

# North East Fife Community Food Projects and Welfare Support

## EMERGENCY FOOD DELIVERIES

We can support people with emergency food if they have contacted the COVID helpline 0800 952 0330

## Community Food Projects

**COMMUNITY FRIDGES** – continuing to share supermarket donations, reducing food waste and helping people with everyday shopping items.

**County Buildings, Cupar** - Tuesday 11am – 12pm

**East Neuk Community Centre, Ladywalk, Anstruther** - Thursday 1pm – 4pm

**Larick Centre, Tayport** – Friday 2pm – 5pm

\*During school holidays Community Fridges have free picnic lunches for families\*

## Pop Up Pantries

St Monans Town Hall & Colinsburgh Town Hall – alternate Fridays 11am – 12.30pm

Madras College, Kilrymont Road, St Andrews – Wednesday 4pm – 5.30pm

## FOODBANKS

Auchtermuchty - 07787 764854 or 07871 990958

Newburgh - 07850 341129

St Andrews - 01334 474940

Cupar - 07474 453153

Taybridgehead - 07840 957039

East Neuk – via Facebook or [eastneukfoodbank@gmail.com](mailto:eastneukfoodbank@gmail.com)

## Welfare Support

If you want to talk to someone about benefits and money advice please phone 07432 609 475 or visit [www.fife.gov.uk/moneyadvice](http://www.fife.gov.uk/moneyadvice)

## FURLOUGH/ SELF-EMPLOYED

If you are on furlough or self-employed but not eligible for any grants and are struggling to pay for essential items please phone 07432 609 475

## KEEPING WARM

Given the cold weather we know many people will be struggling to keep their heating on and we can help people. Please contact the Welfare Support Workers in the first instance

Katrina 07515 291 113

Laiza 07889 647 664

Lucy 07928 128 307

## Mental Health Support

Mood Café 0800 328 9655 Mon – Fri 1pm – 9pm [www.moodcafe.co.uk](http://www.moodcafe.co.uk)