

8/4/2022

Covid-19 Resource & Support List

Covering Fife



Fife Forum
Making Community Connections

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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 | 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 (160222): Remains in operation for those self-isolating or at risk | Support to access essentials such as food & medicine, this includes those who are self-isolating to stop the spread of Coronavirus; this helpline is dedicated to helping those who cannot leave their home & who cannot get help online | Tel 0800 111 4000 | National |
| Re-engage Update (120722): Rainbow Call Companions telephone befriending for LGBT+ community; Tea Parties remobilised | Telephone befriending & LGBT+ specific service 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 Email Sarah.McKean@reengage.org.uk Sarah McKean, Engagement Officer Scotland | National Tea Parties are held in localities including areas within Fife |
| Operation Connect, RAFA | 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 & Telefriending Update (010222): Older people telebefriending available | Helpline or a friendly voice for LGBT+ people; telephone befriending for LGBT+ adults 50+ | www.lgbthealth.org.uk Tel 0300 123 2523 Helpline Email helpline@lgbthealth.org.uk Helpline Tel 0131 564 3972 Telebefriending Email tele@lgbthealth.org.uk Telebefriending | National Tues, Wed 1200-2100 Thurs, Sun 1300-1800 Messages can be left for telebefriending |
| 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 Update (061221): Free 'Home Fire Safety Visits' – arrange by tel or by TEXT (send 'FIRE' to 80800) | 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 |
| Alzheimer Scotland | Scotland's dementia charity providing advice, information & signposting, including to local resources; training provider; campaigner for dementia | www.alzscot.org Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Facebook Alzheimer Scotland | National 24-hour helpline |
| National LGBT+ Carers Group, Alzheimer Scotland Update (060721): Launches 040821 | Online lunchtime group held on Microsoft Teams; safe space to come together, share experiences & offer support and advice | For info or to request a link: Tel 07584373396 Faye (Wed-Fri) or 07734289400 Janine (Mon-Thu) Email fsmart@alzscot.org or jadair@alzscot.org | National 1 st Wed of the month 1230-1330 |
| Advice Line Plus, Scottish Autism Update (040822): Opening times for advice line | Advice line & web-based chat providing reassurance, guidance & support for autistic people & their families | www.scottishautism.org Tel 01259 222022 Email advice@scottishautism.org | National Tue-Fri 1000-1600 Advice Line & Live Chat online |
| Covid-19 Helpline (delivered on behalf of NHS 24) | General advice/guidance for non-clinical needs, including in relation to testing | Tel 0800 028 2816 Dial 111 for medical assistance | National |
| Business Support Helpline (Scottish Government) | Official helpline for businesses relating to covid financial support & essential advice | Tel 0300 303 0660 | National |

| Service: | Brief: | Contact/Links: | Other: |
|--|--|--|---|
| AbilityNet (Technology Support) | Run a series of live online events to help share useful information for disabled people & their carers; alongside providing free IT support to help older people & 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 |
| Saje Scotland Update (040822): Currently unable to accept new referrals for groups | Empowering women to make positive choices about their lives; groups by Zoom & support is offered by phone & email; high schools might approach for Young People sessions | www.sajescotland.org Tel 07909482279 or 07887248354 Email info@sajescotland.org | National Online & in-person groups remobilised 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 |

| Service: | Brief: | Contact/Links: | Other: |
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| Dance For Life, Strathearn Arts, Crieff Update (160222) | Free online dance classes which may benefit people with any kind of mobility issue or other challenges (Parkinson's, certain types of cancer, arthritis, early stage dementia, or those shielding or recovering); 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, Thu 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 a bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can 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 or look for a Bike Shop poster or window sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs |
| 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 |
| Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220 | Source/share tips to assist daily living for people living with dementia; 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: |
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| 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 |
| Face Covering Exemptions, Scottish Government & NHS Scotland Update (250712): No longer required | Information as to who is exempt from wearing a face covering & how to apply for an exemption card (available as a physical or digital card); physical cards issued 7-14 days & digital cards 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 | Source & share tips that assist daily living for people living with dementia; all tips contributed by those living with dementia | www.dementiatip-share.org.uk Email philly@myid.org.uk for further information | National |
| Ask for ANI, Home Office & partners (Domestic Abuse Sector, Police, Pharmacy Associations) | 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 |
| Home Energy Scotland (funded by Scottish Government) Update (200521) | Energy & heating advice; identify eligibility for free energy saving home improvements through the Warmer Homes Scotland programme | www.homeenergyscotland.org Tel 0800 808 2282 | National Calls are free Mon-Fri 0800-2000 & Sat 0900-1700 |

| Service: | Brief: | Contact/Links: | Other: |
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| 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 mobile networks (EE; O2; Three; Vodafone; BT; Virgin; Tesco; iD; Sky; Telecom; Libra; Giffgaff – some android phones may indicate you will be charged, this is incorrect & 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 |
| 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) |
| 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 |
| Vegetarian for Life Update (190821): For vegans, vegetarians & meat reducers | Virtual Vegan Lunch Club via Zoom (65+); 6-week cookery courses; Pen & Phone Pals Scheme (50+) | www.vegetarianforlife.org.uk Email ellie@vegetarianforlife.org.uk for Virtual Lunch Club Tel 0161 257 0887 | National 4 th Tue of the month 1300-1400 |

| Service: | Brief: | Contact/Links: | Other: |
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| 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.anorexiabulimiare.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@anorexiabulimiare.org.uk or familyandfriends@anorexiabulimiare.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 |
| The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us) Update (200821) | 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 | www.meeplelikeus.co.uk/the-spotlight/ | National (links to active groups in Fife) |

| Service: | Brief: | Contact/Links: | Other: |
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| Cruse Scotland Bereavement Support Update (090522): Rebranding to better reflect the support offered | 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; Step-by-Step are support groups for bereaved adults (Fife) offering a safe, relaxed and friendly environment | www.crusescotland.org.uk Tel 0808 802 6161 Free Helpline For people unable to self refer the following portal may be used: www.eu.jotform.com/build/200914641867358 Make clear the reason why you are referring on their behalf & clarify who should be liaised with to arrange support Tel 07432635406 Step-by-Step Email stepbystep@crusescotland.org.uk | National Mon-Fri 0900-2000 Sat-Sun 1300-1600 Multiple Localities (Fife) Currently 6 Step-by-Step groups operating across Fife, 5 in-person groups in Kirkcaldy, Glenrothes, Methil & Dunfermline , plus a Virtual Group held on Zoom; there is also a Walking Group which meets in various places throughout Fife; Groups meet fortnightly for around 1½ hours |
| Routine asymptomatic Covid testing for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government Update (210622): Please note universal routine testing has changed & for up-to-date advice visit NHS Inform | Covid testing for 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 available to Front Line Adult Day Centre worker (supply of kits from the hub); regular testing is for staff who come into close contact with clients – staff who are permanently based in an office/home do not need to test | www.gov.scot/publications/coronavirus-covid-19-social-care-testing-guidance/ Tel 0300 303 3020 Social Care Testing Helpline 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) For current guidance follow: www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/coronavirus-covid-19 | National Social Care Testing Helpline is open 0900-1700 |

| Service: | Brief: | Contact/Links: | Other: |
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| Glaucoma UK Update (070322): In-person groups not currently mobilised | Membership charity for people living with glaucoma; support services to help people at all stages of their glaucoma & professionals | www.glaucoma.uk Email helpline@glaucoma.uk Tel 01233 648170 or | National Mon-Fri 0930-1700 Local Support Groups (Kirkcaldy & Dunfermline) |
| Home Instead (regulated home care services) Update (170621) | 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 | 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 Home Instead Senior Care E-Brochure (ctrl & click to follow link) | Fife-wide (national network) Support SDS options & can facilitate rapid hospital discharge Specialise in dementia & Parkinson's care Caregivers are employed (not agency) |
| The LGBTI+ Elders Social Dance Club Online (supported by the National Theatre of Scotland) Update (160222): The Coming Back Out Ball/Social Dance Clubs have now drawn to a close, the spirit of the project lives on in the form of Sunday Socials | 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 | www.nationaltheatrescotland.com/events/the-lgbti-elders-social-dance-club Facebook Visit www.luminatescotland.org/project/the-coming-back-out-ball/ for Sunday Socials | National Part of The Coming Back Out Ball - find out more about the project here . |

| Service: | Brief: | Contact/Links: | Other: |
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| Living Life (managed & delivered by NHS 24) Update (160721) | 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 | www.breathingspace.scot/living-life/ Tel 0800 328 9655 | National (Scotland only) Mon-Fri 1300-2100 |
| Family Fund Update (090821) | 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 | www.familyfund.org.uk/grants-scotland Tel 01904 55 00 55 | National |
| Virtual Village Hall (supported by Royal Voluntary Service) Update (181021) | Programme of themed online sessions led by tutors, RVS & volunteers; designed to do at home to enjoy & learn new skills | Facebook @VirtualVillageHall | National Online content |

| Service: | Brief: | Contact/Links: | Other: |
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| Hourglass Scotland (formerly Action on Elder Abuse) Update (230322): Helpline 24/7 from 160322 & free webinars can be accessed from their website | Dedicated to protecting older people from harm, abuse & exploitation; information & support helpline; advice to stay safe; Community Response Service based in Fife offering specialist support (help to make informed choices, access support or challenge a decision; advocacy; follow-up calls providing support & check-ins) | www.wearehourglass.org Email helpline@wearehourglass.org Tel 0808 808 8141 Helpline 24/7 Free Text 07860052906 | National Community Response Service based in Fife which will aim to offer a drop-in centre, one-to-one support from volunteers supporting recovery from abuse, & group-based support for older people (once restrictions relax) |
| Fares4Free Update (180422): Transport for veterans & their families | For veterans & their families & whilst they work mainly by referral, they will help find the support needed; use friendly & Mental Health First Aid trained drivers for essential, recreational & therapeutic appointments; aim to help passengers engage repeatedly with the essential support they require; provide passenger with activities & relaxation techniques to help with the journey home | www.fares4free.org Email leon@fares4free.org Tel 0141 266 6000 www.fares4free.org/contact Online Partners Booking Form | National Mon-Fri 0900-1700 |
| SAMH Update (190422): After experiencing significant disruption to communication channels SAMH is pleased to announce that they are now able to send & receive emails as normal | Information & advice regarding mental health; online supports & signposting to local supports; mental health campaigner | www.samh.org.uk Email communications@samh.org.uk Media Enquiries Email info@samh.org.uk SAMH Information Service Tel 0141 530 1000 General Enquiries Tel 0344 800 0550 SAMH Information Service | National Telephones & emails are monitored Mon-Fri 0900-1700 unless otherwise stated |

| Service: | Brief: | Contact/Links: | Other: |
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| VoiceAbility Update (250222): Support to access benefits in Scotland for people who identify as disabled | Support to access benefits from Social Security Scotland (SSS) for people who self-identify as disabled; advocates support people to make sure their voices are heard/to know & understand their rights when applying for SSS benefits; support available for parents/guardians/carers who are accessing benefits for a disabled child or for parents/guardians/carers who are disabled & want support to access social security benefits for their child | www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland For alternative languages or formats contact: Tel 0300 303 1600 Free Email socialsecurityscotland@voiceability.org Referrals can be made via the website (self or by a third party) You can also get advocacy support by contacting Social Security Scotland directly: Tel 0800 182 2222 Free - ask to be referred to the Independent Advocacy Service | National Benefits an advocate can support you with include: <ul style="list-style-type: none"> • Best Start Grant Pregnancy & Baby Payment • Best Start Grant Early Learning Payment • Best Start Grant School Age Payment • Best Start Foods • Carer's Allowance Supplement • Job Start Payment • Child Disability Payment • Child Winter Heating Assistance • Funeral Support Payment • Scottish Child Payment • Young Carer Grant • Adult Disability Payment |

Fife-wide

| Service: | Brief: | Contact/Links: | Other: |
|---|---|--|---|
| Fife Forum Update (240522): New fortnightly social group for adults 16+ launching 290422 Fri 1030-1230 in partnership with Flo's Café (Leuchars Community Centre) | Advice, information & signposting helping adults identify & supporting access to services & resources; online social group (via Zoom – fortnightly & in-person); weekly social 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 Café Forum@Flo's Café, Leuchars Community Centre: Fri 1030-1230 Fortnightly from 290422 |
| 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 & 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: |
|---|---|--|---|
| Elders Crisis Contact Centre, Castle Furniture Update (071221): No longer operable unless someone is in dire need (other services are offered by Castle) | A friendly voice, doorstep deliveries of essentials & pharmacy collections; core services include: free/low cost household items for people struggling; befriending & Tayport Lunch Club for Older People | www.castlefurniture.org Tel 01334 898669 Helpline or 01334 654445 Castle Furniture | Fife-wide For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability) Other core services based NEF |
| 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 International Forum Update (300322): New name; from 260322 Sat 1100-1300 Community Café, St John's Church, Cupar | 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 Update (160222): All offices currently remain closed; advice can be accessed online, telephone or webchat | Telephone advice; webchat | 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: |
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| Lead Scotland Learning Project Update (160622): New Digital accessibility webinar series on Zoom from 200622 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) Update (181121): Closed to new referrals | For adults and older people in Fife who feel isolated, lonely or disconnected, perhaps as a result of disability, ill health or other circumstances; each match will be for 4-6 months, depending on needs | www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator/ Tel 07768916460 Email fifeadultbefriending@lead.org.uk | Fife-wide |
| 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 کرسکتے 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: |
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| Foodbanks Update (070322): For up-to-date arrangements please contact the relevant foodbank | 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 the relevant Foodbank 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 Fifiers since January and now extended to throughout March 2021; see website for booking information and terms & condition | www.positivechange yoga.com Facebook @positivechange yoga | Fife-wide |

| Service: | Brief: | Contact/Links: | Other: |
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| Friendship Cabin Update (250722): Wed currently at capacity with places available Mon, Tue & Thu; sessions now £12 | 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); £12 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 (160222): Website unreachable, view on Facebook | Marketplace that connects local people in Fife with local businesses offering products and services during lockdown | Email fifelockdowneconomy@protonmail.com Facebook @fifelockdown | Fife-wide |
| Fife Carers Centre Update (310322): New Information Drop-in Tue 1400-1600 CISWO Glenrothes | Referrals accepted; centre support (telephone, email & virtual contact) & drop-ins/group supports; services include - assistance to complete forms; help with emergency planning (including Carer Emergency Cards); 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 p21) | www.fifecarerscentre.org Tel 01592 205472 Email centre@fifecarers.co.uk For Befriending (one-to-one & group befriending) contact Sylwia Nadolny: Email sylwia.nadolny@fifecarers.co.uk Tel 07736909692 | Fife-wide Referrals can be made via the telephone or the online portal For meeting places see website or contact Centre 2 nd Tue 1300-1430 Catch-up Club, Linton Lane Community Centre, Kirkcaldy (meet from 1200 Rabbit Braes Park for walk) Tue 1400-1600 Information Drop-in CISWO, Glenrothes |

| Service: | Brief: | Contact/Links: | Other: |
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| 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 |
| SDS Options Fife (Disabled Person's Housing Service Fife) Update (170322): No longer issuing PPE, however, continue to guide & advise on Self Directed Support | Independent service in Fife providing information, support & advice to people in relation to Self Directed Support (SDS); help to understand & explore options, choose personal outcomes & support to make personal decisions regarding SDS; offer an online SDS Community & share stories from people who are now in receipt of SDS | www.sdsoptionsfife.org.uk Tel 01592 803280 Email enquiries.sds@dphsfife.org.uk | Fife-wide Mon-Thu 0900-1700 Fri 0900-1600 Closed for lunch 1300-1400 |
| 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: |
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| Befriending (Communities Recovery Fund), Fife Shopping & Support Services Update (100522): Limited number of hours | 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 |
| Gingerbread Fife Update (121021): 'Making it Work' for lone parents in work or seeking employment to plan a positive future & support work/life balance | Lone Parent Helpline; telephone advice; referrals accepted for - Teen Parent Project; Making It Work Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth; 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 (040822): New in-person drop-in Fri High Valleyfield | Advisors aim to help people with enquiries to find solutions to their health & well-being issues, including helping to identify available supports; for virtual Wells participants enter a virtual waiting room or can pre-book an appointment; professionals can refer via the website referral form | 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 Drop-in & appointments Virtual Wed & Thu 1000-1200 In-person Mon 1230-1430 Dunfermline Duloch Leisure Centre Tue 1300-1500 Glenrothes Peace N Jam; 1100-1300 St Andrews NEF Community Hub Wed 1000-1200 Leven Forth Street Hall Thu 1000-1200 Kirkcaldy St Bryce Kirk; 1000-1400 Lochore Rosewell Centre Fri 1000-1200 High Valleyfield Community Centre |

| Service: | Brief: | Contact/Links: | Other: |
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| Libraries Service (On Fife) Update (190422): Mobile library & delivery service available | Completely free eBook, eAudiobook & digital magazine service (RBdigital); register for this free service is your library membership; mobile & home delivery service | www.onfife.com/libraries-archives/ Email rbdigital@wfhowes.co.uk if you need additional help with digital service Email homedelivery@onfife.com Mobile & Home Delivery Tel 01592 583157 Mobile & Home Delivery | Fife-wide Join by either clicking here (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible) |
| Fife Bus (previously known as Dial a Ride and Ring & Ride) Update (070622): Changes to services; new brochures available – see website | Free door-to-door transport for people unable to access mainstream public transport due to reduced mobility; the service may prioritise essential trips (to attend medical appointments or essential shopping trips) | 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 | Fife-wide Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday |
| Restoration Fife Recovery Community Update (040722): New Recovery Café Buckhaven from 040722 | 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; free haircuts at the Recovery Café last week of each month | Email admin@restorationfife.org.uk Tel 07734408498 Active Bookings Tel 07501176234 Charlene or 07307197963 Nikki - Private message on social media or call, text/whatsapp Facebook @RestorationFife | Fife-wide In person and online social & recovery activities Recovery Café Mon 1100-1300 Salvation Army, Buckhaven Tue 1100-1300 St Margaret's Church, Dunfermline Thu 1100-1300 Sandybrae Community Centre, Kennoway Fri 1100-1300 St Luke's Church, Glenrothes |
| Fife Sports & Leisure Trust Update (060122): Active Options remains operable | Sports & leisure (check website for updates); downloadable App to help keep track of activities & goals; online activity | www.fifeleisure.org.uk/coronavirus-update/ | Fife-wide Check website for facilities open |
| The Byre Theatre, St Andrews Update (230522) | The Byre's watchlists offer a weekly selection of arts & entertainment which can be enjoyed wherever you are | www.byretheatre.com/online-watchlists/ Tel 01334 475000 Box Office | Fife-wide (theatre based in St Andrews, North East Fife) |

| Service: | Brief: | Contact/Links: | Other: |
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| Crossroads Fife Update (230321) | Supporting people who care for someone with an illness or disability; services include Core Service (Respite & Palliative Care), Self-Directed Support & Privately Purchased Support | www.crossroadscentral.org Email info@crossroadsg.co.uk Tel 01592 610540 Kirsten Docherty, Manager | Fife-wide Open to new referrals and self-referrals |
| Fife Law Centre Update (240221) | A team of solicitors providing free legal advice/representation for the people in Fife who need it; legal advice on a range of subjects; if unable to help, signposting if they cannot assist; contact by phone/email/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 national 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 6 one-to-one self-help coaching sessions using CBT for Carers of children, young people & adults with Autism Spectrum Conditions; aims to reduce isolation & offer practical skills & techniques for managing stress (active engagement with materials during & between sessions provides maximum benefit to individuals) | 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: |
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| Cosy Kingdom Update (140122): New opening hours | 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 1000-1500 |
| Safe & Well Resource 2021 Edition, Fife Adult Support & Protection Committee Update (161221) | Essential signposting, resources and supports for over the Christmas period | www.fifeforum.org.uk/resources-downloads/ (click on 'Safe and Well 2021 Booklet') | Fife-wide Covering Christmas 2021 |
| Reporting Anti-social Behaviour, Fife Council Update (200521) | 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 | 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 | Fife-wide Online reporting |
| Bums off Seats, Fife Walking Initiative (supported by Active Fife & Paths for All) Update (250521) | Free organised health walks which are short & local; suitable for most including those with a long-term health condition (including dementia or cancer) | https://active.fife.scot/about/active-fife Email vivienne.mcniven@fife.gov.uk Tel 03451 55 55 55 (ext 402243) Vivienne McNiven | Fife-wide Groups meet: Cupar, Dalgety Bay, Dunfermline, Glenrothes, Kirkcaldy, Leven, Lochore & Rosyth |
| FRASAC Fife Rape & Sexual Assault Centre Update (010621): support services are currently delivered over the phone/online | Independent organisation 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 | www.frasac.org.uk Tel 01592 642336 Email info@frasac.org.uk | Fife-wide Based in Kirkcaldy |

| Service: | Brief: | Contact/Links: | Other: |
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| Circles Network Advocacy Service Update (290921) | Free, independent service providing information & advocacy via telephone, email or video call, drop-in meetings within community resources & home visits (or suitable public setting) for individuals who are unable to access their main office in Fife; they help qualifying people to have a say about the services they receive, understand their rights, raise issues they are worried about, ensure safeguarding in situations where they may be vulnerable | www.circlesnetwork.org.uk Tel 01592 645360 or 07909002582 (call or text) Email info.fife@circlesnetwork.org.uk | Fife-wide For adults 16+ experiencing one or more of the following conditions: <ul style="list-style-type: none"> • mental ill health • dementia • learning, physical or sensory impairments • acquired brain injury • chronic/long term illness • autistic spectrum diagnosis • people with lived experience of drug or alcohol dependency • personality disorder • people receiving self-directed support budget Or , children 16 years & under who are subject to compulsory measures under the Mental Health (Care & Treatment) (Scotland) Act 2003 |
| 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 |
| Embracing Life Update (251121) | Community Interest Group providing life coaching sessions & workshops to help build good self-esteem & positive mental health | www.embracinglife.co.uk Email info@embracinglife.co.uk Tel 07876026445 Facebook @embracinglifeforgood | Fife-wide (based Dunfermline) Not for profit; however, sessions are costed (see booking process) |

| Service: | Brief: | Contact/Links: | Other: |
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| Support in Mind Fife Services Update (250722) | <p>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); Carers Support Service for carers of people with mental health difficulties providing one-to-one, group & peer supports</p> | <p>www.supportinmindscotland.org.uk Tel 01592 268388 Local Services or 0131 662 4359 National Email fifeservices@supportinmindscotland.org.uk</p> <p>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</p> | Fife-wide |
| Relationships Scotland Couple Counselling Fife Update (060721) | <p>A confidential counselling service to couples & individuals 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 experiencing sexual difficulties (contribution of £30-50 per session)</p> | <p>www.rscf.org.uk Tel 01592 597444 Email info.rscf@gmail.com</p> | Fife-wide <p>Online counselling as well as face-to-face</p> <p>For Guidelines & costs follow www.rscf.org.uk/what-does-it-cost</p> |
| Food Train Connects (Food Train) Update (040821) | <p>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</p> | <p>www.foodtrainconnects.org.uk Tel 0800 304 7924 or for information 07451615837 Carol Anderson, Development Officer Email connects@foodtrainconnects.org.uk</p> | Fife-wide <p>Annual membership £1 & £5 per shopping delivery (registration required)</p> |

| Service: | Brief: | Contact/Links: | Other: |
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| 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 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) |
| FASS ADAPT Substance Recovery Update (190422): New alternative drop-in service 'KY8' hosting a host of services including counselling, harm reduction, advice & dispensing of Naloxone | 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 | www.fassaction.org.uk/adapt-home/ Tel 01592 321521 Write to: FASS ADAPT Recovery Support 17 Tolbooth Street Kirkcaldy KY1 1RW For clinic details follow: www.fassaction.org.uk/adapt-where/ | Fife-wide Clinics: Kirkcaldy, Glenrothes & Dunfermline 'Know the Script' Drop-in: The Centre, Leven Thu 1000-1500 KY8 Drop-in: Fisher Street Community Centre, Methil Fri 1100-1400 |
| With You in Fife Update (270921) | Free confidential drug & alcohol service; talk to trained staff; work towards personal goals be this cutting down drug or alcohol use, stopping completely or advice; also, support for people worried about someone else's drinking or drug use; needle & syringe exchange service | www.wearewithyou.org.uk/services/fife/ Tel 01333 433636 Based The Grieg Institute, Forth Street, Leven KY8 4PF | Fife-wide For over 16s living in Fife |

| Service: | Brief: | Contact/Links: | Other: |
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| Thistle Neurological Wellbeing Service (Thistle Foundation with funding from Scottish Government) Update (070622): 10-week Lifestyle Management Course for people living with neurological health conditions to help self-manage their situation & enjoy better well-being | 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 | www.thistle.org.uk Email referrals@thistle.org.uk Tel 0131 661 3366 Text 07342035670 Leanne | Fife-wide Aim to see people within 2 weeks of referral – self-referral available |
| Thistle Wellbeing Service, Thistle Foundation Update (290921): Service now extended to Fife | Self-management support for people living with long term health conditions, long covid or facing challenging life situations; phone or video-based one-to-one wellbeing coaching; support to develop a wellbeing plan; online group-based Lifestyle Management; online group-based Mindfulness courses | www.thistle.org.uk Email referrals@thistle.org.uk Tel 0131 661 3366 | Fife-wide Only able to accept self-referrals at this time |
| Careoligy Day Centre (Hayfield Clinic, Dunnikier Road, Kirkcaldy) Update (191021): New private Day Care facility | Bespoke day service for 60+ with disability/frailty/dementia; recreational, leisure & holistic activities; flexible sessions from 4 hrs to full days with a 2 hrs free taster session; currently open Wed-Thu | www.careoligy.co.uk Email Anne.Ciarletta@careoligy.co.uk Tel 01592 210212 or 07934877463 | Fife-wide Wed-Thu £50-90 per session Transport not provided |
| CHARIS Foundation (formerly Fife Christian Counselling Centre) Update (191021) | Non-profit organisation offering free professional counselling, training & retreats; inter-denominational Christian agency | www.charisfoundation.co.uk Email enquiries@charisfoundation.co.uk Tel 01592 744632 | Fife-wide |

| Service: | Brief: | Contact/Links: | Other: |
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| Link Living Befriending (Older Person's Service) Update (091121): Actively recruiting volunteers | Befriending for socially isolated older people 65+; help to get out, meet people & enjoy activities in your area; to help deliver the service Volunteer Befrienders make a weekly visit or phone call to a socially isolated older person; volunteers receive travel expenses & support from a Project Worker | www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048 | Fife-wide Service delivery & volunteering |
| Moodcafe 'Promoting Mental Health from Fife' Update (081121): Relunched website | Online portal for information & resources to help you understand and improve your mental health; practitioner resources also available | www.moodcafe.co.uk | Fife-wide |
| Rock Trust Housing Support & Housing First for Youth (in partnership with Fife Council) Update (151121) | Housing Support works with young people in their own tenancies to teach them the life skills & build the confidence they need to successfully live independently; Housing First for Youth supports young people to end homelessness by immediately placing them into an unconditional & permanent home that meets their needs & interests, bypassing unsuitable temporary accommodation; young people 16-25 | www.rocktrust.org Email alison.liddell@rocktrust.org Alison Liddell, Fife Team Leader Email hello@rocktrust.org Tel 0345 222 1425 Facebook Or Fife Council (partner) Contact: Email housing.first@fife.gov.uk | Fife-wide National organisation with local services |
| KASP Kingdom Abuse Survivors Project Update (190422): Currently recruiting volunteer befrienders | Supporting adult survivors of childhood sexual trauma; services include: counselling, younger people 16-25, domestic abuse & befriending | www.kasp.org.uk Email info@kasp.org.uk Tel 01592 644217 Text 07501221909 Facebook | Fife-wide Self or organisational referrals accepted |

| Service: | Brief: | Contact/Links: | Other: |
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| Togetherall Update (061221) | Safe, anonymous, online community supporting mental health of Fife residents 16-26; free service for young people who are feeling overwhelmed, struggling socially or just not feeling themselves | www.togetherall.com | Fife-wide |
| Fife Workplace Team, Fife Health & Social Care Partnership Update (071221) | Assisting Fife's workforce with health, safety & wellbeing outcomes; training now available for employers seeking to support workers with a long Covid experience to return to work | www.nhsfife.org/workplace/ Email fife.hwlfife@nhs.scot Tel 01592 226526 | Fife-wide The workplace is identified as a key area for the improvement of health, safety & wellbeing by the WHO |
| Alzheimer Scotland Fife Resource Centre Update (280422) | Information, support & advice for those living with dementia, their families & carers; friendly supports include social groups, Drop-in Information Cafés & Carer Support Groups; Day Care Provision offered from the Kirkcaldy Resource Centre (Fife-wide, however, transport is not provided); Outreach service aimed at helping people to deal with specific issues; contact the Resource Centre for detail | www.alzscot.org Email fifeservice@alzscot.org Tel 01592 204541 Fife Resource Centre Address Hill Street, Kirkcaldy KY1 1AH Facebook Alzheimer Scotland - Fife | Fife-wide Centre location (Kirkcaldy) with groups held within localities throughout Fife Dementia Information Cafés (drop-in & monthly) 1 st Mon 1030-1130 Larick Centre, Tayport 1 st Mon 1430-1530 Dementia Resource Centre, Kirkcaldy 3 rd Mon East Neuk Centre, Anstruther Last Wed 1030-1200 CISWO, Glenrothes Last Wed 1430-1530 Erskine Church, Dunfermline Day Care Thu-Fri am-pm 3-hour sessions £10 per session (travel not provided) |

| Service: | Brief: | Contact/Links: | Other: |
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| The Big Hoose Project (The Cottage Family Centre) Update (080222): New Fife-wide service launching in partnership with Amazon aiming to combat the impact of poverty | The Cottage have signed an agreement with Amazon which will see multi-million pounds worth of household goods distributed to children & families living in poverty across Fife; The Big Hoose Fife Project will work in partnership with charities, Social Workers, health visitors & organisations to enable families access to items such as bedding, kitchen items, towels, toilet roll, nappies, rugs & other household furnishings/goods; Amazon have provided £150K for recruitment & have seconded their own warehouse staff to support the project in the initial stages to allow goods to be available to families right now | www.thecottagefamilycentre.org.uk/news/big-hoose-fife-project Email info@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 | Fife-wide Referral system in place Mon-Fri 0900-1700 |
| Pillars of Hercules Organic Farm Shop & Café Update (290322) | Veg box delivery service with allocated days for delivery routes throughout Fife; £15 per week – delivery breaks can be requested; also offer add-ons - half dozen eggs £2, extra fruit selection bag £7, extra veg selection bag (different veg to standard box) £7 | www.pillars.co.uk Email box@pillars.co.uk Facebook pillarsofherculesfife | Fife-wide For delivery routes & days see website |
| Express Group Fife Update (020222): New Methil Peer Support Group launches 220222 | Peer support groups; adults 18+ affected by mental health issues &/or social isolation; lunch provided; support individual recovery plans | www.expressgroupfife.org.uk Tel 01592 645331 Email info@expressgroupfife.org.uk | Fife-wide Groups in 8 towns within all 7 localities from St Andrews to Inverkeithing – see website |

| Service: | Brief: | Contact/Links: | Other: |
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| Fife Dippers (Men's Mental Health Dipping Society) Update (091221): Next meeting Sat 121221 0845 for induction & coaching with dip 0900 at Leven Beach | Learn how to dip & catch up with banter; outdoor dipping group | Facebook Fife Dippers mens mental health dipping society | Fife-wide Meets appear to centre Leven Beach |
| Fife Private Rental Solutions (Trust in Fife) Update (240122) | Private rented sector advice hub for individuals & landlords; services – housing options advice/guidance, identifying a suitable property, a 'Deposit Guarantee' (in lieu of cash deposits), rent resolution, mediation | www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/ Email info@frps.co.uk Tel 01592 201849 Facebook @TIF.TrustInFife | Fife-wide Access can be direct or via Fife Council's Housing Assessment Team or Prevention First Service |
| Ace Fife, Enable Group Update (230622): Remobilising of group, commencing with a drop-in 280622 | For adults residing in Fife with a Learning Disability; community of 24 groups Scotland-wide who aim to make positive change for people who have a learning disability locally & nationally; opportunity to meet new people & try new things | www.enable.org.uk Email stuart.cumming@enable.org.uk or cjs@enable.org.uk Tel 07889456668 Tel 0300 0200 101 National Helpline Mon-Fri 0900-1700 for further support & information | Fife-wide (& National Organisation) Drop-in commencing Tue 280622 1600-1730 Studio 8, Church Street, Glenrothes |

Across Multiple Localities

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| Link Living, Better Than Well Update (180422): Open to new referrals | <p>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)</p> | <p>Tel 01592 644048 Email selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE</p> | <p>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</p> |
| Sporting Memories Update (190122): New group Abbeyview Bowling Complex, Dunfermline launches 150222 Tue 1030-1230; for details of other groups fully remobilised see 'local contact' | <p>Aim to demonstrate the health, wellbeing and social benefits of talking about sport</p> | <p>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</p> | <p>Kirkcaldy, Glenrothes, Burntisland & Dunfermline Tue 1030-1200 Dunfermline (Abbeyview Bowling Club) Wed 1030-1200 Kirkcaldy Rugby Club (Balwearie Road) Thu 1030-1200 Glenrothes Community Sports & Health Hub (Gilvenbank Park Pavillion)</p> |
| Scotland Hourglass (Action on Elder Abuse) | <p>Free shopping bag delivery for older people in isolation.</p> | <p>Tel 07496323801 Email colinscott@wearehourglass.org</p> | <p>Dunfermline & West Fife</p> |
| Dunfermline Central Mosque | <p>Shopping/essential deliveries including halal; free food parcels for those 60+ in need</p> | <p>Telephone or SMS 07946636913</p> | <p>Dunfermline to Rosyth</p> |

| Service: | Brief: | Contact/Links: | Other: |
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| 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 |
| 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 (250722): New Buckhaven Group | Curnie Clubs for people aged 26-65 experiencing isolation & loneliness; face-to-face groups including gardening group & online chat group; social activities include arts/crafts, peer support, personal development & therapeutic work FASD Fife 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 Dunfermline (Karen) 07807011951 General Enquiries (Donald) Email curnieclubsinfife@gmail.com Curnie Clubs Facebook @FifeCurnieClubs Email fasd.fife@fassaction.org.uk FASD Fife Facebook @FASDFife | Kirkcaldy & Dunfermline In person Groups: Tues 1100-1400 Bennoch Hub, Kirkcaldy Wed 1000-1300 Gillespie Church, Dunfermline Wed 1000-1300 Buckhaven Community Centre, Buckhaven Fife-wide FASD (Fetal Alcohol Spectrum Disorder) Fife |
| 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 |

| Service: | Brief: | Contact/Links: | Other: |
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| 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 |
| Pain Association Update (010222): Groups & learning will remain online; groups held at the same time as in-person; 'Introduction to Building Resilience' course available to book via website (dates Feb-Apr) | 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 120122 1000-1200 Kirkcaldy (St Bryce Kirk Centre) from 130122 1030-1230 Levenmouth (Buckhaven Community Centre) from 130122 1330-1530 Cupar (YMCA) from 240122 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 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: |
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| Crossroads Befriending Service Update (180521): Home visiting resuming | Befriending opportunities for adults with a physical, mental or sensory impairment who are socially isolated & lonely; regular social contact via home visiting, telephone, video chat or email | www.crossroadscentral.org Email marie@crossroadsq.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 (160622): New group at Central Park, Cowdenbeath | 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; group meet Mon 1900 excluding Bank Holidays | www.andysmanclub.co.uk Email info@andysmanclub.co.uk Facebook search 'Andys Man Club' followed by the town | Glenrothes, St Andrews, Dunfermline, Kirkcaldy, Cowdenbeath & Dalgety Bay Mon 1900-2100: Glenrothes (Collydean Community Centre) St Andrews (3a St Marys Place) Dunfermline (Townhill Bowling Club & McKane Park Rugby Club)) Kirkcaldy (Stark's Park, Raith Rovers FC) Dalgety Bay (That Place in the Bay) Cowdenbeath (Central Park) |
| Bums of Seats (Paths for All/Fife Council) | Health walks for all at a variety of locations in Fife | www.active.fife.scot/activities/activity-pages/fitness-and-wellbeing/walking | Town Localities – see website |
| Chest Heart & Stroke Scotland (CHSS) Fife Peer Groups Update (020222): Kirkcaldy Peer Stoke Support Group (affiliated) reopened | Peer exercise & social in-person groups; locality-based; until further notice new referrals should go via the Peer Support Team; self-referrals welcomed to Kirkcaldy Stroke Club | Email peersupportteam@chss.org.uk for information/to refer (referral from available) | Glenrothes, Kirkcaldy & Dunfermline Glenrothes (Heart) Exercise – remobilised Dunfermline (Heart) Exercise – no restart date as yet Kirkcaldy, Linton Lane Centre (Stroke) Social Thu 1300-1500 Fortnightly |

| Service: | Brief: | Contact/Links: | Other: |
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| Breathe Easy Fife (affiliated to the British Lung Foundation) Update (100522): May group dates confirmed | Monthly 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) or 01334 650914 Ray/Janice for North East Fife Email breatheeasyfife@yahoo.com Facebook @breatheeasyfife Or, National Helpline Asthma & Lung UK: Tel 03000 030 555 Mon-Fri 0900-1700 | Levenmouth, St Andrews, Kirkcaldy & Dunfermline Next 120522 Thu 1300-1500 Methil, Fife Renewable Innovation Centre Next 160522 Mon 1300-1500 St Andrews, Scoonie Hill Community Centre Next 190522 Thu 1300-1500 Kirkcaldy, Templehall Community Centre Next 260522 Thu 1230-1500 Dunfermline, The Studio Carnegie Hall Glenrothes aiming to launch new group (Feb-Mar 2022) |
| Making it Work for Lone Parents (Fife Gingerbread & CARF) Update (170621) | For lone parents in work or seeking employment; provides tailored support helping 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 |
| East Fife Community Transport & Good Neighbours (RVS Community Transport) Update (230921) | Community Transport for trips where mobility issues make it difficult, if not impossible, to use public transport or if they live in rural areas with limited transport; trips include getting to/from hospital, GP appointments & trips to the shops/town or social activities; comfortable & reliable, with a trusting relationship built between the person/volunteer | www.royalvoluntaryservice.org.uk Email fifegnhs@royalvoluntaryservice.org.uk Tel 01592 269654 | East Fife Mon-Fri 0830-1600 |

| Service: | Brief: | Contact/Links: | Other: |
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| Largo Links 'Online Local Directory of Events' Update (181121) | Hosted on Largo Communities Together detail of activities in Largo & further afield | www.largocommunitiestogether.org.uk Click on the 'Largo Links' and look for Online Directory | Upper Largo & wider area (Includes activities Cupar & East Neuk) |
| Link Living Social Café Update (210322): New group Tayport | Free social café for socially isolated adults 65+; refreshments & activities; aims to help tackle loneliness & social isolation in carers and older people by bringing people together in a welcoming environment; transport may be available for people unable to make their own way there (volunteer drivers); referral form available | www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048 | Torryburn, Cowdenbeath, North Queensferry & Tayport Tue 1030-1230 Torryburn Community Centre Wed 1030-1230 Larick Centre, Tayport Thu 1030-1200 Cowdenbeath Bowling Club Fri 1100-1230 North Queensferry Community Centre |
| Contact Point (Wheatley Care – previously Barony Housing Association) Update (221121): New opening times | Mental health day resource centre in Kirkcaldy & Buckhaven; for people with mental health problems & dual diagnosis (for example: mental health & learning disability or mental health &/or drug/alcohol problems); adults 18+ who wish to improve or maintain their mental health; the services help reduce hospital admissions & re-admissions; all groups, activities & events created by service users to help meet their needs; contact first before attending | www.wheatley-care.com Tel 01592 571873 | Kirkcaldy & Levenmouth |
| Raith Fruit Shop | Fruit/Veg & some essentials being delivered | www.raithfruit.com Tel 01592 653444 | Kirkcaldy, Dunfermline & Glenrothes Areas |

| Service: | Brief: | Contact/Links: | Other: |
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| Evergreen Kirkcaldy & GROW Dunfermline, SAMH Update (071221): Accepting new referrals for 2022 | Promoting recovery & wellbeing using horticulture; structured gardening programme to develop coping strategies, enhance employability providing education/training in horticulture | www.samh.org.uk Email dave.ross@samh.org.uk Tel 01592 260534 or 07595244753 David Ross, Senior Horticulture Practitioner | Kirkcaldy & Dunfermline Contact for referral form |
| Sunflower Hub (SAMH) Update (270122) | Well-being project where people can connect with others, chat, take part in art, crafts & board games; all welcome; free; adults can attend with young family members to chat about all things well-being & SAMH services | www.samh.org.uk Email sams.cafe@samh.org.uk Tel 01383 623179 SAMH Fife | Lochgelly, Cupar & St Andrews Mon 1200-1600 Lochgelly Centre, Lochgelly Wed 0900-1230 YMCA-YWCA, Cupar Thu 1200-1600 Cosmos Centre, St Andrews |
| Wellbeing in Fife (Barnardo's) Update (030222): New service for children & young people | Early preventative support for people aged 5-26 & their families to avoid deterioration in mental health & equip them for the everyday challenges; 1-to-1 & group support for those with anxiety, low self-esteem, depression, gender identity issues, bereavement, self-harm/injury, trauma, substance use, relationship issues, exam stress & body image issues; | www.barnardos.org.uk/scotland Email fifeservices@barnardos.org.uk Tel 01592 651482 | Kirkcaldy, Glenrothes, Cowdenbeath, Leven & North East Fife Self-referral encouraged |
| Indoor Cricket Training for Seniors & Juniors (Glenrothes Cricket Club) Update (080222): Junior & senior sessions | Senior training including fun & fitness; open to all including those new or returning to the game; Junior sessions cover both softball & hardball; all cricket activities are focused on fun, enjoyment & respect | www.glenrothescc.co.uk Facebook @GlenrothesCC or @GlenrothesGladiators | Glenrothes & Kirkcaldy Tue 1800-2000 from 080222 Fortnightly (Seniors) £5 discounts available Fri 1800-2000 from 110222 Fortnightly (Juniors) £2 Meet: Archery Hall, Cluny Activities KY2 6QU |

| Service: | Brief: | Contact/Links: | Other: |
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| Falling UP Together Update (050522): Creative to support Mental Wellbeing | For public benefit an innovative art, mental illness & recovery model based on the renowned Gugging system in Austria; operates as an art collective for mental wellbeing that facilitates socially integrated artistic collaborations for all levels of mental health; qualified artists, who are also researchers in art, mentally ill & recovery artistically mentor participants within art collaborations; artistic mentors will include those with mental illness in recovery lifestyles; participants supported in short and long-term collaborations to access cultural society through their creativity in self-actualised art practices of purpose & meaning; no age restriction or expected prior level of ability or experience in making art; work within informal attendance-grouping, formal groups, families & individuals | Email fallinguplivinginart@gmail.com Rab or Drew Facebook @fallinguptogether | Dunfermline & Silverburn, Leven Studio space in the Fire Station Creative, Dunfermline & at FEAT, Silverburn Park Leven |

Levenmouth Locality

| Service: | Brief: | Contact/Links: | Other: |
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| 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 Update (060122): Groups remain operable with restrictions in place | 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; contact via 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: |
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| 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 |
| Buckhaven Community Centre (Kinneir Street) Update (230921): Groups remobilising | Social & activity groups; badminton courts available for hire (telephone centre) | Tel 01592 583472 Email buckhaven.centre@fife.gov.uk Facebook | Buckhaven Mon Zumba 1800-1900; Pipe Band 1800-2100 Tue Tai Chi 1400-1500, Writing Group 1400-1600 Thu Pensioners Group 1300-1600; Pipe Band 1800-2100; Line Dancing 1830-2000 Fri Art Class 1330-1530 |

| Service: | Brief: | Contact/Links: | Other: |
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| Renew Forth Street (supported by Renew Wellbeing & Leven Baptist Church) Update (270921) | For Children, young people & their families; an inclusive community space to belong, share hobbies & connect; rooms for prayer & reflection; based around the 5 Ways to Wellbeing, Renew spaces work on 3 principles - being present, being prayerful, being in partnership | www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife Tel 01333 421566 Email levenbaptist@gmail.com | Leven Mon 1000-1200 Forth Street Hall, Forth Street, Leven Baptist Church |
| Tea & Technology (Fife Council) Update (271021): New from 041121 | Weekly learning assisting people to use smart phones, tablets, iPads & computers; online safety; places must be booked in advance | Tel 01592 583472 Nic | Kennoway Thu 1230-1400 Sandybrae Community Centre, Kennoway |
| Buckhaven Baptist Church Update (200422) | Weekly food distribution & community café (The Safe Haven Café, formerly the Community Café) | www.buckhavenbaptist.org.uk Facebook Buckhaven Baptist Church | Buckhaven Fri 0900-1000 Food Distribution Fri 1000-1300 (hot meals from 1200) The Safe Haven Café |
| Flagship Coffee & More (Wellesley Centre, Church of Scotland) Update (270622): For people affected by imprisonment | For families & individuals in Methil & Levenmouth affected by imprisonment; offers friendship, practical help & support to the whole family in a safe & confidential environment; aim is to support people to connect with others & to ensure they have information & access to services that might be needed | Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr | Methil & Levenmouth 2 nd & 4 th Thu of the month 1000-1130 Free |
| Rainbow Group (Wellesley Centre, Church of Scotland) Update (270622) | For people living with Dementia (need to be accompanied by a relative, friend or carer) who enjoy group singing | Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr | Methil & Levenmouth 1 st & 3 rd Thu of the month 1400-1600 Free |

| Service: | Brief: | Contact/Links: | Other: |
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| Bereavement Group (Wellesley Centre, Church of Scotland) Update (270622) | A friendly environment for people experiencing bereavement; cuppa & chat | Email wellesleycentre@outlook.com Tel 01383 871937 | Methil & Levenmouth 1 st Wed of the month 1400- 1600 Free |
| Walk & Talk! (Wellesley Centre, Church of Scotland) Update (270622) | Walks, fun & fellowship; group of mixed abilities; different walks weekly; often stop for refreshments | Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr | Methil & Levenmouth Wed 1000 approx 2-hrs Free |

Glenrothes Locality

| Service: | Brief: | Contact/Links: | Other: |
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| Later Life Choices Glenrothes (formerly Age Concern Glenrothes) Update (010222): Limited number of group placements available, including Iris Group (Dementia) | Active Ageing Groups Mon-Thu (Mon & Wed for people with dementia); 'Help to Stay at Home' service – 2-hour community support; 1-hour home visiting support; 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) £10/group attendance with light lunch & transport (£7 without transport) |
| 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 (270921): New opening hours for Community Larder at the Gilvenbank 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 & Fri 1700-1800 (from the Gilvenbank 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: |
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| 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 Email secretary@glenrothesartclub.org.uk Contact via web link | Glenrothes Non-members can visit Mon-Fri 1300-1500 (Tue Crafts) |

| Service: | Brief: | Contact/Links: | Other: |
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| Welcome-In (St Ninian's Parish Church, Cawdor Drive) Update (191021): Remobilised | Social & activities group; open to all | www.stninians.co.uk/adults/welcome-in/ Tel 01592 610560 Facebook @StNiniansParishChurch | Glenrothes Wed 1330 |
| MAGiiC Project Coffee Morning Update (221121): New dementia friendly group starts 281021 | Coffee morning; all welcome; dementia friendly | Tel 07566768285 Susan Arnott | Leslie Thu 1000-1200 Masonic Hall, Leslie Adults £2 & Children £1 |
| Glenrothes Community Sports & Health Hub, Gilvenbank Update (040722): New Arts & Crafts group starts 070722 (Thu 1830-2030 £3 per session includes materials) | Community Sport Hub which aims to create a family friendly sport & social hub that benefits the whole community; work together with local sport clubs and key partners to develop welcoming, safe, inclusive & fun environments for sport & wider social engagement; range of activities on offer including: Seated Exercise, Walking Football, Ladies Self Defence, Yoga; Arts & Crafts | www.gilvenbankhub.co.uk Facebook @GlenrothesCommunitySportsHealthHub | Glenrothes For programme see website or Facebook |
| Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op) Update (220222): Fully remobilised | Craft Shed (White House), refurbished Polytunnel, fully equipped workshops, computer suite, kitchen, coffee room & reception; new members welcomed (can pop along for a couple of free sessions); purpose is to provide recreational facilities & advance the social needs/well-being of men & women in the area | www.theglenrothesmensshed.org.uk Email glenrothesmensshed@outlook.com Tel 01592 769271 During opening hours Facebook @glenrothesmensshed | Glenrothes Mon 1000-1300 Tue 1000-1600 Wed 1000-1300 Thu 1000-1300 & 1900-2200 Fri 1000-1300 |

| Service: | Brief: | Contact/Links: | Other: |
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| Knit & Knatter with Denise (Brighter Futures Health Hub) Update (210322): New group from 220322 | Social knitting group; £2.50 including materials/£2 if you bring your own knitting | Email KnitandKnatterbfhh@gmail.com Facebook Brighter Futures Health Hub | Glenrothes Tue 1100-1200 Cadham Neighbourhood Centre |
| Therapeutic Art (Christ's Kirk in collaboration with Brighter Futures Health Hub) Update (210322) | Welcoming & creative group; no experience necessary; creative activities to benefit mental health; £5 per session including materials; gifted placements may be available | Tel 07530314636 Catherine Mills Facebook Brighter Futures Health Hub | Glenrothes Thu 1030-1130 Christ's Kirk, Cadham |
| Community Larder, Cadham Neighbourhood Centre Update (210322): New Community Larder from 210322 | Community Larder to complement the 2-days per week Larder at the Glenrothes Sports Hub; tables set up in the centre with food donations from the Glenrothes Foodbank | Tel 01592 620141 Facebook @CadhamCentre | Glenrothes Mon 1745-1845 Cadham Neighbourhood Centre |
| Butterfly Bereavement Café Update (210322): New group from mid-April | Bereavement Cafe based in the Collydean Community Centre; welcomes everyone who has experienced bereavement & is looking for some support or who just want to be with others who are going through a similar experience; free | Email butterflybereavementcafe22@gmail.com | Glenrothes Mon 1000-1130 Collydean Community Centre |
| Peace 'n' Jam Community Pantry, Kitchen & Hub (St Luke's Episcopal Church) Update (240522): Weekly Afternoon Tea aimed at isolated lonely older people 65+ | Established community hub in the centre of Auchmuty within St. Luke's Scottish Episcopal Church; 'Bite & a Blether', 'Friends & Crafts' & Community Larder; home cooked food & snacks as well as socialising; donations welcomed; volunteering opportunities | Email enquiries@peacenjam.org.uk Tel 01592 754206 Facebook peacenjamproject For Afternoon Tea please book: Tel 07947321687 Ross Stirling-Young Email Ordinand@stlukesglenrothes.onmicrosoft.com Or pop in to the Hub | Glenrothes Mon 1200-1400 Afternoon Tea Tue 1215-1500 & Thu 1030-1300 Bite & a Blether Tue 1215-1400 Community Larder Thu 1000-1200 Friends & Crafts |

| Service: | Brief: | Contact/Links: | Other: |
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| Pitcarin Pensioners Social Group Update (240322) | Friendship, entertainment, weekly raffle, bingo & refreshments; all seniors welcome | Tel 01592 742913 Collydean Community Centre Facebook collydeancommunitycentre | Glenrothes Thu 1400-1600 Collydean Community Centre, Torphins Avenue |
| Carea Community Hub Update (190422) | Volunteer-led community hub supporting: Mothers & Toddlers Group, Children & Adult Craft Groups; Pop Up Kitchen (see page 44) & Pantry Store (free food & toiletries) | www.careacommunityhub.wixsite.com Email cbuist1054@yahoo.co.uk Tel 07518435821 Facebook @Careacommunityhub | Glenrothes Groups held at 50 th Scout Hall, Wayside Hall, Balbirnie Road, Woodside: Mon 1000-1130 Mothers & Toddlers Group Mon 1530-1630 Children Art Club Tue 1300-1500 Adult Art Club Sat 1200-1400 Pop Up Kitchen |
| Exit Community Centre (Glamis Centre, Pitteuchar) Update (090622) | Community Centre offering activities/groups Mon-Fri & Café Mon-Sat 0930-1345; all ages (some groups 12+ if accompanied by an adult) | Tel 01592 772583 Facebook | Glenrothes Mon/Wed 0930 Aerobics Mon 1030/Thu 1300 Zumba Mon 1815 Tae Kwon Do Tue 1000 Elderobics (40+) Tue 1900 Pitteuchar Ladies Club Wed 1300/Fri 1000 Toddlers (pre-school) Wed 1830 Youth Club (9-18) Fri 1200 Sunshine Club (Disabled £3 and Carers free) Fr 1930 Community Cafe |
| Star Village Hall Update (040722) | Local hub; Monday Club (chat & cuppa); Scottish Dance Fitness Class (Highland Hustle) | Facebook Highland Hustle with Kim mobile 07766753563 | Star Mon 1000-1200 Monday Club Wed 1800-1845 Dance |

North East Fife Locality

| Service: | Brief: | Contact/Links: | Other: |
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| 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 (190122): Charity to dissolve and will close from 010422 | 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: |
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| 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 |
| snappysshopper.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: |
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| J B Penmans Butchers, Crail Update (200820): Shop open with distancing measures; deliveries still possible | Food and meals delivery service (no charge for delivery) and no order too small | Facebook J.B Penman Butchers Tel 01333 450218 Email jbpenman01@btconnect.com | East Neuk, St Andrews & surrounding area |
| Death Café, The Byre Theatre, St Andrews Update (060722): Next meeting 250522 1700 | 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; this Death Cafe takes place in the beautiful setting of the Botanic Garden, Canongate, St Andrews KY16 8RT; free but tickets should be booked via the Byre Theatre | www.byretheatre.com/shows/death-cafe-24-august/ (ctrl & click to follow link) to book a free ticket (please note this link will change for each date, however, the main website will be accessible www.byretheatre.com) Tel 01334 475000 Box Office www.deathcafe.com General Information | St Andrews – National Initiative Free ticketed event For future events contact the Box Office |
| #Food2o, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews) Update (040321): From 030321 | Top up with items such as cupboard essentials and toiletries at no cost | For information: Tel 077852711797 Vicki Blair, Com Ed Worker Email Claire.Fisher@fife.gov.uk Claire Fisher, Lead Officer | St Andrews Wed 1600-1730 |
| 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 |

| Service: | Brief: | Contact/Links: | Other: |
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| 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>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> | Facebook St Andrews Ladies Group (must apply to join group in order to view/post) | St Andrews & Surrounding Area |
| 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>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> | www.energi.org.uk Tel 01333 730477 or 07377354654 for Groups Email energirecovery@btconnect.com | East Neuk |

| Service: | Brief: | Contact/Links: | Other: |
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| 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) |
| Jacs Café Cupar, 8a Bonnygate Update (240222) | Social drop-in no longer available but business has now reopened | Facebook @jacscupar18 | Cupar Tue 1900-2100 Drop-in Café; message via Facebook |
| 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 |

| Service: | Brief: | Contact/Links: | Other: |
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| Lucky Ewe (Work Placements in the Countryside) Update (210921) | Aims to give people with additional support needs, including mental health, experience of farming, animal husbandry & land management; people of all abilities & backgrounds welcomed; placements aim to build skills & experience to allow, if possible, progress towards employment; volunteer, membership & intern opportunities (intern 14-25); placements hope to enhance well-being offering a sense of peace and purpose | www.luckyewe.org.uk Tel 07817278630 Email contact.luckyewe@gmail.com Facebook | North East Fife (based at Bonnyton Farm) |
| Coastline Friendship Club, Coastline Community Church Update (151121): New group Crail from 291021 (every 2 nd Fri) | Weekly Pittenweem 'Drop-in'; tea/coffee/a chat/prayer 1100-1400 in the cafe & Sanctuary; Friendship Club at Crail Community Hall every 2 nd Friday 1130-1330 from 291021 | www.coastlinecommunitychurch.org.uk Email info_coastline@btinternet.com Tel 01333 312041 Facebook @coastlinecommunitychurch | Pittenweem & Crail Fri 1100-1400 Pittenweem Coastline Church, Session Street Fri 1130-1330 (every 2 nd Fri) Crail Community Hall, St Andrews Road |
| Let's Chat! (Chatty Café Scheme - Friendship Café) Update (220921): New service | Twice-weekly drop-in café for people who struggled with isolation during the pandemic; anyone looking to meet new people can attend & volunteers will be waiting at tables marked with a 'Let's Chat!' sign | Attend venues on day – tables marked | St Andrews (for people in North East Fife) Mon 1000-1200 NEF Community Hub (St David's Centre, Albany Park) Thu 1700-1900 Zest Café (95 South Street) |
| Coffee Morning & Afternoon, The Coach House Centre Update (071021) | Weekly; Tue 1000-1400 drop-in at the Coach House Centre (Church of Scotland), Main Street, Leuchars | Tel 01334 870038 Facebook @stathernasechurchnews | Leuchars |

| Service: | Brief: | Contact/Links: | Other: |
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| Scoot About Toon Update (190422): Now weekly & new meeting place | Originally for people affected by stroke/mobility issues, extending to those at home alone or who just want to go out to meet new people & to reconnect | Meet: Baptist Church Hall, 79 Bonnygate Tel 07776440699 Liz Laing | Cupar Wed 1300-1500 £3 to cover costs, activities & refreshments |
| Colinsburgh Community Cinema Update (071021): Reopened | Fri night screenings; covid measures in place; pay on night (£4 cash or card at door); no food/refreshments on sale (bring your own); programme online | www.colinsburghcommunitycinema.co.uk Tel 01333 340360 Pete Marshall or 01333 340275 Doug Grant | Colinsburgh-based See website for film detail, time & dates |
| Pop-up Post Office, Dairsie Mini Mart Update (281021): New service | Pop-up Post Office services in a variety of locations within North East Fife with staged start dates | Facebook @dairsieminiart For Balmullo Tel 07763890145 Lynn Murray is happy to be contacted regarding the Pop-up Post Office, Community Café or any other activities supported within the Hall | Balmullo, Strathkinnes, Ladybank, Newport & St Andrews Balmullo Burnside Hall Thu 1230-1430 aiming to change to Wed 1230-1430 from 101121 Strathkinnes Village Hall Mon 1230-1430 & Fri 1300-1445 Ladybank Library Tue 1400-1500 & Thu 1000-1200 Newport Church Hall Wed & Fri 0930-1130 St Andrews NEF Community Hub (St David's Centre) Mon 1230-1430 & Thu 1300-1500 |
| Tayport Lunch Club for Older People (supported by Castle Furniture) Update (240222): Aiming to remobilise 080322 | Weekly social lunch club for older people in the Taybridgehead Area; group based in Tayport; small charge to cover costs of meal & transport | www.castlefurniture.org Email samingram@castlefurniture.org Sam Ingram or enquiries@castlefurniture.org Tel 01334 654445 Cupar Office or 01592 501068 Glenrothes Office | Tayport-based Serves Taybridgehead Area |

| Service: | Brief: | Contact/Links: | Other: |
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| Haydays Update (120722): New programme available July/August (booking from July); from 0609 every Tue 0900-1630 classes will be held in the Victory Memorial Hall until renovations are complete on the Town Hall | Arts & leisure for the over 50s; 170+ members predominantly from St Andrews itself but also Fife-wide; membership-based; classes are pre-booked with payment by cheque; multiple interests & activities including salsa, stained glass, art, Tai Chi, yoga, decoupage, calligraphy; volunteer-led with tutors; social element (currently restricted but looking to reintroduce) | www.haydaysfife.co.uk Email haydays@outlook.com Tel 01334 477402 Facebook Haydays Fife | St Andrews (based in) Must pre-book in advance; Covid measures in place – prior to attending the group very gently reminds people to take an LFT prior to attending & if people are experiencing cold/fly symptoms not to attend until these subside |
| Aqua Move, Clayton Caravan Park Update (061221): From 241121 | Low impact water exercises; all abilities; Wed (excluding school holidays) | Tel 01334 870242 Option 3 to book | Clayton (based) Wed 1145 £5.50 per 40min session |
| Auchtermuchty Seniors Lunch Clubs & Other Centre Activities Update (071221): Remobilised | Local older people lunch clubs held at the Auchtermuchty Community Centre Tues & Wed; other activity groups at the centre (see online programme – includes crafts) | www.auchtermuchtycommunitycentre.org.uk Tel 01337 827068 to book & for transport or for Centre information Facebook | Auchtermuchty Small charges apply for lunch & transport |
| Forgan Arts Centre Update (070722): Free summer programme available | The centre offers a wide range of classes, workshops & events across all art-forms; are able to offer a discount to those in receipt of Universal Credit or Pension Credit; classes for all ages & abilities | www.forganartscentre.co.uk Email info@foranartscentre.co.uk Tel 01382 542062 | Newport-on-Tay (based in) Located in the old Leng Centre |
| Larick Centre, Tayport Update (100222): Community Hub & Café | Daily activities & community resources including free legal advice & Community Fridge | www.tayport.org.uk Email larickcentre@tayportct.org.uk Tel 01382 549727 Facebook | Tayport Mon-Sun 1000-1600 Café |

| Service: | Brief: | Contact/Links: | Other: |
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| PLANT (People Learning About Nature in Tayport) Update (100222) | PLANT works on projects which bring people together to grow food & flowers, while reducing carbon emissions & enhancing Tayport's natural environment; opportunities to get involved with PLANT include gardening, helping with events, publicity & fundraising, joining the Grow@Home scheme or popping into the Community Garden to share ideas/have tea & chat; learn new skills, share skills & expertise, meet new people | www.tayportgarden.org Email admin@tayportgarden.org or volunteer@tayportgarden.org Facebook @plantgroup | Tayport |
| Include Me Citizen Advocacy North East Fife Update (170322): New contact details as service staff will now be working from home | Adults 16-65 residing in NE Fife requiring advocacy support due to a Learning Disability, Physical Disability, Mental Health Issue, Early Onset Dementia, Brain Injury, Personality Disorder, Autism Spectrum Disorder or Chronic Health Condition | www.includeme.org.uk Email contact@includeme.org.uk Tel 07487 566 442 Mon-Wed Tel 07487 566 937 Tue-Thu | North East Fife Open Mon-Thu |
| Falkland Lunch Club Update (280422): Aim to remobilise 020522 | Friendly volunteer-led lunch club for older people; 2 course lunch, refreshments & entertainment; a waiting list might apply as space is limited | Contact in writing The Lunch Club c/o Community Hall, Back Wynd, Falkland, Fife KY15 7BX | Falkland, Freuchie & Dunshelt Mon 0930-1330 £5 per session (transport provided – pick up from 0930) |
| Dementia Friendly Outdoor Activity Group, Sensory Trust Update (230522) | Operating from the NEF Community Hub; fortnightly outdoor group; suitable for people living with mild-moderate dementia & their carers | Tel 07419356464 Karen Marnie to book a place | St Andrews Must be pre-booked Fortnightly Tue 1330-1500 Meet NEF Community Hub, St David's |

| Service: | Brief: | Contact/Links: | Other: |
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| St Andrews Memory Café (St Mark's Church, St Mary's Place) Update (260522) | Group for all adults with memory issues & carers/companions; varied entertainment programme & refreshments | Tel 07518345187 Sylvia Email standrewsmemorycafe@gmail.com | St Andrews 1 st & 3 rd Wed of the month 1400-1530 Opposite Bus Station |
| Footprint East Neuk Update (090622) | Aim to encourage sustainable living, reduce the carbon footprint of local communities & reconnect people with the natural world; voluntary tree-planting late winter-early spring with tools/equipment provided | www.footprinteastneuk.com Email footprinteastneuk@gmail.com Tel 07939147150 Sonja | East Neuk |
| East Neuk Eats! Community Fridge (East Neuk Centre Trust) Update (090622): Volunteers needed to collect food from local shops Tue-Wed 0900-1000 (own transport required) | Free foodstuff to help reduce food waste; Community Wardrobe providing free clothes available; free cup of tea or coffee & biscuit | www.eastneukcentre.org.uk Email info@eastneukcentre.org.uk Tel 01333 311977 Facebook @eastneukcentre.trust | Anstruther East Neuk Centre: Thu 1300-1500 Fridge Drop-in Mon-Fri 1000-1500 Community Wardrobe |
| Continuing Care North East Fife Update (230622) | Affordable transportation for medical/associated appointments for residents in North East Fife who do not have ready access to personal/public transport; strive to cater for non-emergency transportation for the elderly, disabled & vulnerable | Tel 01334 880743 Website www.continuingcarenef.org.uk | North East Fife Residents Travel can be arranged for appointments out with Fife (for example: Ninewells Hospital) Services are provided by volunteers & to cover costs a donation is requested (the costs/level of donation can be agreed when travel is booked) |

| Service: | Brief: | Contact/Links: | Other: |
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| The Walkie Talkies Update (090622) | Walk, chat & coffee; all welcome; start walk from Town Hall | Email spotjewijd@gmail.com | St Monans Thu 0915 Start Town Hall |
| St Monans Community Larder (Town Hall) Update (090622) | Community Larder providing food & other goods that would otherwise be wasted; free refreshments; clothes & books swap | Facebook | St Monans Fri 1100-1200 Town Hall |
| Age Concern Cupar Update (040722): Open to referrals; waiting list might operate; cost under review owing to fuel increases | Day Service for elderly, frail & disabled people who may be lonely & need some outside stimulation; social activities with tea & coffee 1000-1200 & a 2-course lunch served at 1230 | www.ageconcerncupar.org Email ageconcerncupar@btconnect.com Tel 01334 653597 Anne Ronaldson | Cupar (based) Serves Freuchie, Falkland, Letham, Ladybank, Kingskettle, Pitlessie, Springfield, Ceres, Craigrothie & Dairsie Mon-Fri 0900-1500 £8.50 per visit |
| Friendship Circle (Cupar St John's & Dairsie United Parish Church) Update (120722) | Church activities & Friendship Circle (all welcome) | www.cuparstjohnsanddairsie.org/worship-and-church-activities/ Facebook @StJohnsAndDairsieUnitedParishChurch | Dairsie 2 nd & 4 th Mon of the month 1400-1530 Friendship Circle, Church Hall |
| Ceres Village Café Good Companions Lunches Update (280722) | Community tearoom and takeaway which provides a free weekly lunch to help tackle isolation & loneliness for people within the local and surrounding area | Facebook @thevillagecafeceres | Ceres Mon 1200-1400 Good Companions Lunches |

Kirkcaldy Locality

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|---|
| Care & Share Companionship Update (040722): Open to 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 1-2 hours | 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 Update (080222): New service The Big Hoose Project (see p31) | Family centre catering for the needs of children 0-16 & their families; core services & other services (example: Dad's Project; Counselling) | www.thecottagefamilycentre.org.uk Email info@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 Or contact via Facebook | Kirkcaldy Area Mon-Fri 0900-1700 The Big Hoose Project is Fife-wide |

| Service: | Brief: | Contact/Links: | Other: |
|--|--|--|--|
| Linton Lane Centre, Kirkcaldy Update (240222): New meeting time for 'A Veteran's Best Friend' group to Sun 1900-2100 from 060322 | Host a number of adult & younger people groups including food support, interest groups & support groups (see website); Foodbank (Mon-Fri); podcasts highlighting local resources | www.lintonlanecentre.com 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 |
| Grey Panthers, Linton Lane Centre, Kirkcaldy Update (270921): Remobilised social & activities groups for people 60+ | Social, activities & lunch club for over 60s; activity after lunch; small charge to cover costs | To book a place contact Mandy Henderson (Manager): Tel 01592 643816 Email mandyhenderson75@hotmail.com Facebook Grey Panthers at Linton Lane | Templehall Area, Kirkcaldy Wed 1200-1415 |
| #Food2Go Update (220422): There is no 'Food2Go' at Hayfield Community Centre Fridays until further notice due to a lack of response - Cafe remains open Wed 1200-1400 & children eat free | 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 (270921): Remobilising & reformatted service | Day Care services for older people with higher needs or dementia; outreach service for older people (example: shopping; going for coffee); contact for particulars & cost | www.kirkcaldydaycentres.org.uk Tel 01592 642875 Anne Smith, Manager Email kirkcaldydaycentres@gmail.com | Kirkcaldy, Burntisland & Kinghorn Mon, Wed, Thu Day Care Tue-Fri Outreach |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|--|--|
| Sam's Mental Health Café (SAMH), Greener Kirkcaldy, Kirkcaldy Update (060521): new time & venue - meet Greener Kirkcaldy (8 East Fergus Place) | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required | www.samscafe.org.uk Tel 07971892886 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk | Kirkcaldy (Fife-wide with enquiries or for those able to access) Mon, Fri 1200-2000 |
| The Ecology Centre, Kinghorn Loch Update (140222): Lochsiders Dementia Groups - pm placements currently available | Set up by people from the local community & residents of Craigencalt 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 | www.theecologycentre.org Tel 01592 891567 Email admin@theecologycentre.org Email liz@theecologycentre.org Dementia Friendly Sessions | Based Kinghorn Loch Thu 1000-1200 & 1330-1600 Dementia Friendly Groups - good level of physical mobility required & must be in the early-mild stages of dementia; process for joining involves completing application, a site visit; & a 2-week trial |
| The Olive Branch Café, Bennoch Parish Church Update (070921): Café remobilising 090921 Thu 1100-1400 | 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 | www.bennochparishchurch.org.uk | Kirkcaldy Community Café open every Thu 1100-1400 Looking to remobilise various activities as before - tai chi, yoga, computer support |
| Burntisland Foodbank – Solid Rock, High Street | Free hot drinks & filled rolls and Foodbank; new opening hours | www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/ | Burntisland Tues 1030-1230 Fri 1200-1400 |

| 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 |
| Cultural Connections at Kirkcaldy Galleries (supported by Life Changes Trust) Update (121021): New dementia friendly group | Cuppa & exploring local history for people with dementia; free; must be able to attend independently or be accompanied; monthly Thu 1400-1500 | Tel 01592 583206 Email Kirkcaldy.galleries@onfife.com | Kirkcaldy-based Date of next meetings: 281021; 251121; 161221; 270122; 240222; 310322 Thu 1400-1500 |
| Hayfield Community Centre (Hayfield Road) Update (220422): No 'Food2Go' Fri until further notice - fresh inexpensive meals with children eating free remains Wed | Offering help to those most affected by loneliness & isolation in the community providing fresh home cooked meals for only £1 with kids eating for free; Cafe @ Hayfield hosting from 160222 Wed 1200-1400; other activities available (see website) | www.hayfieldcommunitycentre.org.uk Email hayfieldcc@gmail.com Tel 01592 328687 Facebook @HayfieldCommunity | Kirkcaldy Office open 0900-1200 Mon, Wed & Fri Out-of-hours contact by email or message on Facebook |
| Morrisons 'Make Good Things Happen' (Period Poverty initiative - free sanitary products) Update (240222) | Support with free sanitary products; visit Customer Service Desk & ask for a 'Package for Sandy'; will be handed a discreet package of products free of charge | www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/ | Kirkcaldy Esplanade store (this is a nation-wide initiative) |
| Toll Community Centre, Burntisland Update (230322) | Home to Playgroup, Burntisland Out of School Service, Youth Clubs, Over 50s Club, Tai Chi and & Sittersize exercise group | Tel 01592 872854 Email communitycouncil91@gmail.com Facebook TollCommunityCentre | Burntisland Mon 1230-1330 Sittersize Group £4 |
| STAND & Kinghorn Dementia Friendly Meeting Space Update (070722): From Aug moving to Thu am | Dementia friendly space; social, activities & reminiscing; group meetings held at Kinghorn Community Centre | Tel 01592 890149 Kinghorn Community Centre or 07341842567 Ruth McCabe Email Ruth.Mccabe@fife.gov.uk or STANDinFife@gmail.com | Kinghorn Wed 1030-1230 From Aug 2022: Thu 1030-1230 |

| Service: | Brief: | Contact/Links: | Other: |
|--|---|---|---|
| Women's Social (Raith Rovers Foundation) Update (040822): New group starts 160822 | Women's peer & fitness group; for those keen to be active, connect & support one another; led by a fitness instructor | Email community@raithrovers.net | Kirkcaldy Tue Stark's Park - 30 mins peer support followed by 30 mins fitness (contact to book place) |

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 (110322): Contact can now be achieved via landline | Emergency food parcels can be accessed Tue only (1000-1200) | Tel 01383 512533 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 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 & hygiene rules will be observed |
| Lo'Gelly Lunches, Lochgelly | Emergency Food Supplies | Lochgelly Town Hall Facebook & Messenger | Lochgelly Area Attend Friday 1100-1300 |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|--|
| Benarty Walk & Talks Group Update (070622): Starts 160522 | Local routes discussing the area & mental health; finish with a hot drink & chat at the community centre; no equipment needed - water bottles provided; suitable for all ages & abilities; dogs & children welcome but are the responsibility of the walker | Tel 07563380172 | Benarty Monthly 1330 Meet at the Benarty Centre |
| Fife Day Care Services Update (070622): 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 |
| Oliver's Army Assistance & Therapy Dogs Drop-in Update (261021) | Mental Health drop-in session; emotional support, help with forms/CVs/supporting emails & letters; internet access; meet a therapy dog; listening ear; cuppa & a chat | www.oliversarmyassistedogs.com Email management@oliversarmyassistedogs.org Tel 01592 869484 or 07546940232 Facebook Private Group | Crosshill/Lochgelly (National Organisation with local base & drop-in) Fri 0930-1400 Drop-in Entrance Q, Unit 19, Crosshill Business Centre |
| The Clearing Update (140222): Groups remobilised | Christian-led Community Space; 6 days a week offering a variety of activities - cookery, crafts, knitting, crochet, sewing; tabletop sale & drop-in every Thu; groups reasonably small in order to maintain social distancing; if attending advise in advance; £2 per session | Email theclearing@btinternet.com Tel 07802 414418 Facebook @streetpastorbase | Cowdenbeath Mon 0900 Prayers; 1100 Cookery; 1400 Sewing Tue 1030-1600 Knitting & Crochet Wed 1030 Knitting Fri 1600 Crafts; 2000 Prayers via Zoom Sun 1000 Prayers |
| The Whispering Women, Cowdenbeath | Free packed lunches & baby food | Facebook & Messenger www.facebook.com/TheWhisperingWomen/ | Cowdenbeath Area Deliveries once a week |
| Knit & Natter, Bowhill Community Centre Update (170522): From 250522 | Peer led crafts & social group | Tel 01592 583471 Margaret King to book a place or drop-in Facebook @BowhillCentre | Cardenden Wed 1300-1500 |

| Service: | Brief: | Contact/Links: | Other: |
|--|--|--|--|
| Wanna Talk Groups Update (160622) | Monthly separate men & women groups to support mental health & well-being held at The Kings, Kelty | Tel 07563380172 Kirsty, CEW Facebook message Mandy @The Kings | Kelty Monthly 2 nd Tue 1830-2030 Women only Monthly 4 th Tue 1930-2030 Men only |

City of Dunfermline Locality

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|---|
| Abbeyview Day Care Update (040822): New outreach service for older people | Day service provider for older people; KIT Club social group Tue am/pm & Fri am/pm; Dementia Café Mon & Thu 1030-1330 (must attend with a carer); Day Care 5 days/week & open to new referrals; Outreach for visits, shopping & walks | Tel 01383 621738 for information or to refer to groups & supports | Dunfermline or surrounding area Mon-Fri Day Services Mon-Thu 1430-1700 Outreach Mon & Thu 1030-1330 Dementia Café Tue & Fri am/pm KIT Club |
| 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 £2 per week & 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 & Baldrigeburn, Baldrigeburn Centre, Dunfermline North & Central residents | Free bag of shopping; must register first & 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 & 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 & 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 |

| Service: | Brief: | Contact/Links: | Other: |
|---|--|--|--|
| Revive Wellbeing Café & Hub (Supported by Embracing Life), Vine Conference Centre Update (251121) | A safe & welcoming space for the community; café & crafts Tue-Thu 0930-1430 & Well-being sessions Tue 1100 & Wed 1830 - sessions include overcoming challenges, healthy boundaries & self-esteem; children welcome as activities are available for them | www.embracinglife.co.uk/revive/ Email info@embracinglife.co.uk | Dunfermline Café at the Vine Conference Centre (131 Garvock Hill) |
| Football Fans in Training (The Pars Foundation & SPFL Trust) Update (060122): Programme starts Mon 170122 | Training programme which gives people the tools needed to be fitter, healthier and happier; Men's & Women's Group; free programme; register by email | www.spfltrust.org.uk Email iain@parsfoundation.co.uk to register | Dunfermline Mon 170122 1800 Men's cohort 13 weeks, East End Park DAFC Mon 170122 1845 Women's cohort 13 weeks, East End Park DAFC |
| Dunfermline Dynamos Walking Football Teams Update (270122): New Thu evening sessions from 030222 | Non-contact, non-competitive football for the over 50s; regular sessions Wed 1000-1100; £25 joining fee (strip will be given) & £10 monthly subscription | www.walkingfootballscotland.org Email bobingono1@sky.com or cfirth1956@gmail.com Facebook @DunfermlineDynamos | Dunfermline Wed 1000-1100 Pitreavie Sports & Soccer Centre Thu 1900-2000 Pitreavie Sports & Soccer Centre (from 030222) Contact via Facebook £3 per session during Feb |
| Keep Kicking On (The Pars Foundation) Update (080222): New initiative for 16-25 from 310122 | Positive mental health football programme aimed at males 16-25; play football in a relaxed environment & tackle stigma associated with mental health; post-match they offer space to speak, using football as the catalyst to improve physical & mental well-being; free | Email Eddie@dafc.co.uk to register | Dunfermline Mon 1800-1900 Queen Anne High School (indoor pitch) |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|--|---|
| Feel Good Friday Update (170322): Commenced 110222 | Arts & crafts, chat & healthy snack available during term time | Email feegoodfriday2021@gmail.com | Dunfermline Fri 1230-1430 St Ninian's Church, Abbeyview Donations welcomed |
| Bereavement Group, The Abbey Church of Dunfermline Update (250722) | Open to anyone who have been bereaved, and will offer tea, coffee & the opportunity to talk to others; offers a listening ear | www.dunfermlineabbey.com Meets: Dunfermline Abbey Church Halls, 6 Abbey Park Place, Dunfermline | Dunfermline Last Thu of the month 1100-1230 |

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: |
|--|---|--|---|
| Kincardine Community Centre Food Hub Update (040321): Open Wednesday (previously Tue & Thu) | 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) | Email kincardineca@gmail.com Facebook Kincardine Community Centre Note: Emergency Food Parcels available (run separately from the Food Waste Project) | Kincardine Wed 0930-1230 & 1400-1800 |
| Grow West Fife Update (090821) | 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 | Facebook Grow West Fife | Based in Blair Castle by Culross |
| Inverkeithing Craft Group Update (181021): Remobilised | Bring your own craft, lunch & refreshments; Mon 1230-1400 at Inverkeithing Parish Church; email to join or for info | Email angela.craftswithcare1975@gmail.com Facebook | Inverkeithing |
| Inverkeithing High Community Use (Active Fife) Update (061221) | Junior & adult art & craft classes at Inverkeithing High | www.active.fife.scot/artsandcrafts Email communityuse.inverkeithing@fife.gov.uk Tel 01382 602349 | Inverkeithing Wed or Thu 1600-1800 Juniors Mon or Wed 1800-2000 Adults |
| Art Group, Oakley Church Update (070422) | Painting, drawing, chatting & tea, coffee & cake | Tel 07742519851 Irene Halliday | Oakley Thu 1300-1500 |
| Quilting & Craft Group, The Manse Update (180422) | Sewing, quilting, knitting & embroidery; all levels of skills & beginners welcome; contact for details | Tel 01383 722186 Kate or 01383 881379 Dot | Cairneyhill & Crossford Wed 1300-1500 The Manse, by the Church |

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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