



Forum News

AUGUST 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

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 call us if a person does not have access to the internet



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

Email : improving.cancerjourney@fife.gov.uk

Supported by Macmillan and the Fife Health & Social Care Partnership



Andrew Rodigan– LAC Adult Team

Since joining the organisation in July I have felt extremely welcomed by all of my new colleagues so I would like to start by thanking everyone for the ease of transition.

In my Social Care career I have previously worked in the sectors of mental health (SamH), homelessness and addiction prevention (Frontline Fife), and tenant advocacy (Perth Council) which will hopefully provide me with a good grounding for my current role.

On a personal level I'm a quiet living Father of two boys, with a partner of two years (Iona) and a fourteen year old ginger tom (Chaz). Most of my spare time is spent listening to music and expanding my vinyl collection but I'm also a keen camper and a terrible fisherman.

In the coming months I am hoping to develop stronger connections to all of the affiliated social care organisations and services within our area

Tel 01592 643743 (office) or 724880(direct line) or 07825108952(mobile)

Andrew@fifeforum.org.uk



Older Peoples Advocacy Service

My name is Catherine Thomson I am the Advocate working under the Fife Forum.

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



#togetherstronger

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

Check the website or Facebook for local group information Or use our info only text service
07394522110

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

Visit our website to find your local group
www.womenswellbeingclub.co.uk



Womens Wellbeing Club

www.womenswellbeingclub.co.uk



THE SPORTING MEMORIES FOUNDATION

SCOTLAND



I am delighted to say that the Sporting Memories Club at Kirkcaldy Rugby Club is restarting on Wednesday 25th August from 10.30 – 12.00. We have worked closely with the rugby club to ensure that all Covid 19 precautions will be in place in line with current government guidance. We look forward to welcoming old and new members.

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



Cafe Forum

Join us online Friday 2pm

Contact us at

info@fifeforum.org.uk

Or call

01592 643743

for further information

ENeRGI

EAST NEUK RECOVERY GROUP INITIATIVE.

ENeRGI provides support and information for People with mental health problems and their carers

WOMENS GROUP

WHAT? A FRIENDLY GROUP OF WOMEN WHO GET TOGETHER FOR ARTS, CRAFTS OR JUST A WEE BLETHER WITH A LOVELY CUPPA & CAKE PROVIDED NO CHARGE

WHEN? THURSDAYS 11-1

WHERE? PITTENWEEM COASTAL CHURCH HALL (Session Street, Pittenweem)

HOW? CONTACT ENeRGI 01333-730477 OR OUR CO-ORDINATOR (Katie) 07377354654



Drop-In: 32 East St, St Monans, Fife KY10 2AT Phone No: 01333 730477
E-mail: energirecovery@btconnect.com **Website:** www.energi.org.uk
Scottish Charities No: 50024221

ENeRGI

EAST NEUK RECOVERY GROUP INITIATIVE.

MENS GROUP

WHAT? A FRIENDLY GROUP OF MEN WHO GET TOGETHER FOR A WEE BLETHER WITH A LOVELY CUPPA & CAKE PROVIDED NO CHARGE

WHEN? MONDAYS 11-1

WHERE? PITTENWEEM COASTAL CHURCH HALL (Session Street, Pittenweem)

HOW? CONTACT ENeRGI 01333-730477 OR OUR CO-ORDINATOR (Allison) 07538 862656



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E-mail: energirecovery@btconnect.com **Website:** www.energi.org.uk
Scottish Charities No: 50024221



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

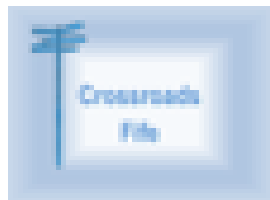
To access the service all you need is a device for making video calls (smartphone, tablet, laptop), internet connection (Wi-Fi or mobile data) and Chrome or Safari Internet Browser.

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/>



Crossroads Befriending

Junction Café

If you're at a **crossroads** and just want to stop for a **coffee** and a **chat**, here's the place to drop in.

Reset, refocus, restart, regroup
support, networking & information

Starts 24 August 2021

Tuesdays 10am 'til 12noon

Crossroads Junction Café

Peace 'n' Jam Social Hub

St Lukes, Ninian Quadrant

Glenrothes KY7 4HP

Contact:

marie@crossroadsg.co.uk

01592 630253 / 07955 047757

Junction: a point where two or more things are joined



JOKE CORNER



Why are green beans the most Zen of all vegetables?

Because they've found their inner peas.

Why is Peter Pan always flying?

He neverlands.

My wife and I had a huge argument about who will do the laundry.

Eventually, I folded.

INTERESTING FACT

The sentence "The quick brown fox jumped over the lazy dog" uses every letter in the English language



BRAIN TEASER



What is white when its dirty??

Answers below from May 2021 edition

Burns, Ben Nevis, Rob Roy, Nessie, Loch Lomond

THAT'S WHAT WE SAY



We joined the Fife Forum West Fife walking group a few months ago, to try and get out more, my husband had stopped going out at all, he had even given up golf, my husband was very unsure at first but it has turned out to be excellent especially for my husband, no one is left out in this group and we all have so many different chats with each other as we walk and we are forming friendships, It's a 30 min walk so not too far for us. At the end of the walk we go for a coffee and have a group chat about whatever topic crops up, its thoroughly enjoyable and we look forward to attending the walks.

FIFE FORUM WALKING GROUP



West -Tuesday East -Friday

For further information contact **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

Follow us on Facebook

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

