Other Supports & Resources

Access Therapies Fife
www.accesstherapiesfife.scot.nhs.uk/

Breathing Space Scotland www.breathingspace.scot
tel 0800 83 85 87

Citizens Rights & Advice Fife (CARF)
www.cabfife.org.uk tel 0345 140 0095

Fife Carers Centre www.fifecarerscentre.org tel 01592 205472

Fife Health & Social Care Partnership Community Supports www.fifehealthandsocialcare.org/your-community/

Fife Sports & Leisure Trust Health & Wellbeing
www.fifeleisure.org.uk/health-wellbeing/

CONTACT US

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Fife Forum
Making Community Connections

LOCAL AREA CO-ORDINATION FIFE 'MOVING FORWARD'

'Helping build bridges to combat loneliness & isolation'

Local Area Co-ordination

Page 2

We believe people should be encouraged and supported to:

- ◊ Remain active & feel connected to their communities
- ◊ Remain or retain their independence for as long as possible
- ◊ Make best use of their own & available assets
- ◊ Strengthen their own resilience

"Found the service excellent and without it would not have had a clue where to begin".
Service Recipient

Navigating all that is out there and understanding what is available or how we might access supports or resources can feel difficult. Not knowing where to start or who can help can even stop us from starting. For adults 18+ struggling with this, we can help.

"We did not know Attendance Allowance existed or received help with the form filling without the services from Fife Forum".
Service Recipient

We can help to identify available services and resources which support your needs and improve your overall well-being. Our Local Area Co-ordinators cover all localities in Fife assisting with both formal referrals made to the service and one-off enquiries.

We can't promise to wave a magic wand , however, we can support you with information, understanding and opportunity.

A little more about us & how to access our service

Page 3

We can help people to source and understand information and help to identify relevant supports which might include day services, self-help, social or interest groups.

Our primary aim is to help people feel valued, increase resilience and reduce social isolation and loneliness. We offer advice, information and signposting to services or resources that support individual needs and where appropriate assist with formal referrals and/or applications.

You can be referred by another organisation, friend or family member (with your permission). Alternatively, you can self-refer. For formal referrals to our service we ask that you submit this via our secure web-based referral portal **www.fifeforum.org.uk** (click on Local Area Co-ordinators and Referral Form). For those unable to access our website please tel 01592 643743.

We work throughout all Fife Localities

- ◊ North East Fife
- ◊ Glenrothes
- ◊ Levenmouth
- ◊ Kirkcaldy
- ◊ Cowdenbeath
- ◊ Dunfermline
- ◊ South West Fife

Please note: How our services operate are governed by local and Scottish Government guidance and may be subject to change