



Forum News

MAY 2021

Fife Forum

Making Community Connections

For further information on Local Area Co-ordination, or to download resources (including the 'Covid-19 Resource & Support List' & 'Shopping & Domestic Supports Booklet') **CLICK THE RED BUTTON!**



Local Area Co-ordination & Covid-19

Covid-19 has inevitably changed how we all deliver services. What we would traditionally explore with people and how people now access supports is, in part, different to what was once familiar.

What we can do:

- Offer advice, information and signposting to services or resources that support your needs (where appropriate we can assist with formal referrals)
- Accept new referrals from other agencies and/or individuals through our online referral portal (www.fifeforum.org.uk) or by other means where a person does not have access to the internet (tel 01592 643743)
- Where practicable and in accordance with the relevant guidance and safeguards, undertake initial garden visits or socially distanced outdoor visits
- Where appropriate undertake telephone befriending and welfare checks (please note: we are not a social care provider and cannot directly help to provide any form of personal care or sitter-type service)
- Provide contact by: telephone; email; or, video/ audio connecting platforms where people and staff have access to the relevant technology and internet connection
- Where appropriate and when permissible and in accordance with the relevant guidance and safeguards, undertake home visits (please note: this can only be offered when we are advised by local and Scottish Government that this is safe to do so)

OTHER LOCAL AREA CO-ORDINATION SERVICES IN FIFE

Improving the Cancer Journey Fife – Aims to help people rebuild their lives after cancer, enhancing the patient and carer journey at home and connecting people back into their community

Tel 01592 578076 or email improving.cancerjourney@fife.gov.uk

Supported by Macmillan and the Fife Health & Social Care Partnership



User panel

My name is Wilma I am the User Panel Facilitator with Fife Forum. Our panels deal with Health and Social Care issues for older adults. During the pandemic we have not been able to have our usual monthly meetings. I have been contacting panel members on a monthly basis by phone and email, providing support where needed, also highlighting consultations that are online at present, both locally and nationally.

As online seems to be the way forward, I have been training to digitally support our members to gain confidence with online technology.

I am currently looking at setting up a virtual panel meeting with a guest speaker.



For further information contact
Wilma@fifeforum.org.uk



Older Peoples Advocacy Service

My name is Catherine Thomson I am the Advocate working under the Fife Forum, Over the past year I have been updating the care home database and contacting the care homes to remind them that my service is still available for residents.

The last year has been challenging due to the pandemic. I hope that staff and residents are coping in these difficult times.

Whilst it has not been business as usual, if a care home resident or someone who is in hospital and requires advocacy services, this can be provided in a number of ways e.g., telephone support or via zoom/Microsoft teams or on a face-to-face basis where this is deemed appropriate and within current guidelines.

If you require further information, please don't hesitate to contact me: catherine@fifeforum.org.uk



Join us online every Friday
2pm

Contact us at
info@fifeforum.org.uk



Registered
SCIO
SC049320

The Friendship Cabin is a charity formed in 2019 and becoming a Scottish Charitable Incorporated Organisation (SCIO) in May 2019. It is run by Volunteers, who organise a number of social, recreational and educational activities on a three times per week basis at venues in the Glenrothes area.

Until the relaxation of Covid19 rules, The Friendship Cabin continues to retain contact with its members by visits where possible, regular telephone calls to those in isolation, twice weekly meetings on Zoom and the distribution of quiz booklets which contain various brain teasers and basic colouring items.

www.thefriendshipcabin.com

Pearl Weepers 07423154632

pearl@thefriendshipcabin.com



THE
**SPORTING
MEMORIES
FOUNDATION**
SCOTLAND



Sporting Memories Foundation Scotland is an organisation which seeks to bring together people who have an interest in sport. Our current Fife club sessions are hosted by Kirkcaldy Rugby Club and St Columba's Church in Glenrothes and are open to anybody who would like to take part in our fun filled hour and a half social sessions. Currently our clubs are operating over the internet but it is hoped that it won't be too long before we are able to meet up again in person at our venues.

For more information on how to join in please contact Gary Waddell on **07941123278** or email him on gary@thesmf.co.uk

www.sportingmemoriesnetwork.com



If you want to learn more or help spread the word about Meal Makers, our Development Officer, Carol can offer the following:

- Virtual presentation to your group/team
- Posters or leaflets
- Social media posts

If you want to arrange any of this please contact:
carol@mealmakers.org.uk

<http://www.mealmakers.org.uk/>



Curnie Clubs are a friendly community of local groups who aim to be a connecting companion across fife. We believe in improving our community by supporting people who are feeling socially isolated and experiencing loneliness by linking our community and improving quality of life.

We aim to aid motivation and reengagement in the community by offering weekly activities ranging from: therapeutic group work, one-to-one support; assisting our members develop their social skills and confidence within the community.

Mental health, peer support, group support, wellness, wellbeing, gardening project, counselling project, volunteering, weekly online activities & events from quizzes, cooking, art club, Reiki, and relaxation sessions, and more.

For more information email or phone Elena
curnieclubsinfife@gmail.com **07807011951**

New Support Services FASD Fife - FASD is short for Fetal Alcohol Spectrum Disorder, the most common neuro-developmental condition in the Western world! Offering one-to-one work, information, training, and a peer support network to caregivers raising a child or young person living with FASD or suspected of having been exposed to alcohol pre-birth. We also provide advice and training to non-clinical professionals. Email: fasd.fife@fassaction.org.uk

Please visit our website for more information
<https://www.fifecurnieclubs.org>



Fife Carers Centre Befriending project offers the service to unpaid carers across Fife. Any carers who are feeling isolated, lonely or just in need of some social contact with another person can contact the centre to find out more about it on **01592 205472** or **contact the project coordinator**

Sylwia Nadolny, 07736 909692
sylwia.nadolny@fifecarers.co.uk

The befriending relationship will involve regular contact with carer, usually weekly, for about an hour to have a friendly chat over the phone or video call. We are hoping to be able to allow face to face meetings (go out for a walk or for a cuppa or visit a local community resource) in the near future when the current pandemic situation will allow that. At the moment the project is also offering online group meetings for carers and befrienders every Monday 2-3:30pm. The 'virtual club' is run by volunteers and involves different activities each week; it has relaxed atmosphere where befrienders and carers can get to know one another better and have some fun together.

Being a befriender is a lovely sociable way of "giving back" and really helping someone. The matching process with the carer will help to make sure they're going to be spending time with someone who they'll be comfortable with.

<https://www.fifecarerscentre.org>



The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. People can speak to social work staff, local area coordinators, self-directed support advisors, benefits advisors, and others.

The service is for anyone 16+ looking for advice and support. Our friendly staff are here to empower people and to find solutions to problems quicker and easier, giving them the right information at the right time. If you are looking for support, information and guidance on topics such as social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

The Well Near Me is live
every Tuesday to Thursday 10am to 12noon
and
every Monday and Thursday 1pm to 3pm

To access the service all you need is a device for making video calls (smartphone, tablet, laptop), internet connection (Wi-Fi or mobile data) and Chrome or Safari Internet Browser.

We also understand that not everyone has access to technology or internet, so for those who may not be able to go online please use our **Well Phone Line: 03451 551500**. The Well phone line is active at the same time as the Well Near Me. We can also provide a BSL interpreter if required (appointments only).

If you wish to book an appointment for The Well Near Me or you have any questions regarding the service please email TheWell@fife.gov.uk or visit our website and Facebook page.

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

JOKE CORNER



Captain – Let's find out just how much you know about a boat.
What would you do if a sudden storm sprang up on the star-board?

Danny – Throw out the anchor

Captain – What would you do if a sudden storm sprang up aft?

Danny – Throw out another anchor

Captain – And if another storm sprang up forward, what would you do?

Danny – Throw out another anchor

Captain – Hold on, where are you getting all those anchor's from?

Danny – From the same place you're getting all your storms.

INTERESTING FACT

Earth is the only solar system
that has rainbows



UPCOMING EVENTS

Watch this space for future walking group/s.

For further information contact our office on
01592 643743 or email info@fifeforum.org.uk



At Fife Forum we are here for you, so please get in touch if you have any questions, need information or advice

Tel - (01592) 643743

Email - info@fifeforum.org.uk

Follow us on Facebook

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



BRAIN TEASER



1. Famous Scottish Poet?

2. Scotland's highest mountain?

3. Famous Scottish Outlaw?

4. Pet name for Scottish monster?

5. Scotland largest loch?

Answers will be in our next newsletter addition

THAT
SAYS



Mrs Y lives alone in a sheltered housing complex, she had been as active as she wanted to be prior to covid by attending a social café and ceilidh. Mrs Y interacted well with others of her own peer group and enjoyed the activities on offer. When lockdown happened Mrs Y became extremely isolated, with no interaction other than telephone befriending calls. Upon such call I recognised that through conversation that Mrs Y was not coping well, becoming withdrawn, anxious and very low in mood. I asked what would be the one thing you would like in your life and she remarked "a dog". The complex she lives in does allow dogs but only when you move in with a dog. I supported Mrs Y with putting a letter together for the area Manager of the housing association and Mrs Y made the warden aware of what was happening. Mrs Y contacted all local dog kennels that she was interested in rescuing a dog and to keep her name on file when they were allowed to reopen. Mrs Y needed a purpose in life and having a dog would make such a difference for her well being by having someone to look after, remaining fit, passing remarks when out walking a dog, company throughout the day, being 83 years of age, she still had a lot to give. We had to have a conversation of "what if she was to go into hospital" etc, Mrs Y had thought of all consequences of the negatives with looking after a dog and having a plan B in place just in case. After several weeks Mrs Y received the go ahead from the housing association to get a dog, and couple of weeks later Mrs Y had a call from SSPCA to say they had a small older dog who had a number of health issues and had to go through surgery. As restrictions had eased Mrs Y chose to have the older dog.

A month later and they are both thriving,

I introduce Fi Fi.

