/online-resources/ebooks-eaudiobooks-and-digital-magazines# Email rbdigital@wfhowes.co.uk if you need additional help with this service	Fife-wide If you are not already a member of Fife libraries join up by either clicking here (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible)

Service:	Brief:	Contact/Links:	Other:
<p>Fife Bus (previously known as Dial a Ride and Ring & Ride) Update: Commencing 170820 and bookable from 140820</p>	<p>Free door-to-door transport for people unable to access mainstream public transport due to some form of reduced mobility; at this time, the service prioritises people who need to make essential trips (to attend medical appointments or essential shopping trips)</p>	<p>www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport By following the link you can see what days the service is running in each area by clicking on Fifebus Service by Town Tel 03451 55 11 88 to register & book journeys</p>	<p>Fife-wide Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday</p>
<p>Restoration Fife Recovery Community Update (060921): September programme is available</p>	<p>Social activities community run by people in recovery for people in recovery; range of activities, open to family and friends to reduce isolation, loneliness & provide support with recovery</p>	<p>Email admin@restorationfife.org.uk Tel 07734408498 Active Bookings Tel 07501176234 Charlene or 07307197963 Nikki If you want to get involved: Private message on social media or call, text or whatsapp Facebook @RestorationFife</p>	<p>Fife-wide In person and online social & recovery activities</p>
<p>Fife Sports & Leisure Trust Update (230321): reopen 260421</p>	<p>Sports & leisure (check website for updates); new downloadable App allowing users to help keep track of activities & goals; online activity</p>	<p>www.fifeleisure.org.uk/coronavirus-update/</p>	<p>Fife-wide Check website for facilities open</p>
<p>The Byre Theatre, St Andrews Update (220221)</p>	<p>The Byre has selected a variety of things to watch online or on subscription free TV to help people choose from the array of films/online content currently available alongside 'Creative' & 'Health & Well-being' content</p>	<p>www.byretheatre.com/events/what-to-watch-online/ Tel 01334 475000 Box Office</p>	<p>Fife-wide (theatre based in St Andrews, North East Fife)</p>
<p>Crossroads Fife Update (230321)</p>	<p>Supporting people who care for someone with an illness or disability; services include Core Service (Respite & Palliative Care), Self-Directed Support & Privately Purchased Support</p>	<p>www.crossroadscentral.org Email info@crossroadsg.co.uk Tel 01592 610540 Kirsten Docherty, Manager</p>	<p>Fife-wide Open to new referrals and self referrals</p>

Service:	Brief:	Contact/Links:	Other:
Fife Law Centre Update (240221)	A team of solicitors providing free legal advice & representation for the people in Fife who need it most; legal advice on a range of subjects and depends upon on what the problems are; if unable to help, they will signpost to someone who can; contact by phone, email or chat online	www.fifelawcentre.co.uk Email info@fifelawcentre.co.uk Tel 01592 786710 Facebook Fife Law Centre	Fife-wide Mon-Fri 0900-1700
Fife Parkinson's UK Branch Update (070921): Person-to-person monthly group meeting resumes 090921; aiming to develop Aqua Aerobics group (Dunfermline)	A range of interest and social including 'Coffee & Chat', 'Walking' & exercise; information & advice; link to Parkinson's Nursing in Fife; monthly group meeting incorporate a number of activities including Tai Chi, therapies & crafts	www.fifeparkinsons.org Email via 'Contact Us' on website Tel 0808 800 0303 National Helpline (including local signposting) Locally for monthly meetings contact Charles Small: Email cjsmall12@tiscali.co.uk Tel 01592 713824	Fife-wide (Branch) Parkinson's UK provides national coverage Fife Meetings Monthly from Thu 090921 1200-1500 (new venue: Baptist Church Bridge Centre, Glenrothes Kingdom Centre)
Carers' Self Help Service, Link Living	Provides up to six one-to-one self-help coaching sessions using CBT for Carers of children, young people and adults with Autism Spectrum Conditions; aims to reduce isolation & offer practical skills and techniques for managing stress (active engagement with materials during and between sessions provides maximum benefit to individuals); sessions are being held remotely	www.linkliving.org.uk Email kirstin.brady@linkliving.org.uk Tel 07584502442 Write to Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE	Fife-wide Free & open to both self-referral and professional referral

Service:	Brief:	Contact/Links:	Other:
<p>Safe & Well Resource 2020 Edition, Fife Adult Support & Protection Committee Update (081220)</p>	<p>Essential signposting, resources and supports for over the Christmas period</p>	<p>www.fifeforum.org.uk/resources-downloads/ (click on 'Safe and Well 2020 Booklet') Email shona.mcewan@fife.gov.uk for further information Tel 03451 55 55 55 ext 442134</p>	<p>Fife-wide Covering Christmas 2020</p>
<p>Reporting Anti-social Behaviour, Fife Council Update (200521)</p>	<p>Online anti-social behaviour reporting form if you wish to report anti-social behaviour to the council; Fife Council monitor reports Mon-Fri 0900-1700; Call the police on 101 if the antisocial behaviour is happening right now or in an emergency call 999 immediately and ask for the police</p>	<p>www.fife.gov.uk/services/form-pages/report-antisocial-behaviour If anti-social behaviour is current - Tel 101 Police If the behaviour presents an emergency - Tel 999 Police</p>	<p>Fife-wide Online reporting</p>
<p>Bums off Seats, Fife Walking Initiative (supported by Active Fife & Paths for All) Update (250521)</p>	<p>Free organised health walks which are short & local; suitable for most including those with a long-term health condition (including dementia or cancer)</p>	<p>https://active.fife.scot/about/active-fife Email vivienne.mcniven@fife.gov.uk Tel 03451 55 55 55 (ext 402243) Vivienne McNiven</p>	<p>Fife-wide Groups meet in localities which include: Cupar, Dalgety Bay, Dunfermline, Glenrothes, Kirkcaldy, Leven, Lochore & Rosyth</p>
<p>FRASAC Fife Rape & Sexual Assault Centre Update (010621): support services are currently delivered over the phone/online</p>	<p>Independent voluntary organisation working throughout Fife offering a range of free & confidential time limited support to anyone 12+, of any gender, who has been raped or sexually assaulted at some point in their lives; services include: Crisis & Early Intervention; Young Peoples Support (12-25); Core Support (25+); Support & Advocacy; and, Prevention</p>	<p>www.frasac.org.uk Tel 01592 642336 Email info@frasac.org.uk</p>	<p>Fife-wide Based in Kirkcaldy</p>

Service:	Brief:	Contact/Links:	Other:
Circles Carers Advocacy Service Update (140621)	Independent advocates providing support & guidance to help understand & navigate the processes surrounding Power of Attorney, capacity & guardianship	www.circlesnetwork.org.uk Tel 01592 645360 or 07909002582 Email info.fife@circlesnetwork.org.uk	Fife-wide
Support in Mind Fife Services Update (140621): Telephone support & face-to-face support where this is required/possible; Zoom Meetings (Carers & Women)	Work towards improving the well-being & quality of life of people affected by serious mental illness including families, carers & supporters (local services provided by outreach with base in Levenmouth)	www.supportinmindscotland.org.uk Tel 01592 268388 Local Services or 0131 662 4359 National Email fifeservices@supportinmindscotland.org.uk Fife services include – Fife Families Support helping friends & relatives to help those struggling with severe mental health issues Information & Resilience information & support to help people manage their mental health Fife Hearing Voices helping people to live around their voices, including peer support	Fife-wide
Relationships Scotland Couple Counselling Fife Update (060721)	Charity offering: a confidential counselling service to couples & individuals who are struggling with their marriage/relationship (£25 fee - £15 for unemployed - for the intake appointment, payable at time of booking the appointment & the counselling is by donation); sexual relationship therapy for those who experience sexual difficulties (contribution of £30-50 per session)	www.rscf.org.uk Tel 01592 597444 Email info.rscf@gmail.com	Fife-wide Online counselling as well as face-to-face For Guidelines & costs follow www.rscf.org.uk/what-does-it-cost

Service:	Brief:	Contact/Links:	Other:
Carers Advice Project, DEAFBLIND Scotland Update (260721)	For carers with sensory loss or those who care for someone with sensory loss; support & information; home visiting service to help identify needs & support for carers	www.dbscotland.org.uk Tel 0795036114 Maureen Macpherson, Project Worker Email carersadvice@dbscotland.org.uk	Fife-wide (Project) & National Organisation
Alzheimer Scotland Day Care Fife Update (130921): Day Care has changed day (now Friday)	Day Care provision Friday; transport not provided; Service Agreement Package is required to be completed prior to engagement; waiting list; contact for further detail	Tel 01592 803790 Email srichardson@Alzscot.org Shirley Richardson, Day Care Organiser or fifeservice@Alzscot.org	Fife-wide Travel not included & sessions are: Fri £10 per session
Food Train Connects (Food Train) Update (040821)	Grocery delivery service helping to provide a service where there are gaps in provision for people 65+; volunteer shoppers can also put items away; £1 annual membership & £5 per shopping delivery; registration required	www.foodtrainconnects.org.uk Tel 0800 304 7924 or for information 07451615837 Carol Anderson, Development Officer Email connects@foodtrainconnects.org.uk	Fife-wide Annual membership £1 & £5 per shopping delivery (registration required)
Off the Rails Arthouse (Ladybank Station House, Victoria Street, Ladybank KY15 7JT) Update (050821)	A creative space to gather & learn; artist-led; explore a wide range of arts-related activities including art, design & craft & pop-up events; all welcome; activities are booked via the website	www.offtherailsarthouse.com	Fife-wide Entry has restricted access (steps to front door) Activities are individually priced
Scottish Veterans' Rosendael Residence, Broughty Ferry (Scottish Veterans Residences) Update (090821)	Pilot for isolated/lonely veterans of any age; taking part might involve a meal, coffee morning, activities & opportunities to meet other veterans; qualified staff can discuss needs; no cost & help can be arranged for transport to Rosendael	www.svronline.org Tel 01382 477078 ask for Carol, Darren or Andy Email info@svronline.org add 'Reaching Out to Veterans' in subject header	Fife-wide (support also extends to Angus & Tayside)

Service:	Brief:	Contact/Links:	Other:
<p>FASS ADAPT Substance Recovery Update (130921): New alternative drop-in service 'Know the Script' hosting a host of services including counselling, harm reduction, advice & dispensing of Naloxone</p>	<p>Main drug & alcohol triage service in Fife; providing assessment of needs & referral to specialist drug & alcohol services within the NHS & Third Sector; anyone requiring more intensive help can be guided towards ADAPT counselling & other services; supports both people suffering from substance misuse & their carers</p>	<p>www.fassaction.org.uk/adapt-home/ Tel 01592 321521 Write to: FASS ADAPT Recovery Support 17 Tolbooth Street Kirkcaldy KY1 1RW</p> <p>For clinic details follow: www.fassaction.org.uk/adapt-where/</p>	<p>Fife-wide Clinics: Kirkcaldy, Glenrothes & Dunfermline 'Know the Script' Drop-in: The Centre, Leven Thu 1000-1500</p>
<p>Thistle Neurological Wellbeing Service (supported by the Thistle Foundation with funding from Scottish Government) Update (160921): New Fife-wide service</p>	<p>Remote support for people living with neurological conditions; phone-based one-to-one wellbeing coaching; support to develop a wellbeing plan; online group-based Lifestyle Management courses; online Mindfulness courses; social prescribing; encourage peer support; can self-refer or be referred by a healthcare practitioner</p>	<p>www.thistle.org.uk Email referrals@thistle.org.uk Text 07342035670 Leanne</p>	<p>Fife-wide</p>

Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
Link Living, Better Than Well Update (201120)	Provide up to eight supported self-help sessions to adults 16+ who have experienced childhood trauma to stay safe and stable using a CBT approach; sessions aim to help participants understand the impact of trauma, identify outcomes & how to work towards these & connect to other supports; available by telephone or video call; approximately 4-6 week waiting period for a coach; referrals can be self or on behalf of (with consent)	Tel 01592 644048 Email selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy Participants must live in the abovementioned localities North East Fife & South West Fife Sessions will always only be available via telephone or video call
Sporting Memories Update (200821): Kirkcaldy Group remobilising 250821 1030-1200 at the Kirkcaldy Rugby Club	Aim to demonstrate the health, wellbeing and social benefits of talking about sport	www.sportingmemoriesnetwork.com Email admin@thesmf.co.uk Local Contact 07941123278 or email gary@thesmf.co.uk Gary Waddell, Group Delivery & Practice Co-ordinator Sporting Memories KITbag Sign up by contacting Gary or by Survey Monkey www.surveymonkey.co.uk/r/DLFVR6R	National & Kirkcaldy; Glenrothes Online Groups Wed 1030-1200 Kirkcaldy Wed 1330-1500 Glenrothes
Scotland Hourglass (Action on Elder Abuse)	Free shopping bag delivery for older people in isolation.	Tel 07496323801 Email colinscott@wearehourglass.org	Dunfermline & West Fife
Aberdour Bakery, Aberdour Update (280121): Deliveries 10-mile radius incl. Culross & Kinross	Fresh bakery products & some essentials; deliveries Thu-Sat; tel to place order & check stock availability; card payment or cash on delivery	Tel 01383 860330	Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay & surrounding areas Mon-Sat 0800-1400

Service:	Brief:	Contact/Links:	Other:
Dunfermline Central Mosque	Shopping/essential deliveries including halal; free food parcels for those 60+ in need	Telephone or SMS 07946636913	Dunfermline to Rosyth
F3 Food for Families, Gillespie Memorial Church, Dunfermline	Free fresh food during summer school holidays for families struggling to feed the family	www.gillespiechurch.org/mission-outreach/f3-food-for-families/ Tel 07518902602 Leave a message or text & you will get a call back Email f3gillespiechurch@gmail.com Facebook F3 or foodforfamiliesdunfermline	Dunfermline & West Fife Service commences from 060720
Benarty Fruits, Lochore	Fruit/Veg deliveries	www.benartyfruits.co.uk/shop Tel 07786025233	Oakley to Glenrothes Mon-Fri 0900-1500 & Sat 0900-1200
Fife Curnie Clubs Update (270721): Kirkcaldy Curnie Club has re-opened Tue 1000-1300	Promoting social inclusion & combating isolation for people aged 26-49; continuing to support members & new referrals (including self-referrals); online group chats and predetermined activities; 1:1 support for members available; service for those who care for & work with FASD or are suspected of having been exposed to alcohol pre-birth	www.fifecurnieclubs.org 07384514478 Kirkcaldy (Jo) 07384514479 Cupar & Glenrothes (Karen) 07748631648 Cowdenbeath & Dunfermline (Steve) 07384514478 Methil (Jo) 07741559373 Volunteer Opportunities (Kerry) 07807011951 General Enquiries (Elena) Email curnieclubsinfife@gmail.com Curnie Clubs Email fasd.fife@fassaction.org.uk FASD Fife Facebook Fife Curnie Clubs	Locality Virtual Groups: Kirkcaldy Tues 1100 Cupar & Glenrothes Tues 1100 Cowdenbeath & Dunfermline Wed 1100 Methil Thu 1100 FASD (Fetal Alcohol Spectrum Disorder) Fife: Fife-wide
Raith Fruit Shop	Fruit/Veg & some essentials being delivered	www.raithfruit.com Tel 01592 653444	Kirkcaldy, Dunfermline & Glenrothes Areas
Womens Wellbeing Club Update (110821): In-person peer groups at Glenrothes & St Andrews	Female only mental health peer group – online & in-person resource	www.womenswellbeingclub.co.uk Email glenrothes@womenswellbeingclub.co.uk standrews@womenswellbeingclub.co.uk dunfermline@womenswellbeingclub.co.uk Facebook	Glenrothes, St Andrews & Dunfermline Glenrothes – Collydean Community Centre, Tue 1830 St Andrews – 3a St Marys Place, Tue 1830 Dunfermline - Online

Service:	Brief:	Contact/Links:	Other:
Employment Plus, Salvation Army Update (241120)	Free & confidential help with employability, training, in-work support and well-being & life skills	www.salvationarmy.org.uk/employability Tel 0800 652 4276 Email employmentplus@salvationarmy.org.uk Local Contact 07827037013 Dawn Hinton Email dawn.hinton@salvationarmy.org.uk	Levenmouth, Glenrothes, Kirkcaldy, Lochgelly & Cowdenbeath
Pain Association Update (041220): Programme commencing 130121	Professionally-led training group for people with all forms of chronic pain; sessions focus on building skills that help people to regain control and cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event	www.painassociation.co.uk Tel 0800 783 6059 Email info@painassociation.com To join a zoom meeting – include a contact telephone number and which locality group you wish to join) Email awaugh@painassociation.com For information or a programme	Dunfermline (Townhill Community Centre) from 130121 1000-1200 Kirkcaldy (St Bryce Kirk Centre) from 140121 1030-1230 Levenmouth (Buckhaven Community Centre) from 140121 1330-1530 Cupar (YMCA) from 250121 1330-1530
East Neuk Cooks Update (040321)	Range of catering options including 'Home Made Meals for One' (Meal in a tray) – freshly made meals for one which are frozen for freshness including vegetarian options (Meat dishes £6.80; Fish dishes £7.00; Vegetarian dishes £5.60); Minimum £20 order +£3.75 delivery (delivery free if over £40)	www.eastneukcooks.com Tel 07969208497 Facebook East Neuk Cooks	Selected Postcodes Delivery to postcode areas KY1, KY7, KY8, KY9, KY10, KY14, KY15, KY16, DD6 Weekly Saturday deliveries
Best Foot Forwards (Walking Groups), Fife Council Community Sports Leader-led Update (040521)	Gentle walks for all abilities meeting at local locations in Dunfermline & Rosyth; daytime & evening walking groups; walks are 1.5 or 3 miles	Tel 07496053380 Facebook	Dunfermline & Rosyth

Service:	Brief:	Contact/Links:	Other:
Crossroads Befriending Service Update (180521): Home visiting resuming	Befriending opportunities for adults with a physical, mental or sensory impairment who are socially isolated and lonely; regular social contact via home visiting, telephone, video chat or email	www.crossroadscentral.org Email marie@crossroadsg.co.uk Tel 01592 630253 or 07955 047757 Marie Lindsey, Co-ordinator	Fife excluding Dunfermline & West Fife New referrals welcomed as are volunteer enquiries
Andys Man Club Update (130921): New group in Kirkcaldy from 130921	National coverage with local groups; free peer-to-peer group providing a place for men to come together in a safe & open environment to talk about the issues or problems they face or have faced; men aged 18+; for further information contact directly	www.andysmanclub.co.uk Email info@andysmanclub.co.uk Facebook search 'Andys Man Club' followed by the town	Glenrothes, St Andrews, Dunfermline & Kirkcaldy Mon 1900-2100 Glenrothes – Collydean Community Centre St Andrews – 3a St Marys Place Dunfermline – Erskine Building, 4 Pilmuir Place Kirkcaldy – Stark's Park, Raith Rovers FC
Breathe Easy Fife (affiliated to the British Lung Foundation) Update (210521): Aiming to remobilise face-to-face group meetings from July-August	Support & social groups which bring people together who are living with or who care for people with lung conditions	www.blf.org.uk Tel 01333 426544 Agnes Whyte (Chairperson) Email breatheeasyfife@yahoo.com Facebook @breatheeasyfife	Levenmouth, St Andrews, Kirkcaldy & Dunfermline Staged return, initially for existing members with a view to later extending this to others Glenrothes aiming to launch new group (possibly Feb-Mar 2022)
Making it Work for Lone Parents (Fife Gingerbread & CARF) Update (170621)	Available to lone parents either in work or seeking employment; provides tailored support to help parents work towards a positive future & maintain a healthy work/life balance (includes specialist financial advice)	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth

Service:	Brief:	Contact/Links:	Other:
<p>Chest Heart & Stroke Scotland (CHSS) Fife Peer Groups Update (120821): Not fully mobilised</p>	<p>Peer exercise & social in-person groups; locality-based; until further notice new referrals should go via the Peer Support Team</p>	<p>Email peersupportteam@chss.org.uk for information/to refer (referral from available)</p>	<p>Glenrothes, Kirkcaldy & Dunfermline Glenrothes (Heart) Exercise – remobilised Glenrothes (Stroke) Social – aiming to remobilise Sept Kirkcaldy (Stroke) – aiming to remobilise Aug/Sept Dunfermline (Heart) Exercise – no restart date as yet Dunfermline (Stroke) – no restart date as yet</p>

Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
Largo Area Coronavirus Response Team Update (151020): Remains operable with volunteers on standby	Support to access local shopping delivery services and deliveries where local shops are unable; Telephone befriending for isolated people is also being developed	Tel 0800 999 3465	5 local contacts for New Gilston & Woodside; Newburn & Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links
Arden House Projects, Leven	Primarily for over 65s Arden House will support vulnerable people where it is able to do so; all services associated with the pandemic are free of charge - enquiries; signposting; telephone befriending (existing clients; new referrals); shopping deliveries; prescription collection; & the provision of free hot meals	www.ardenproject.org.uk Tel 01333 303210 Email ardenhp@googlemail.com	Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; & Largo Villages Mon-Fri 0900-1700 Messages can be left and will be responded to asap
Monday Lunch Club, St Agatha's & St Giles RC Church, 160 Methil Brae, Methil Update (171120): Closed until restrictions are eased; follow social media for updates	Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall	Facebook @stagthas	Methil (Levenmouth) Mon 1200-1330
Cosy Kids on Tour, Levenmouth Childrens Clothing Bank (in partnership with Fife Council) Update (170721): Ceased – winter only	Trial drop-in Savoy Centre, Methil (Mon) and The Centre, Leven (Tue) from 301112; help with winter coats/shoes for children	Savoy Centre, Methil Drop-in between 1500-1700 on Mon 3011; 0712; 1412; 211220 The Centre, Leven Drop-in between 1500-1700 on Tue 0112; 0812; 1512; 221220	Levenmouth Limited service dependent upon stock availability

Service:	Brief:	Contact/Links:	Other:
It's Game Time & Talk Time, East Fife Community Football Club, Bayview Stadium, Methil Update (120421): Resumed	All fitness levels welcome; opportunity to meet new people; discuss all things mental health & well-being; grab a drink and a blether before and after the game	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information	Levenmouth Mon 1800-1900; Thu 1030-1230 Bayview Stadium, Free (no need to book)
Walking Football, East Fife Community Football Club, Bayview Stadium, Methil Update (031120): Commenced from 251020 1730	The beautiful game at a slower pace; over 45s; due to restrictions contact Alan Lowe in the first instance	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information and how to book	Levenmouth Book online or contact for information
Taxi Centre Fife Update (210121): Transport assistance (Vaccine related)	Free transport being offered for elderly people living on their own and without any other family, friends or transport options to get their vaccine injection; Covid secure taxi fleet	www.taxicentrefife.com Tel 01333 300300 Email taxicentre@hotmail.com Facebook	Levenmouth
Sam's Mental Health Café (SAMH), Forth Street Hall, Leven Update (210421): New service from 060521	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 07568127735 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Leven (Fife-wide with enquiries or for those able to access) Tue, Wed, Sat 1200-2000

Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
Later Life Choices Glenrothes (formerly Age Concern Glenrothes) Update (070921): Group sessions remobilised from 130921 (initially 4 daytime sessions)	Social & activity groups; 'Help to Stay at Home' service); community visits; befriending visits; main day care provider within the Glenrothes Locality	www.laterlifechoicesglenrothes.org Tel 01592 756316 Email info@laterlifechoicesglenrothes.org Facebook	Glenrothes, Leslie, Markinch, Thornton & Coaltown of Balgonie (including Kinglassie for 'Help to Stay at Home' service)
Leslie Community Pantry	Stocked food pantry free to the local community located at the back of the Station Hotel (277 High Street); if you are struggling to get out and need a parcel, delivery can be arranged	Telephone or text 07730789255 Facebook Leslie Community Pantry	Leslie Food Pantry closes 1700
Collydean Community Centre, Glenrothes – Community Supports Update (290421): New Community Larder at the Gilvinbank Sports Hub	Free food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices along with free Wi-Fi to the elderly & vulnerable; telephone befriending	Free food parcels, shopping, prescriptions, etc 01592 359012 Disbursement of Funds 01592 742913 Digital Connectivity 01592 359022 Telephone Befriending 01592 359040 Community Pantry Mon-Fri 0900-1645 Community Larder Wed 1800-1930 (from the Gilvinbank Sports Hub) Further information please contact Rose Duncan, Centre Manager on 01592 742913 or 07926503923 Email rose@collydeancommunitycentre.co.uk	North Glenrothes (including Cadham & Leslie)
Leslie Baptist Church	Assisting those struggling with loneliness or providing food for their family	Email community@lesliebaptistchurch.org.uk	Leslie

Service:	Brief:	Contact/Links:	Other:
Markinch Community Council Update (091020): Ceased	Shopping; dog walking; gardening; and, a friendly voice	Tel 07922221629	Markinch Mon-Sat 0900-1600
Pop Up Community Kitchen (sponsored by 50th Scouts & CAREA) Update (300121)	Free meal including vegetarian option and kids treat bag; every Saturday 1200-1400 beginning 300121	Tel 07518435821 Facebook CAREA Community Hub Glenrothes	Glenrothes Sat 1200-1400 Scout Hall/Woodside Hall, Balbirnie Road, Glenrothes
Glenrothes Strollers Mens Lets Talk Tactics in Life Update (040521)	Inclusive football for men 18+ to help improve fitness & well-being	Email strollersletstalktactics@gmail.com Facebook	Glenrothes Tue 1830-1930 Overstenton Park, Glenrothes KY6 2NG
Cowden & Glenrothes Strollers Football Fans in Training Update (040521): Commences 120521	Uses football to help weight loss & improve lifestyle in a friendly environment; free 12-week programme; must be male 35-65 with a waist line 38 inches+; group meets at Overstenton Park (KY6 2NG)	www.glenrothesstrollersfc.co.uk/news/2838 Tel 07949315276 Ask for Ross Email dev@gsfc.org.uk	Glenrothes Wed 1930-2100 from 120521
Crossroads Junction Café (Supported by Crossroads Fife) Update (060721): Launches 240821	Coffee & chat helping people to regroup & refocus; networking & information; meets at the Peace 'n' Jam Social Hub, St Lukes, Ninian Quadrant, Glenrothes KY7 4HP	Tel 01592 630253 or 07955047757 Email marie@crossroadsq.co.uk	Glenrothes Tue 1000-1200 from 240821
HeART Update (060921)	Art, sensory & well-being studio where children & young people can explore, learn & express themselves; focus on process of making & doing rather than the finished product	www.heartstudiofife.co.uk Tel 07889808569 Email heartstudio@yahoo.com	Glenrothes (based) Book sessions via website (cost applied)
Glenrothes Art Club Update (160921): reopened	Non-members welcome to come along & try; membership (equivalent to £1.15/week)	www.glenrothesartclub.org.uk Contact via web link	Glenrothes Non-members can visit Mon-Fri 1300-1500 (Tue Crafts)

North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
Auchtermuchty Community Centre Update (081020)	Hot meal deliveries; Foodbank; free packed lunches during school breaks	Tel 01337 827068 Facebook PM for free packed lunches @AuchtermuchtyCommunityCentre	Auchtermuchty & Dunshalt Mon 1400-1500; Wed 1730-1830 Foodbank
East Neuk Community & Emergency Planning Team Update (208020): Emergency Response Deactivated	From 200720 - Signposting list now available	Tel 0800 999 6543 Facebook @ENCEPT.UK	East Neuk
East Neuk Frail Elderly Project Update (130921): Face-to-face befriending & Music for the Memory Group remobilised	Befriending - accepting referrals (waiting period should be expected); delivering 'Sandwich & Traybake' Fridays for those with restricted mobility & unable to attend drop-in; weekly 'Drop-in' Café; Music for the Memory for people with dementia & their carers	Contact Ruby Urlotti (East Neuk Frail Elderly Project) Tel 01333 311837 Email enproject10@gmail.com	East Neuk Drop-in Café Tue 1400-1600 & Thu 1100-1500 Lower Town Hall, Anstruther Music for the Memory Wed 1400-1600 Kilrenny Church Hall (1509; 1310; 17/11 & 151221)
Welfare & Food Supports, North East Fife (shared by Business Support, Fife Council) Update (110321): 2021 Update	A host of welfare and food supports in list form; available to people living in NEF; list can be downloaded from the Fife Forum website	www.fifeforum.org.uk/resources-downloads/ (click on 'NEF Welfare & Food Support 2021')	North East Fife Multiple providers
Health Walks (Health Walks, Paths for All & Pilgrim Care) Update (150321): Recommence 220321	Free health walks & all welcome; walks arranged around St Andrews Botanic Garden (Canongate); walkers must ensure they wear appropriate footwear/clothing; telephone to pre-book a space	Tel 07792941783 Cath Carter (Pilgrim Care, Parish Nurse) Email cath@pilgrimcare-standrews.org	St Andrews Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)

Service:	Brief:	Contact/Links:	Other:
Ardross Farm, Elie Update (200820): Returning to normal hours daily 0930-1730; deliveries still possible	Food and meals delivery service (£4.50 delivery charge); via Facebook @ArdrossFarmShop a series of live behind the scene tours with some of their favourite producers (interactive)	www.ardrossfarm.co.uk Tel 01333 331400 Email info@ardrossfarm.co.uk	North East Fife Payments are made over the telephone prior to delivery
Community Aid St Andrews (CASA)	Established by the community to support others during the pandemic; requests for support can be made and individual connections made	www.communityaidstandrews.co.uk Tel 03000 122014 Email hello@communityaidstandrews.co.uk	St Andrews The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other
Colinsburgh & Kilconquhar Community Council Update (091020): Ceased	Volunteer community supports	Email colkilcc2@gmail.com	Colinsburgh & Kilconquhar
Cupar Community Fridge, County Buildings (St Catherine Street)	The Community Fridge enables businesses and individuals to waste less through the sharing of good quality food that's within its use by dates – free to use	Email Katy.Bald@fife.gov.uk	Cupar Area Tues 1100-1200 Note: Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
NE Fife Community Hub, St David's Centre, St Andrews Update (060921): Celebrating Diversity Week (0609-1109) with a special themed menu Mon-Fri 0900-1430	Clothesline - Free donations of good quality used clothes (adult & children); can be accessed directly by those in need or via formal referral; clothing for special occasions can potentially be provided; community cafe open	Tel 07875085410 Email nefcommunityhub@gmail.com Facebook @CommunityHubNEF Email fundingnefcommunityhub@gmail.com For information on the development of The Hub or to become involved	St Andrews/NE Fife Clothesline - Items are delivered directly to person or referrer; Covid measures in place
snappyshopper.co.uk	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	Check App Premier in Cupar are part of this service

Service:	Brief:	Contact/Links:	Other:
<p>J B Penmans Butchers, Crail Update (200820): Shop open with distancing measures; deliveries still possible</p>	<p>Food and meals delivery service (no charge for delivery) and no order too small</p>	<p>Facebook J.B Penman Butchers Tel 01333 450218 Email jbpenman01@btconnect.com</p>	<p>East Neuk, St Andrews & surrounding area</p>
<p>Virtual Death Café, The Byre Theatre, St Andrews</p>	<p>Held across the UK, Death Cafés are welcoming, safe and friendly meetings for people, often strangers, to openly discuss something that affects us all; there is no set agenda, topic, or designated expert; it is not a support group, or grief counselling, but is a safe space to have a conversation in a comfortable environment with open hearts, open minds, and respect for all; traditionally, Death Cafés take place in physical spaces and offer refreshments and cake, but since Covid-19, many have moved online – people are encouraged to bring a cup of tea or coffee and a snack to the meeting</p>	<p>www.byretheatre.com/events/virtual-death-cafe-5/ (ctrl & click to follow link) to book a free ticket (the meetings take place via Microsoft Teams and a link is sent to a secure site on the day before) Tel 01334 475000 Box Office</p>	<p>St Andrews – National Initiative Free ticketed event online Internet connection and video & audio device required For future events contact the Box Office</p>
<p>#Food2Go, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews) Update (040321): From 030321</p>	<p>Top up with items such as cupboard essentials and toiletries at no cost</p>	<p>For information: Tel 077852711797 Vicki Blair, Com Ed Worker Email Claire.Fisher@fife.gov.uk Claire Fisher, Lead Officer</p>	<p>St Andrews Wed 1600-1730</p>

Service:	Brief:	Contact/Links:	Other:
<p>St Andrews Ladies Friendship Group Update (210621): Events posted on Facebook including current groups – Walk in Town & Coffee at Zest; Book Group at Kinburn Park; outdoor Knit & Natter Group</p>	<p>A platform for ladies to meet up based in St Andrews; if you hear of or fancy a cuppa, a walk, a glass of vino, a meal, day out, you name it, the hope is that at least one other member is interested; the intention is for the group to evolve, so that anyone who fancies a bit of company or a friend can be involved in the group; no long-term firm commitments & if you struggle with anxiety getting out there the group states they have all been there & embrace all people; at present meetings are outdoors but will move indoors as regulations allow; only members can see who is in the group & what they post (Facebook); no age limit (members tend to be 30-75)</p>	<p>Facebook St Andrews Ladies Group (must apply to join group in order to view/post)</p>	<p>St Andrews & Surrounding Area</p>
<p>ENeRGI Update (290621): Men's Group Mon 1100-1300 (cuppa & a blether) & Women's Group (arts, crafts, cuppa & a blether) Thu 1100-1300 – both held at Pittenweem Coastal Church Hall (Session Street)</p>	<p>ENeRGI provides support and information for people who have experienced, or are experiencing mental health and/or substance misuse issues as well as their carers; provide a Drop-In Centre, Anti-Poverty projects, Self-Directed Support Project; Housing Support Service; Men's & Women's groups from the Pittenweem Coastal Church Hall</p>	<p>www.energi.org.uk Tel 01333 730477 or 07377354654 for Groups Email energirecovery@btconnect.com</p>	<p>East Neuk</p>

Service:	Brief:	Contact/Links:	Other:
Café Club, Tayside Institute, Newburgh Update (290421): Café Club restarted 260421 (new days)	Social café group; numbers limited owing to distancing measures	www.taysideinstitute.org.uk Tel 01337 840709	Newburgh Mon & Wed 0900-1100
St Andrews Men's Shed Update (110821): Numbers attending are restricted, so if interested in visiting please contact to arrange a time	Group of men, usually but not always retired, looking to fill their free time usefully; range of practical activities - make garden chair & planters; turn wooden bowls; make carved wooden spoons; repair bikes; repair & renovate garden machinery	www.standrewsmensshed.org.uk Tel 07977131635	St Andrews In the Botanic Gardens at the rear entrance beneath the viaduct Mon-Tue 0930-1230 & 1300-1600 Thu 0930-1330
Reading Round (community initiative supported by the Royal Literary Fund) Update (190821)	Read & discuss writing with a local published author – no pens, paper, no advance reading, like a book club without the homework	Email geoff.barker@rifeducation.org.uk To reserve a free place	Cellardyke Wed 1030-1200 Sun Tavern, Scottish Fisheries Museum (reserve place and spaces limited)
Community Café Burnside Hall, Balmullo Update (060921)	Weekly friendly community café (dementia friendly) Wed 1115-1400; soup, sandwiches & home baking at reasonable prices	Email info@bramblecatering.co.uk Christine Dormund Tel 07983547399	Balmullo
Y Singing, YMCA Update (070921)	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	Email merigoad@gmail.com to book a place contact Meri	Cupar Thu (seasonal) 1915-2045 £4 suggested donation per session
Dairsie Community Singers, Dairsie Church Hall Update (070921)	Community singing group; weekly from 2109-0712	Email merigoad@gmail.com to book a place contact Meri	Dairsie Tue (seasonal) 1915-2045
Newburgh Wellbeing Choir, TICC Update (070921)	Community choir, all welcome; music, refreshments, cakes & chat; optional donation	Email nbchoir3@gmail.com	Newburgh Wed 1400-1530 remobilising from 150921

Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
Care & Share Companionship Update (220621): Accepting new referrals; waiting list in place	Adults 60+ who are living in isolation &/or living alone; early onset dementia; 1-1 visit either weekly/fortnightly up to 1-hour	www.careandsharecompanionship.org Tel 07494129112 Teresa Naylor Facebook care and share companionship	Kirkcaldy Area Directed by Scottish Government guidelines on a weekly basis
Lang Toun Larder (Community Pantry) & Community Meals, Greener Kirkcaldy Update (290421): Meals to Go ceased; ongoing Community Pantry & Community Meals once per week	People can apply to become members and 'shop' in the pantry once a week; weekly fee £2; members receive points which can be used to 'spend' on fresh, frozen, and store-cupboard ingredients; also, a 'pick and mix' refill station to top up basic essentials such as flour, tea, coffee, rice and pasta; Greener Kirkcaldy provides members with a shopping bag, a cool bag, and refill containers to use each week; Community Meal also available to takeaway (once per week – free, donations welcomed)	www.greenerkirkcaldy.org.uk Tel 01592 858458 Email communitymeals@greenerkirkcaldy.org.uk	Kirkcaldy & Dysart People can self-refer or be registered by an agency Thu 1100-1400 Lang Toun Larder , 8 East Fergus Place (must apply for membership first) Wed 1530-1730 Community Meal (Takeaway – bring a bag and mask), 8 East Fergus Place
Linktown Tenants & Residents Association	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school children	Private message their Facebook page	Kirkcaldy Area Mon-Fri
The Cottage Family Centre	Support for vulnerable families or individuals within family units - food parcels; daily packed lunches; activity packs	www.thecottagefamilycentre.org.uk Tel 01592 269489 Or contact via Facebook	Kirkcaldy Area Support for any family with a child under 5

Service:	Brief:	Contact/Links:	Other:
Linton Lane Centre, Kirkcaldy Update (130921): Podcasts highlighting local supports & events	Support within the local community – food parcels; hot food; Foodbank (Mon-Fri); podcasts highlighting local charities, services & events which are making a difference to Kirkcaldy	Tel 01592 643816 Or contact via Facebook Podcasts 'Down the Lane With...' follow https://www.lintonlanecentre.com/adapt	Templehall Area, Kirkcaldy
Burntisland Emergency Action Team (BEAT), Volunteer Hub in Toll Centre	Help with essential shopping; prescription collections; dog walking; or someone to speak with; swap shop	www.burntislandcc.org.uk Tel 01592 872854 Email communitycouncil91@gmail.com	Burntisland Mon-Fri 0900-1600
Lunch Club, Linton Lane Centre, Kirkcaldy Update (161120): Lunch Club will not reopen until Fife returns to tier 2 or above	Socially distanced lunch club for over 65s; activity after lunch	To book a place contact Mary Henderson (Manager): Tel 01592 643816 Email mandyhenderson75@hotmail.com	Templehall Area, Kirkcaldy Wed 1215-1415 Guidelines will be sent to participants
#Food2Go Update (110221)	Pick up a free bag with all the essentials for 3 days of lunches; available from venues in the area; social distancing measures in place and must be adhered to	#Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane #Food2Go@LinktownCommunityAid	Kirkcaldy & Burntisland Available Tue & Fri 1145-1300 from: Toll Community Hub, Burntisland Linton Lane Centre, Kirkcaldy Hayfield Community Centre, Kirkcaldy Linktown Community Aid, Kirkcaldy
Kirkcaldy Day Care Services Update (090821): Preparing for reopening 230821	Day Care services for older people; contact for current services & charges	www.kirkcaldydaycentres.org.uk Tel 01592 642875 Anne Smith, Manager Email kirkcaldydaycentres@gmail.com	Kirkcaldy, Burntisland & Kinghorn

Service:	Brief:	Contact/Links:	Other:
<p>Sam's Mental Health Café (SAMH), Greener Kirkcaldy, Kirkcaldy Update (060521): new time & venue - meet Greener Kirkcaldy (8 East Fergus Place)</p>	<p>Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required</p>	<p>www.samscafe.org.uk Tel 07971892886 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk</p>	<p>Kirkcaldy (Fife-wide with enquiries or for those able to access) Mon, Fri 1200-2000</p>
<p>The Ecology Centre, Kinghorn Loch Update (090821)</p>	<p>Set up by people from the local community & residents of Craigenalt Farm to develop and manage the Kinghorn Loch site for community use; volunteers sought to help with the day-to-day running of the Centre; visitors welcome as they seek to enable young people, families & adults of all ages & abilities to experience, learn & benefit from the natural world in a safe & friendly environment; Nest Café open Fri-Sun 1000-1500</p>	<p>www.theecologycentre.org Tel 01592 891567 Email admin@theecologycentre.org</p>	<p>Based Kinghorn Loch</p>
<p>The Olive Branch Café, Bennoch Parish Church Update (070921): Café remobilising 090921 Thu 1100-1400</p>	<p>The aims of the cafe are to support people into volunteering; support loneliness with companionship; support individuals on a low income by offering low-cost meals & refreshments; everyone welcome; volunteering opportunities; internet access & WiFi</p>	<p>www.bennochparishchurch.org.uk</p>	<p>Kirkcaldy Community Café open every Thu 1100-1400 Looking to remobilise various activities as before - tai chi, yoga, computer support</p>
<p>Burntisland Foodbank – Solid Rock, High Street</p>	<p>Free hot drinks & filled rolls and Foodbank; new opening hours</p>	<p>www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/</p>	<p>Burntisland Tues 1030-1230 Fri 1200-1400</p>

Service:	Brief:	Contact/Links:	Other:
Let's Connect @ Kirkcaldy Salvation Army Update (110821)	Social group with optional crafts, books, board games, music & thought for the day; open to all	www.salvationarmy.org.uk/kirkcaldy Tel 01592 265621 Church Office or 07776965943 Corps Officer Facebook	Kirkcaldy Church of Christ Building, Hayfield Road

Cowdenbeath Locality

Service:	Brief:	Contact/Links:	Other:
Benarty Peoples Pantry BRAG Enterprise, Benarty	Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals	Tel 01592 860296	Benarty Area; Glenraig, Crosshill, Lochore and Ballingry Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery
Cowdenbeath Salvation Army Update (120421): Opening times now limited	Emergency food parcels can be accessed Tue only (1000-1200)	Tel 01383 512533 or 07741906029 Ask for Karen Thomas (Lieutenant)	Cowdenbeath Area Food support is available Tue 1000-1200 Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only)
Fife Council Cowdenbeath Area, Befriending	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	Tel 07925397314	Cowdenbeath Area
Our Cowdenbeath	Information regarding work going on across the locality including supports available	www.our.fife.scot/cowdenbeatharea/ Facebook @ourcowdenbeath	Cowdenbeath Locality
Benarty Food Angels Update (090221): From 080221	Free packed lunches every Monday 1200-1330; no booking required	Email benartyfoodangels@gmail.com Facebook	Benarty Collect from Benarty Community Centre
Cardenden Community Fridge, Bowhill Community Centre (145 Station Road) Update (240620): new dedicated line	Free fresh produce as well as tinned and packaged items to help reduce food waste	Tel 07767047957	Cardenden Area Mon 1300-1500 Fri 1400-1600 Note: Access by side door; social distancing and hygiene rules will be observed

Service:	Brief:	Contact/Links:	Other:
Lo'Gelly Lunches, Lochgelly	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	Lochgelly Area Attend Friday 1100-1300
The Whispering Women, Cowdenbeath	Free packed lunches & baby food	Facebook & Messenger www.facebook.com/Thewhisperingwomen/	Cowdenbeath Area Deliveries once a week
Fife Day Care Services Update (200821): Remobilising centre support from 300821 1030-1345 initially at a reduced capacity (10 places per day); new referrals accepted	Day Service provider for people aged 65+; accepting referrals by telephone/email whereupon eligibility will be explored	www.fifedaycareservices.org.uk Tel 01592 782889 Email fifedaycare@gmail.com	Cowdenbeath Area Messages can be left & will be responded to

City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
Abbeyview Day Care Update (160921): Day Care remobilised 3 days/week	KIT Club social group Tue am/pm & Fri am/pm; Dementia Café Mon & Thu 1030-1330 (must attend with a carer); Day Care resumed 3 days/week & open to new referrals	Tel 01383 621738 for information or to refer to groups & supports	Dunfermline or surrounding area (if they can arrange their own transport)
Food for Future - Community Pantry, Tryst Centre, Dunfermline Update (210521): Centre change	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members pay £2 per week and shop for a minimum of 10 items)	Tel 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday Email foodforyourfutureenquiries@gmail.com	Abbeyview, Halbeath, Duloch, Brucefield & Touch (Dunfermline) Telephone registration only (Wednesday 1000-1400)
GrocerOnLine (Nisa Local Abbeyview), Dunfermline	Online local grocer	Tel 01383 733048 Facebook groceronlineabbeyview	Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas (up to 3.5 miles from store) Mon-Sat 12pm-4pm
RC Ferguson Florists	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	Tel 01383 733048	Dunfermline Area (free delivery) Card payments only
Gillespie Memorial Church, Church of Scotland, Dunfermline	Volunteers who can help with: delivering shopping; collecting prescriptions; delivering books/CDs; pastoral support; praying with and for you	Tel 01383 621253	Dunfermline & Parish (out to Wellwood) You do not have to be a church member to receive support
Food Trolley, St Margaret's Church of Scotland (Dunfermline)	Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting	www.stmargscos.org.uk Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	Touch, Dunfermline Daily Food Trolley situated outside church (Abel Place)

Service:	Brief:	Contact/Links:	Other:
Broomhead & Baldridgeburn, Baldridgeburn Centre, Dunfermline Pantry-for Dunfermline North & Central residents	Free bag of shopping; must register first and collect from centre; a time slot will be allocated; delivery may be available for the those who are unable to attend the centre	To register: Tel 01383 432483	Dunfermline North & Central Residents Tue 1200-1300 (collection slot allocated)
Guardian Peace of Mind	Shopping delivery and gardening service within a 3-mile radius of Dunfermline (privately purchased service)	Tel 07462237437 ask for Zeek	Dunfermline & within 3-miles
Going Forth, SAMH Update (210421): Face-to-face from 260421 & will continue to offer online workshops for those preferring this	Tools for living workshops which aim to support individuals to improve and maintain their mental health & well-being; range of 2hr units held over 14 weeks working on personal development & resilience; can self-refer or can be referred by partner agencies	www.samh.org.uk Tel 01383 623179 Email goingforth@samh.org.uk	Dunfermline-based Is free to attend for all Fife localities
Sam's Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS Update (060521): New time	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 07725214012 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Dunfermline (Fife-wide with enquiries or for those able to access) Thu, Sun 1200-2000
Walking & Talking Down the Halbeath Road, Pars Foundation Update (040521): Launched 150421	Walk & talk	Email enquiries@parsfoundation.co.uk	Dunfermline Thu 1000
Women in Mind Update (060721)	Peer support; confidential, safe, non-judgemental space to talk, share, offload; meet Tue 1900 at St Ninians, Allan Crescent	Tel 07724102975 Email womeninmindfife@gmail.com Facebook @womeninmindfife	Dunfermline Tue 1900

South West Fife Locality

Service:	Brief:	Contact/Links:	Other:
Eats Rosyth & Rosyth Community Hub Update (090821)	Food Packs to vulnerable, over 70s, keyworkers & people isolating; completed the purchase of a new building that is going to be the new Rosyth Community Hub ; due to the pandemic operating from Rosyth Baptist Church (open Mon–Fri 1000-1400); hoping to get back to all activities soon, including community meals	www.eatsrosyth.org.uk/news/food-provision-during-covid-19/ or https://www.eatsrosyth.org.uk/rosyth-community-hub/ Tel 07782848705 Email info@eatsrosyth.org.uk Facebook	Rosyth Area Being delivered to individuals & personalised food bag
Rosyth Community Garden (EATS Rosyth) Update (090821)	Just off Park Road & open to the public; significantly developed including an eco-toilet; wide range of produce growing in the garden shared with the local community; with enough volunteers they aim to plant many more public spaces with food for the community so please get in touch if you would like to be involved or have a potential growing space either at your own home or business; they support you in growing your own food at home whether this be a hand preparing a growing area, you need seeds, compost or some help getting started, or if you would just like some advice	www.eatsrosyth.org.uk/rosyth-community-garden/ Email info@eatsrosyth.org.uk Tel 07782 848705	Rosyth

Service:	Brief:	Contact/Links:	Other:
Rosyth Centenary Orchard (EATS Rosyth) Update (090821)	Across from the Community Garden is the Centenary Orchard which includes a classroom, different project & beehives; The orchard acts as an important part of Rosyth's biodiversity; Get in touch if you'd like to be involved with our work in the orchard	www.eatsrosyth.org.uk/rosyth-centenary-orchard/ Email info@eatsrosyth.org.uk Tel 07782 848705	Rosyth
Louis Browns, Dalgety Bay Update: Preparing for reopening thus covid response service will cease	Free Homemade Food/bread, milk, etc	Tel 07711987888 or 07935664846	Dalgety Bay Area Collection or delivery everyday between 1200-1400 for anyone
Food Pantry Club, Ballast Bank Community Centre (Inverkeithing)	Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre	www.inverkeithingtrust.co.uk/the-food-pantry.html Email inverkeithingtrust@gmail.com	Inverkeithing New service commencing 180620 Thurs 1200-1400 (may close early depending upon food stocks)
The Pantry Club, Valleyfield Community Centre	Surplus food redistribution; £2 for 7 items	Facebook The Pantry Club Valleyfield Community Club	High Valleyfield Tues 1715 collection Wed Deliveries – Over 70s; key workers; people shielding or with Covid symptoms; vulnerable groups
Hyperclub, Ballast Bank Community Centre (Inverkeithing) Update (050820): No longer providing this specific service	Food & activity packs for vulnerable people; available for collection and delivery	Tel 07735588480 Facebook @hyperclubinverkeithing	Inverkeithing Contact to arrange delivery or for further information

Service:	Brief:	Contact/Links:	Other:
<p>Kincardine Community Centre Food Hub Update (040321): Open Wednesday (previously Tue & Thu)</p>	<p>Food redistribution – each bag has a minimum of 14 dry/tin items & selection of fresh items; open to all; minimum £3 donation (no change given)</p>	<p>Email kincardineca@gmail.com Facebook Kincardine Community Centre Note: Emergency Food Parcels available (run separately from the Food Waste Project)</p>	<p>Kincardine Wed 0930-1230 & 1400-1800</p>
<p>Grow West Fife Update (090821)</p>	<p>A community vegetable garden based at Blair Castle near Culross; set up by a group of volunteers during lockdown to grow produce for food projects in the West Fife area; on a mission to get their community growing their own veg; visits welcome</p>	<p>Facebook Grow West Fife</p>	<p>Based in Blair Castle by Culross</p>

Fife Forum - latest edit 160921 - www.fifeforum.org.uk email info@fifeforum.org.uk

Contact Information:

Fife Forum

Fraser Buildings

Millie Street

Kirkcaldy

Fife KY1 2NL

Tel 01592 643743

Email info@fifeforum.org.uk

Website www.fifeforum.org.uk

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