

1/28/2021

# 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.

Please feel free to distribute as widely as you see fit and contact Fife Forum (FAO Wayne [info@fifeforum.org.uk](mailto: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](http://www.fifeforum.org.uk)

If this helps one person this feels worthwhile. Stay safe, stay well.

## National

Service:	Brief:	Contact/Links:	Other:
<b>Age Scotland</b> <b>Update (051120)</b>	Free helpline for the over 50s and online support	<a href="http://www.ageuk.org.uk/scotland/">www.ageuk.org.uk/scotland/</a> 0800 12 44 222 <a href="#">Order Your 2021 Calendar Here</a> : Follow link for free calendar ( <b>ctrl &amp; click link</b> )	<b>National</b> Mon-Fri 0900-1700
<b>Breathing Space</b> <b>Update (031220)</b>	Free helpline for people experiencing mental health issues	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a> (for info & to download 'The Little Book of Caring Ways') 0800 83 85 87	<b>National</b> Mon-Thurs 1800-0200 Fri-Mon 1800-0600
<b>Scottish Government National Assistance Helpline</b> <b>Update (081020): Remains in operation for those self-isolating or at risk</b>	A new national helpline to provide essential assistance to those who don't have a network of support and who are at greater risk if they contract COVID-19	0800 111 4000	<b>National</b> Links people over 70 or who receive the flu vaccine for medical reasons in to local supports such as Helping Hand (see Fife-wide)
<b>Re-engage</b>	Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact	<a href="http://www.reengage.org.uk/refer/">www.reengage.org.uk/refer/</a> 0800 716 543	<b>National</b>
<b>Operation Connect, RAF</b>	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	<a href="http://www.rafa.org.uk/operation-connect/">www.rafa.org.uk/operation-connect/</a> 0800 018 2361	<b>National</b>
<b>Coronavirus SAMH Mental Health Hub</b>	Online support and signposting	<a href="http://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub">www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub</a>	<b>National</b>
<b>Samaritans Scotland Helpline</b>	Telephone helpline, listening ear	Telephone 116 123 Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<b>National</b>
<b>Frank Helpline</b>	Telephone helpline if someone wants to speak about drugs in confidence	<a href="http://www.talktofrank.com">www.talktofrank.com</a> 0300 123 3393	<b>National</b> 24-hour helpline
<b>SCLD (Scottish Consortium for Learning Disabilities)</b>	Easy read coronavirus information	<a href="http://www.sclد.org.uk">www.sclد.org.uk</a> 0141 248 3733	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Coronavirus Emergency Energy Fund, One Parent Families Scotland</b>	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)	<a href="http://www.opfs.org.uk">www.opfs.org.uk</a>	<b>National</b> 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 <a href="mailto:energygrants@opfs.org.uk">energygrants@opfs.org.uk</a>
<b>Scottish Women's Aid</b>	Covid-19 advice and information for women, children and young people experiencing domestic abuse	<a href="http://www.womensaid.scot/covid-19/">www.womensaid.scot/covid-19/</a>	<b>National</b> The helpline is as SDAFMH
<b>Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)</b>	Helpline for all people experiencing domestic abuse or forced marriages	<a href="http://www.sdafmh.org.uk">www.sdafmh.org.uk</a> 0800 027 1234 Email <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a>	<b>National</b> 24-hour helpline Translation service available
<b>LGBT Helpline Scotland</b>	Helpline or a friendly voice for LGBT people	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a> 0300 123 2523 Email <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a>	<b>National</b> Tues, Wed 1200-2100 Thurs, Sun 1300-1800
<b>National LGBT+ Domestic Abuse Helpline</b>	Helpline for LGBT+ people experiencing domestic abuse	<a href="http://www.galop.org.uk">www.galop.org.uk</a> 0800 999 0327	<b>National</b> Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
<b>Respect Men's Advice Line</b>	Helpline for men experiencing domestic abuse	0808 8010327	<b>National</b> Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700
<b>Citizens Advice Scotland</b>	Online advice	<a href="http://www.cas.org.uk">www.cas.org.uk</a> Coronavirus advice - what it means to you	<b>National</b>
<b>Shelter Scotland</b>	Housing advice and homelessness	<a href="http://www.scotland.shelter.org.uk">www.scotland.shelter.org.uk</a> 0808 800 4444	<b>National</b> Mon-Fri Office Hours

Service:	Brief:	Contact/Links:	Other:
<b>Scottish Fire Service</b>	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	<a href="http://www.firescotland.gov.uk">www.firescotland.gov.uk</a> 0800 0731 999 <a href="http://www.firescotland.gov.uk/your-safety/hfsv-form.aspx">www.firescotland.gov.uk/your-safety/hfsv-form.aspx</a> for Home Fire Safety Portal	<b>National &amp; Fife-wide</b> 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 <a href="mailto:e.fifecse@firescotland.gov.uk">e.fifecse@firescotland.gov.uk</a>
<b>British Red Cross</b>	The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with	<b>For General Public: National Support Line</b> 0808 196 3651 1000-1800 daily <b>For Partner Agencies: Call Centre for Referrals</b> (Dalkeith) 0131 654 0340 Mon-Fri 0900-1630	<b>National</b> British Red Cross National Telephone Support Line <b>Edinburgh, Lothians &amp; Fife</b> Call Centre for Referrals
<b>Alzheimer Scotland &amp; Fife Services</b>	A range of supports are available by telephone and video link, including support from Fife Dementia Advisors (for both those who are cared for and their carers); can also provide a list of local shopping delivery services	<a href="http://www.alzscot.org/information-during-coronavirus">www.alzscot.org/information-during-coronavirus</a> Telephone Befriending & 24-Hour Helpline – 0808 808 300 Local Supports, Advice and Information – 01592 204541 <b>Email</b> <a href="mailto:fifeservices@alzscot.org">fifeservices@alzscot.org</a> (Local Services) <b>Email</b> <a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a> (National)	<b>National &amp; Fife-wide</b> Fife Services – Mon-Thurs 0900-1600; Fri 0900-1500 National Services – 24-Hour
<b>Advice Line Plus, Scottish Autism</b>	Extended hours advice line providing reassurance, guidance and support for autistic people and their families	<a href="http://www.scottishautism.org/services-support/family-support/advice-line-plus">www.scottishautism.org/services-support/family-support/advice-line-plus</a> 01259 222022 <b>Email</b> <a href="mailto:advice@scottishautism.org">advice@scottishautism.org</a>	<b>National</b> 7-days 0800-2000

Service:	Brief:	Contact/Links:	Other:
<b>AbilityNet (Technology Support)</b>	In response to the Coronavirus emergency AbilityNet is running a series of live online events to help share useful information for disabled people and their carers; alongside providing free IT support to help older people and people with disabilities to use technology to achieve their goals	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> 0800 269 545	<b>National</b> UK Office Hours
<b>Co-operate (Co-op)</b>	Online portal for information & guidance during the Covid-19 pandemic	<a href="http://www.co-operate.coop.co.uk/support/">www.co-operate.coop.co.uk/support/</a>	<b>National</b> They aim to respond within 7 days <b>Note:</b> some local Co-op stores are utilising Co-op food delivery volunteers
<b>Care Home FaNs</b>	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	<a href="http://www.carehomefans.org">www.carehomefans.org</a>	<b>National</b>
<b>Saje Scotland</b> <b>Update (071220):</b> New 10-week Freedom Programme starts from 110121	Empowering women to make positive choices about their lives; groups are running online (Zoom) and support is offered by phone and email	<a href="http://www.sagescotland.org">www.sagescotland.org</a> <a href="#">Get in touch to book a place on a course or get more information</a> 07909482279 or 07887248354 <b>Email</b> <a href="mailto:info@safescotland.org">info@safescotland.org</a>	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Chest Heart &amp; Stroke Scotland</b>	Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries	<a href="http://www.chss.org.uk">www.chss.org.uk</a> 0808 801 0899	<b>National</b>
<b>Dance For Life, Strathearn Arts, Crieff</b>	Free online dance classes which may benefit people with any kind of mobility issue or other challenges; 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: 07789639956 Email <a href="mailto:megan@strathearnarts.org">megan@strathearnarts.org</a>  For further information or to sign up contact Janice Fraser: 07921771486	<b>Based in Crieff – Currently open to anyone</b> Mon, Tue, Thur 1400 via Zoom
<b>Scotland Cycle Repair Scheme (supported by Scottish Government &amp; administered by Cycle UK)</b>	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 one bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can also be taken to participating Bike Shops for maintenance); punctures, old tyres, brake problems, gears that don't work properly, or other issues that prevent cycle use are covered by the scheme (check the web link for exemptions and participating Bike Shops)	<a href="http://www.cyclinguk.org/ScotCycleRepair">www.cyclinguk.org/ScotCycleRepair</a> <b>Email (for Bike Shops)</b> <a href="mailto:scrs@cyclinguk.org">scrs@cyclinguk.org</a> If a Bike Shop would like to participate in the scheme contact by email	<b>National</b> The Scheme aims to carry out 30 000 repairs by 310321 (the scheme may close before this date) Search for the nearest participating Bike Shop via the web link or look for a Bike Shop displaying a poster or window sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs



Service:	Brief:	Contact/Links:	Other:
<b>The Good Care Group Scotland Limited (Live-in Respite Provider)</b>	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	<a href="http://www.thegoodcaregroup.com">www.thegoodcaregroup.com</a> 0203 728 7577 Dedicated Client Services <b>Email</b> <a href="mailto:clientservices@thegoodcaregroup.com">clientservices@thegoodcaregroup.com</a>  <a href="#">TGCG Scotland- Care Brochure -There's nowhere better than home</a> (ctrl & click to follow link)	<b>National</b> 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
<b>Individuals – Hardship Grants – Funding Sources (link provided by Fife Voluntary Action &amp; the Funding &amp; Monitoring Team, Fife Council)</b>	Funding sources and hardship assistance during Covid-19 (external links)	<a href="#">Pandemic Funding for Individuals</a> (ctrl & click to follow link) 01592 583498 Funding & Monitoring Team, Fife Council	<b>National &amp; Fife-wide</b>
<b>Covid-19 Helpline (delivered on behalf of NHS 24)</b>	General advice & guidance for non-clinical needs, including help & advice in relation to testing	0800 028 2816 Dial 111 for medical assistance	<b>National</b>
<b>Business Support Helpline (Scottish Government)</b>	Official helpline for businesses for all questions related to coronavirus financial support and essential advice	0300 303 0660	<b>National</b>
<b>Employers' Helpline (Healthy Working Lives)</b>	Practical workplace advice on health, safety and well-being information	0800 019 2211	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Face Covering Exemptions, Scottish Government &amp; NHS Scotland</b>	Information as to who is exempt from wearing a face covering and how to apply for an exemption card (available as a physical card or digital card); physical cards are issued within 7-14 days and digital cards are issued within 48-hours	<a href="http://www.exempt.scot">www.exempt.scot</a> for information and online applications 0800 121 6240 for telephone applications for those without internet access	<b>National</b> Online or Mon-Fri 1000-1500 for telephone applications
<b>SHOUT, UK Text Messaging Helpline</b>	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)	<a href="http://www.giveusashout.org">www.giveusashout.org</a> Text <b>SHOUT</b> to 85258 Text <b>STOP</b> to stop conversation Text <b>START</b> to 85258 to re-start the conversation Text <b>LOOFAH</b> following your conversation to remove/scrub data from system Email <a href="mailto:info@giveusashout.org">info@giveusashout.org</a> if contacting from a network listed and the service does not appear to be working (include your mobile phone number and network provider)	<b>National</b> 24/7 Free from all major UK networks (EE; O2; Three; Vodafone; BT Mobile; Virgin Mobile; Tesco Mobile; iD Mobile; Sky; Telecom Mobile; Libra; Giffgaff – some android phones may indicate you will be charged, this is incorrect if you are on these networks and you will not be charged)
<b>Innovations in Dementia 'Tip-Share'</b> <b>Update (081220): Launches 071220</b>	Easy way to source and share tips that assist daily living for people living with dementia; over 600 tips over 9 themes; all tips contributed by those living with dementia	<a href="http://www.dementiatip-share.org.uk">www.dementiatip-share.org.uk</a> Email <a href="mailto:philly@myid.org.uk">philly@myid.org.uk</a> for further information	<b>National</b>
<b>Ask for ANI, Home Office &amp; partners (Domestic Abuse Sector, Police, Pharmacy Associations)</b> <b>Launches: 140121</b>	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	<b>National</b> Participating pharmacies will display posters – all victims of domestic abuse can approach staff and ask for ANI or help

## Fife-wide

Service:	Brief:	Contact/Links:	Other:
<b>Fife Forum</b> <b>Update (140121):</b> Essential visits may be arranged where practicable/permissible excluding periods where Fife is under Tier 4 restrictions	Enquiries; signposting; telephone befriending (existing clients; new referrals where required); telephone befriending via Helping Hand (see below)	<a href="http://www.fifeforum.org.uk">www.fifeforum.org.uk</a> 01592 643743 <b>Email</b> <a href="mailto:info@fifeforum.org.uk">info@fifeforum.org.uk</a> Facebook Fife Forum	<b>Fife-wide</b> Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap
<b>Helping Hand, Fife Voluntary Action</b> <b>Update (140121):</b> Reopened to anyone requiring help or support whilst Fife is in lockdown; this 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	<a href="http://www.fva.org/helping_hand.asp">www.fva.org/helping_hand.asp</a> 0800 389 6046	<b>Fife-wide</b> Mon-Fri 0900-1700
<b>Prescription Delivery Service, Fife Voluntary Action</b> <b>Update (240720):</b> Prescription Delivery to cease 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	<a href="http://www.fva.org/prescription.asp">www.fva.org/prescription.asp</a> 0800 389 6046	<b>Fife-wide</b> Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions themselves and have no one who can collect them on their behalf. <b>Methadon/Subutex:</b> Unable to collect or deliver these drugs. Please contact addiction services on <b>01592 716446</b> if help is required
<b>Elders Crisis Contact Centre, Castle</b> <b>Update (140121):</b> New online store including 'Free to You' range (Castle Furniture)	A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections	<a href="http://www.castlefurniture.org">www.castlefurniture.org</a> 01334 898669	<b>Fife-wide</b> For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability)

Service:	Brief:	Contact/Links:	Other:
<b>Cosy Kingdom</b>	Telephone energy advice, including energy debt support	01592 807930 Text COSY then your NAME to 88440 Email <a href="mailto:info@cosykingdom.org.uk">info@cosykingdom.org.uk</a>	<b>Fife-wide</b> Mon-Fri 0900-1700
<b>Fife Council</b>	Local Authority services	<b>Council Services:</b> 03451 55 00 99 <b>Homelessness:</b> 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) <b>Scottish Welfare Fund:</b> 0300 555 02 65 (Mon-Fri 0900-1430) <b>Social Work &amp; Social Care:</b> 03451 55 15 03 <b>Covid Community Helpline:</b> 0800 952 0330 (Mon-Fri 0900-1700) or email <a href="mailto:covid.communityhelpline@fife.gov.uk">covid.communityhelpline@fife.gov.uk</a>	<b>Fife-wide</b>
<b>Foodbanks</b> <b>Update (051120): New contact for Dunfermline &amp; surrounding areas</b>	Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link	<b>Cupar:</b> 07474453153 email <a href="mailto:info@cupar.foodbank.org.uk">info@cupar.foodbank.org.uk</a> <b>Dunfermline:</b> 01383 432483 or 07730751895 email <a href="mailto:info@dunfermline.foodbank.org.uk">info@dunfermline.foodbank.org.uk</a> <b>East Neuk:</b> Anstruther Church - Tue 1200-1600; Thu 1600-1800 <b>Glenrothes:</b> 01592 631088 email <a href="mailto:info@glenrothes.foodbank.org.uk">info@glenrothes.foodbank.org.uk</a> <b>Kirkcaldy:</b> Various locations, website <a href="http://www.kirkcaldyfoodbank.org.uk">www.kirkcaldyfoodbank.org.uk</a> <b>Levenmouth:</b> 07966502854 Delivery only <b>St Andrews:</b> 01334 474940 (option 2) email <a href="mailto:storehouse@kingdomvineyard.com">storehouse@kingdomvineyard.com</a> <b>Taybridgehead:</b> 07840957039 (emergencies only)	Owing to Covid-19 there may be <b>local variations</b> so please contact <b>Glenrothes Foodbank</b> only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020) <b>For referrals in the following towns and their surrounding areas, tel:</b> South West Villages 07985739452; Ballingry 07515290119; Kelty 01383 650273; Cowdenbeath 07828564232
<b>Fife Migrants Forum</b>	Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English	<a href="http://www.fifemigrantsforum.org.uk">www.fifemigrantsforum.org.uk</a> 01592 642927 Facebook @fife.migrants Email <a href="mailto:info@fifemigrantsforum.org.uk">info@fifemigrantsforum.org.uk</a>	<b>Fife-wide</b> Main chatroom & local chatrooms can be accessed Telephone 0930-1300

Service:	Brief:	Contact/Links:	Other:
<b>Citizens Advice &amp; Rights Fife</b>	Telephone advice	<a href="http://www.cabfife.org.uk">www.cabfife.org.uk</a> <b>General Advice</b> 0345 1400 095 <b>Debt Advice</b> 0345 1400 094 <b>Universal Credit</b> 0800 023 2581 <b>Macmillan Service</b> (people affected by Cancer) 0345 1400 092 <b>Text Service for the Deaf Community</b> 0787 2677 904	<b>Fife-wide</b> Mon-Fri 0830-1600
<b>Asda Pharmacy</b>	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.	<b>Dunfermline (Halbeath)</b> 01383 843617 <b>Kirkcaldy (Carberry Road)</b> 01592 657210	<b>Fife-wide</b> Please note opening times within stores may be reduced and people should call their local Asda pharmacy team for more information
<b>Fife One Stop Shop, Scottish Autism</b>	Support by e mail and telephone; telephone support by appointment; information and advice in relation to Autism and local supports for autistic people, their families and professionals	<a href="http://www.scottishautism.org/services-support/family-support/fife-one-stop-shop">www.scottishautism.org/services-support/family-support/fife-one-stop-shop</a> 01592 645350 <b>Email</b> <a href="mailto:fifeoss@scottishautism.org">fifeoss@scottishautism.org</a>	<b>Fife-wide</b> Aim to respond within 3 working days
<b>Kirkcaldy Central Mosque</b>	Free Food Packs	<a href="http://www.kirkcaldymosque.org.uk">www.kirkcaldymosque.org.uk</a> 01592 641057	<b>Fife-wide</b> deliveries
<b>Lead Scotland Befriending for Young Carers</b>	Distance Befriending for Young Carers aged 12-18; weekly telephone/email/video support offered by volunteers	<a href="http://www.lead.org.uk">www.lead.org.uk</a> 0131 228 9441 or 07775844885 Emma Pauley <b>Email</b> <a href="mailto:epauley@lead.org.uk">epauley@lead.org.uk</a>	<b>Fife-wide</b> Tue, Thu, Fri (working days)

Service:	Brief:	Contact/Links:	Other:
<b>Lead Scotland Learning Project</b>	Distance learning for individuals (age 16+); weekly telephone/email/video support for those seeking to learn how to use a computer or another skill	<a href="http://www.lead.org.uk">www.lead.org.uk</a> 07768 916460 Dawn Robb (Fife Learning Co-ordinator) Email <a href="mailto:drobb@lead.org.uk">drobb@lead.org.uk</a>	<b>Fife-wide</b> Support will be provided by volunteers, who are PVG members; priority given to people who live on their own
<b>Lead Scotland Befriending (Adults)</b>	Distance befriending for adults (age 16+); weekly telephone/email/video call support offered by volunteers for those who are feeling lonely or socially isolated; priority is given to people who live on their own	<a href="http://www.lead.org.uk">www.lead.org.uk</a> 07950 771875 Louise Andree Email <a href="mailto:louiseandree@lead.org.uk">louiseandree@lead.org.uk</a>	<b>Fife-wide</b> Mon-Thu (working days)
<b>Fife Centre for Equalities – 60+ Minority Ethnic Older People Project</b> <b>Update (090920)</b>	Minority ethnic older people 60+ can use this support to access public services; access befriending; & information and signposting	<a href="http://www.centreforequalities.org.uk">www.centreforequalities.org.uk</a> 01592 645310 Centre or 07826753539 Direct line for Damian Hoggan-Radu (Operational Assistant) Email <a href="mailto:info@centreforequalities.org.uk">info@centreforequalities.org.uk</a> or <a href="mailto:damian@centreforequalities.org.uk">damian@centreforequalities.org.uk</a> <b>Cantonese</b> 07881 925301 <b>Romanian</b> 07826 753539 <b>Urdu</b> 07827 405915 Vârstnicii 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 کر سکتے ہیں For other languages, the Centre will find the right interpreter.	<b>Fife-wide</b> 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:
<p><b>Fife Carers Centre</b>  <b>Update (220920)</b></p>	<p>New referrals accepted; centre remains closed for drop-in; offering telephone, email and virtual contact (face-to-face contact is not currently available); current services include - assistance given to complete forms; help with emergency planning (including Carer Emergency Cards); carer support planning; a point of contact for carers experiencing difficulties; advocacy; befriending for carers; online male carers group; and, co-ordinating supply of PPE to entitled carers (<b>see separate entry p15</b>)</p>	<p><a href="http://www.fifecarerscentre.org">www.fifecarerscentre.org</a>                      01592 205472                      Email <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a></p>	<p><b>Fife-wide</b>                      Referrals can be made via the telephone or the online portal</p>
<p><b>Friendship Cabin</b></p>	<p>Free to access virtual social groups with entertainment are held online via the Zoom platform; to take part you must have access to an internet enabled device and register your interest with Pearl in the first instance</p>	<p>07423154632 ask for Pearl</p>	<p><b>Fife-wide</b></p>

Service:	Brief:	Contact/Links:	Other:
<b>Personal Protective Equipment (PPE) for Unpaid Carers</b>	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	<b>To request PPE contact Fife Carers:</b> 01592 205472 <b>Email</b> <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a>	<b>Fife-wide</b>
<b>Personal Protective Equipment (PPE) for Personal Assistants (Self-Directed Support)</b>	A Self-Directed Support Personal Assistant employer may request PPE if the person being cared for has a diagnosis of Covid-19; another member of the same household has a diagnosis or symptoms; the person receiving care has received a shielding letter; or, any other risk for person receiving care or Personal Assistant(s)	<b>To request PPE contact SDS Options Fife:</b> 01592 803280 <b>Email</b> <a href="mailto:ppe@sdsoptionsfife.org.uk">ppe@sdsoptionsfife.org.uk</a>	<b>Fife-wide</b>
<b>Gingerbread Fife</b>	Lone Parent Helpline; Support Workers who offer telephone advice; new referrals accepted for: Teen Parent Project; Making It Work; Square Start Levenmouth; Buddy Project; &, Dad and Me	<a href="http://www.fifegingerbread.org.uk">www.fifegingerbread.org.uk</a> 01592 725210 <b>Email</b> <a href="mailto:info@fifegingerbread.org.uk">info@fifegingerbread.org.uk</a>	<b>Fife-wide with Local Projects</b> Helpline: Mon-Thurs 0900-1700 Fri 0900-1530



Service:	Brief:	Contact/Links:	Other:
<p><b>Fife Bus (previously known as Dial a Ride and Ring &amp; Ride) Update: Commencing 170820 and bookable from 140820</b></p>	<p>Free door-to-door transport for people who are unable to access mainstream public transport due to some form of reduced mobility; from 170820 a revised service will be in place across Fife 0800-1730 (Mon-Sun); at this time, the service will prioritise people who need to make essential trips, for example: to attend medical appointments, GP visits, essential shopping trips</p>	<p><a href="http://www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport">www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport</a> By following the link you can see what days the service is running in each area by clicking on <a href="#">Fifebus Service by Town</a> 03451 55 11 88</p>	<p><b>Fife-wide</b> Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday</p>
<p><b>Wells Near Me, Fife Health &amp; Social Care Partnership and Partners</b> <b>Update (140121): Twice weekly service resumed with an extension of the service pending</b></p>	<p>Virtual Wells held twice weekly from 041120 (Wed, Thu 1000-1200); video calls will connect participants with an advisor who will aim to help the person find solutions to their health &amp; well-being issues, including available supports; participants will enter a virtual waiting room or can pre-book an appointment</p>	<p><a href="http://www.fifehealthandsocialcare.org/the-well">www.fifehealthandsocialcare.org/the-well</a> <b>Email</b> <a href="mailto:Aleksandra.Atanasova@fife.gov.uk">Aleksandra.Atanasova@fife.gov.uk</a> to make an appointment (please include: name, contact, and brief description of the issue) 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live <b>BSL</b> People requiring an interpreter should request this when booking an appointment (available from 091220)</p>	<p><b>Fife-wide</b> Internet enabled video device; chrome or safari browser required For people entering the virtual waiting room please be advised you may not be seen if time expires Dedicated telephone line in operation when Wells are live</p>
<p><b>Fife Sports &amp; Leisure Trust</b> <b>Update (140121): In accordance with Tier 4 restrictions all facilities closed</b></p>	<p>Sports &amp; leisure activities when restrictions allow (check website for updates); new downloadable App (see website for information) allowing users to help keep track of activities &amp; goals</p>	<p><a href="http://www.fifeleisure.org.uk/coronavirus-update/">www.fifeleisure.org.uk/coronavirus-update/</a></p>	<p><b>Fife-wide</b> Phased reopening of centres; membership updates and offers</p>

Service:	Brief:	Contact/Links:	Other:
<p><b>Befriending (Communities Recovery Fund), Fife Shopping &amp; Support Services</b>  <b>Update (171220):</b> A few hours are left for referrals (available until the end of March 2021)</p>	<p>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</p>	<p><a href="http://www.fifeshoppingandsupportservices.co.uk">www.fifeshoppingandsupportservices.co.uk</a>                      01592 653344  <b>Email</b>  <a href="mailto:lynne@fifeshoppingandsupportservices.co.uk">lynne@fifeshoppingandsupportservices.co.uk</a>                      Facebook</p>	<p><b>Fife-wide</b>                      Other privately purchased provisions are available  <b>Update 280121:</b> currently providing support with shopping (paid for service) &amp; safeguarding checks to those people who are vulnerable with no supports)</p>
<p><b>Safe &amp; Well Resource 2020 Edition, Fife Adult Support &amp; Protection Committee</b>  <b>Update (081220):</b> Covering Christmas 2020</p>	<p>Essential signposting, resources and supports for over the Christmas period</p>	<p><a href="http://www.fifeforum.org.uk/resources-downloads/">www.fifeforum.org.uk/resources-downloads/</a>                      (click on 'Safe and Well 2020 Booklet')  <b>Email</b> <a href="mailto:shona.mcewan@fife.gov.uk">shona.mcewan@fife.gov.uk</a> for further information                      03451 55 55 55 ext 442134</p>	<p><b>Fife-wide</b></p>

## Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
<b>Link Living, Better Than Well</b> <b>Update (201120)</b>	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; the sessions aim to help participants understand the impact of trauma, identify outcomes and how to work towards these, and connect to other supports; service is 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)	01592 644048 Email <a href="mailto:selfhelp@linkliving.org.uk">selfhelp@linkliving.org.uk</a> <b>Write to</b> Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	<b>Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy</b> Participants must live in the abovementioned localities <b>North East Fife &amp; South West Fife</b> Sessions will always only be available via telephone or video call
<b>Sporting Memories</b> <b>Update (150120):</b> New initiative to encourage physical activity at home; Sporting Memories KITbag designed to be used in conjunction with either weekly calls, virtual sessions or phone circles	Aim to demonstrate the health, wellbeing and social benefits of talking about sport	<a href="http://www.sportingmemoriesnetwork.com">www.sportingmemoriesnetwork.com</a> Email <a href="mailto:admin@thesmf.co.uk">admin@thesmf.co.uk</a> <b>Local Contact</b> 07941123278 or email <a href="mailto:gary@thesmf.co.uk">gary@thesmf.co.uk</a> Gary Waddell, Group Delivery & Practice Co-ordinator <b>Sporting Memories KITbag</b> Sign up by contacting Gary or by Survey Monkey <a href="http://www.surveymonkey.co.uk/r/DLFVR6R">www.surveymonkey.co.uk/r/DLFVR6R</a>	<b>National &amp; Kirkcaldy; Glenrothes Online Groups</b> Wed 1030-1200 Kirkcaldy Wed 1330-1500 Glenrothes
<b>Scotland Hourglass (Action on Elder Abuse)</b>	Free shopping bag delivery for older people in isolation.	07496323801 Email <a href="mailto:colin.scott@wearehourglass.org">colin.scott@wearehourglass.org</a>	<b>Dunfermline &amp; West Fife</b>
<b>Dunfermline Central Mosque</b>	Shopping/essential deliveries including halal; free food parcels for those 60+ in need	Telephone or SMS 07946636913	<b>Dunfermline to Rosyth</b>

Service:	Brief:	Contact/Links:	Other:
<b>Sam's Mental Health Café (SAMH), Linton Lane Centre, Templehall, Kirkcaldy</b> <b>Update (240720): reopened</b>	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS</b> <b>Email <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a></b>	<b>Kirkcaldy (Fife-wide with enquiries or for those able to access)</b> Wed, Fri, Sat, Sun 1500-2100
<b>Sam's Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS</b> <b>Update (070920): reopened</b>	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> 07725214012 <b>Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS</b> <b>Email <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a></b>	<b>Dunfermline (Fife-wide with enquiries or for those able to access)</b> Thu, Fri, Sat, Sun 1500-2300
<b>F3 Food for Families, Gillespie Memorial Church, Dunfermline</b>	Free fresh food during summer school holidays for families struggling to feed the family	<a href="http://www.gillespiechurch.org/mission-outreach/f3-food-for-families/">www.gillespiechurch.org/mission-outreach/f3-food-for-families/</a> 07518902602 Leave a message or text & you will get a call back <b>Email <a href="mailto:f3gillespiechurch@gmail.com">f3gillespiechurch@gmail.com</a></b> Facebook F3 or foodforfamiliesdunfermline	<b>Dunfermline &amp; West Fife</b> Service commences from 060720
<b>Benarty Fruits, Lochore</b>	Fruit/Veg deliveries	<a href="http://www.benartyfruits.co.uk/shop">www.benartyfruits.co.uk/shop</a> 07786025233	<b>Oakley to Glenrothes</b> Open Mon-Fri 0900-1500 & Sat 0900-1200
<b>Aberdour Bakery, Aberdour</b> <b>Update (280121): Deliveries within 10-mile radius including Culross &amp; Kinross</b>	Fresh bakery products & some essentials; deliveries Thu-Sat; tel to place order & check stock availability; card payment or cash on delivery	01383 860330	<b>Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay &amp; surrounding areas</b> Mon-Sat 0800-1400
<b>Fife Curnie Clubs</b> <b>Update (171120)</b>	Promoting social inclusion and combating social isolation for people aged 26-49; continuing to support members and new referrals (including self-referrals); online group chats and predetermined activities; 1:1 support for members available	<a href="http://www.fassaction.org.uk/curnie-clubs-home/">www.fassaction.org.uk/curnie-clubs-home/</a> 07384514478 Kirkcaldy (Jo) 07384514479 Cupar & Glenrothes (Karen) 07748631648 Cowdenbeath & Dunfermline (Steve) 07384514478 Methil (Jo) 07741559373 Volunteer Opportunities (Kerry) <b>Email <a href="mailto:curnieclubsinfife@gmail.com">curnieclubsinfife@gmail.com</a></b> Facebook Fife Curnie Clubs	<b>Virtual Groups:</b> <b>Kirkcaldy</b> Tues 1100 <b>Cupar &amp; Glenrothes</b> Tues 1100 <b>Cowdenbeath &amp; Dunfermline</b> Wed 1100 <b>Methil</b> Thu 1100

Service:	Brief:	Contact/Links:	Other:
<b>Raith Fruit Shop</b>	Fruit/Veg & some essentials being delivered	<a href="http://www.raithfruit.com">www.raithfruit.com</a> 01592 653444	<b>Kirkcaldy, Dunfermline &amp; Glenrothes Areas</b>
<b>Womens Wellbeing Club</b>	Female only mental health group – online resource	Facebook <a href="http://www.womenswellbeingclub.co.uk">www.womenswellbeingclub.co.uk</a>	<b>Glenrothes &amp; Dunfermline</b>
<b>Employment Plus, Salvation Army</b> <b>Update (241120)</b>	Free & confidential help with employability, training, in-work support and well-being & life skills	<a href="http://www.salvationarmy.org.uk/employability">www.salvationarmy.org.uk/employability</a> 0800 652 4276 <b>Email</b> <a href="mailto:employmentplus@salvationarmy.org.uk">employmentplus@salvationarmy.org.uk</a> <b>Local Contact</b> 07827037013 Dawn Hinton <b>Email</b> <a href="mailto:dawn.hinton@salvationarmy.org.uk">dawn.hinton@salvationarmy.org.uk</a>	<b>Levenmouth, Glenrothes, Kirkcaldy, Lochgelly &amp; Cowdenbeath</b>
<b>Pain Association</b> <b>Update (041220): Programme commencing 130121</b>	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	<a href="http://www.painassociation.co.uk">www.painassociation.co.uk</a> 0800 783 6059 <b>Email</b> <a href="mailto:info@painassociation.com">info@painassociation.com</a> To join a zoom meeting – include a contact telephone number and which locality group you wish to join) <b>Email</b> <a href="mailto:awaugh@painassociation.com">awaugh@painassociation.com</a> For information or a programme	<b>Dunfermline (Townhill Community Centre)</b> from 130121 1000-1200 <b>Kirkcaldy (St Bryce Kirk Centre)</b> from 140121 1030-1230 <b>Levenmouth (Buckhaven Community Centre)</b> from 140121 1330-1530 <b>Cupar (YMCA)</b> from 250121 1330-1530

## Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
<b>Largo Area Coronavirus Response Team</b> <b>Update (151020): Remains operable with volunteers on standby</b>	Support to access local shopping delivery services and deliveries where local shops are unable; Telephone befriending for isolated people is also being developed	0800 999 3465	5 local contacts for <b>New Gilston &amp; Woodside; Newburn &amp; Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links</b>
<b>Arden House Projects, Leven</b>	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	<a href="http://www.ardenproject.org.uk">www.ardenproject.org.uk</a> 01333 303210 <b>Email</b> <a href="mailto:ardenhp@googlemail.com">ardenhp@googlemail.com</a>	<b>Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; &amp; Largo Villages</b> Mon-Fri 0900-1700 Messages can be left and will be responded to asap
<b>Monday Lunch Club, St Agatha's &amp; St Giles RC Church, 160 Methil Brae, Methil</b> <b>Update (171120): Closed until restrictions are eased; follow social media for updates</b>	Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall	Facebook @stagthas	<b>Methil (Levenmouth)</b> Mon 1200-1330
<b>It's Game Time &amp; Talk Time, East Fife Community Football Club, Bayview Stadium, Methil</b>	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	<a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a> <b>Email</b> <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information	<b>Levenmouth</b> Thu 1030-1230 Bayview Stadium, Free

Service:	Brief:	Contact/Links:	Other:
<p><b>Walking Football, East Fife Community Football Club, Bayview Stadium, Methil</b>  <b>Update (031120):</b>  Commenced from 251020 1730</p>	<p>The beautiful game at a slower pace; over 45s; due to restrictions contact Alan Lowe in the first instance</p>	<p><a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a>  07710532424 Alan Lowe  <b>Email</b> <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information and how to book</p>	<p><b>Levenmouth</b>  Book online or contact for information</p>
<p><b>Cosy Kids on Tour, Levenmouth Childrens Clothing Bank (in partnership with Fife Council)</b>  <b>Update (031220):</b> From 301112</p>	<p>Trial drop-in Savoy Centre, Methil (Mon) and The Centre, Leven (Tue) from 301112; help with winter coats/shoes for children</p>	<p><b>Savoy Centre, Methil Drop-in</b> between 1500-1700 on Mon 3011; 0712; 1412; 211220  <b>The Centre, Leven Drop-in</b> between 1500-1700 on Tue 0112; 0812; 1512; 221220</p>	<p><b>Levenmouth</b>  Limited service dependent upon stock availability</p>
<p><b>Taxi Centre Fife</b>  <b>Update (210121):</b> Transport assistance (Vaccine related)</p>	<p>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</p>	<p><a href="http://www.taxicentrefife.com">www.taxicentrefife.com</a>  01333 300300  <b>Email</b> <a href="mailto:taxicentre@hotmail.com">taxicentre@hotmail.com</a>  Facebook</p>	<p><b>Levenmouth</b></p>

## Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
<b>Age Concern Glenrothes</b> <b>Update (070121):</b> Whilst Fife remains under Tier 4 restrictions remote working only; providing welfare/befriending calls & activity packs; new referrals are still accepted	Groups remain closed; however, the service is now open to new referrals for the 'Help to Stay at Home' service (1-hour visits); limited availability as existing service users have been offered this support where required	<a href="http://www.ageconcernglenrothes.org">www.ageconcernglenrothes.org</a> 01592 756316	<b>Glenrothes, Leslie, Markinch, Thornton and Coaltown of Balgonie</b>
<b>Leslie Community Pantry</b>	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	<b>Leslie</b> Food Pantry closes 1700
<b>Collydean Community Centre, Glenrothes – Community Supports</b> <b>Update (081020)</b>	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	<b>Free food parcels, shopping, prescriptions, etc</b> 01592 359012 <b>Disbursement of Funds</b> 01592 742913 <b>Digital Connectivity</b> 01592 359022 <b>Telephone Befriending</b> 01592 359040 <b>Community Pantry Mon-Fri</b> 0900-1645  <b>Further information please contact Rose Duncan, Centre Manager</b> on 01592 742913 or 07926503923 <b>Email</b> <a href="mailto:rose@collydeancommunitycentre.co.uk">rose@collydeancommunitycentre.co.uk</a>	<b>North Glenrothes (including Cadham and Leslie)</b>



Service:	Brief:	Contact/Links:	Other:
<b>Markinch Community Council</b> <b>Update (091020): Ceased</b>	Shopping; dog walking; gardening; and, a friendly voice	07922221629	<b>Markinch</b> Mon-Sat 0900-1600
<b>Leslie Baptist Church</b>	Assisting those struggling with loneliness or providing food for their family	<b>Email</b> <a href="mailto:community@lesliebaptistchurch.org.uk">community@lesliebaptistchurch.org.uk</a>	<b>Leslie</b>

## North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Auchtermuchty Community Centre</b> <b>Update (081020)</b>	Hot meal deliveries; Foodbank; free packed lunches during school breaks	01337 827068 Facebook (PM for free packed lunches) @AuchtermuchtyCommunityCentre	<b>Auchtermuchty &amp; Dunshalt</b> Mon 1400-1500; Wed 1730-1830 Foodbank
<b>East Neuk Community &amp; Emergency Planning Team</b> <b>Update (208020): Emergency Response Deactivated</b>	From 200720 - Signposting list now available	0800 999 6543 Facebook or Messenger @ENCEPT.UK	<b>East Neuk</b>
<b>East Neuk Frail Elderly Project</b> <b>Update (291020): In partnership with the East Neuk First Responders delivering Christmas lunch on Christmas Day for those who are alone</b>	Continuing to support existing service users by telephone; accepting new referrals (telephone contact); delivering, in partnership with Waid Academy, 'Afternoon Tea in a Bag' on a fortnightly-cycle (from end of Oct, Fri pm); planning from Nov to open a 'Drop-in' Café' at the Lower Town Hall, Anstruther Thu 1000-1600 (should guidance & Government permit)	Contact Ruby Urlotti (East Neuk Frail Elderly Project) Email <a href="mailto:enproject10@gmail.com">enproject10@gmail.com</a>	<b>East Neuk</b>
<b>Community Aid St Andrews (CASA)</b>	Established by the community to support others during the pandemic; requests for support can be made and individual connections made	<a href="http://www.communityaidstandrews.co.uk">www.communityaidstandrews.co.uk</a> 03000 122014 Email <a href="mailto:hello@communityaidstandrews.co.uk">hello@communityaidstandrews.co.uk</a>	<b>St Andrews</b> The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other
<b>J B Penmans Butchers, Crail</b> <b>Update (200820): Shop open with distancing measures; deliveries still possible</b>	Food and meals delivery service (no charge for delivery) and no order too small	<b>Facebook</b> J.B Penman Butchers 01333 450218 Email <a href="mailto:jbpenman01@btconnect.com">jbpenman01@btconnect.com</a>	<b>East Neuk, St Andrews &amp; surrounding area</b>

Service:	Brief:	Contact/Links:	Other:
<b>Ardross Farm, Elie</b> <b>Update (200820):</b> Returning to normal hours daily 0930-1730; deliveries still possible	Food and meals delivery service (£4.50 delivery charge); via Facebook <a href="https://www.facebook.com/ArdrossFarmShop">@ArdrossFarmShop</a> a series of live behind the scene tours with some of their favourite producers (interactive)	<a href="http://www.ardrossfarm.co.uk">www.ardrossfarm.co.uk</a> 01333 331400 <b>Email</b> <a href="mailto:info@ardrossfarm.co.uk">info@ardrossfarm.co.uk</a>	<b>North East Fife</b> Payments are made over the telephone prior to delivery
<b>Cupar Community Fridge, County Buildings (St Catherine Street)</b>	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	<b>Email</b> <a href="mailto:Katy.Bald@fife.gov.uk">Katy.Bald@fife.gov.uk</a>	<b>Cupar Area</b> Tues 1100-1200 <b>Note:</b> Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
<b>snappysopper.co.uk</b>	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	<b>Check App Premier in Cupar</b> are part of this service
<b>Clothesline, North East Fife Community Hub, St Andrews</b> <b>Update (031220):</b> The North East Fife Community Hub has secured their new forever home (St David's Centre, St Andrews) with refurbishment plans afoot	Free donations of good quality used clothes (adult & children); can be accessed directly by the individual in need or via a formal referral; clothing for special occasions can also potentially be provided (for example: weddings; interviews; funerals); items are delivered directly to person or referrer; Covid measures in place	07875085410 Ask for Jill <b>Email</b> <a href="mailto:nefcommunityhub@gmail.com">nefcommunityhub@gmail.com</a> Facebook @CommunityHubNEF <b>Email</b> <a href="mailto:fundingnefcommunityhub@gmail.com">fundingnefcommunityhub@gmail.com</a> For information on the development of The Hub or to become involved	<b>St Andrews/NE Fife</b>
<b>Colinsburgh &amp; Kilconquhar Community Council</b> <b>Update (091020):</b> Ceased	Volunteer community supports	<b>Email</b> <a href="mailto:colkilcc2@gmail.com">colkilcc2@gmail.com</a>	<b>Colinsburgh &amp; Kilconquhar</b>

Service:	Brief:	Contact/Links:	Other:
<p><b>Virtual Death Café, The Byre Theatre, St Andrews</b></p>	<p>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; traditionally, Death Cafés take place in physical spaces and offer refreshments and cake, but since Covid-19, many have moved online – people are encouraged to bring a cup of tea or coffee and a snack to the meeting</p>	<p><a href="http://www.byretheatre.com/events/virtual-death-cafe-2/">www.byretheatre.com/events/virtual-death-cafe-2/</a> (ctrl &amp; click to follow link) to book a free ticket (the meetings take place via Microsoft Teams and a link is sent to a secure site on the day before)</p> <p>01334 475000 Box Office</p>	<p><b>St Andrews – National Initiative</b> Free ticketed event online Internet connection and video &amp; audio device required Last event Wednesday 1700 21<sup>st</sup> October 2020 – for future events contact the Box Office</p>
<p><b>Christmas Welfare &amp; Food Supports, North East Fife (shared by Business Support, Fife Council)</b> <b>Update (011220): Christmas 2020</b></p>	<p>A host of welfare and food supports in list form; available to people living in NEF pre and during Christmas; list can be downloaded from the Fife Forum website</p>	<p><a href="http://www.fifeforum.org.uk/resources-downloads/">www.fifeforum.org.uk/resources-downloads/</a> (click on 'NEF Christmas Welfare &amp; Food Support 2020')</p>	<p><b>North East Fife</b> Multiple providers</p>

## Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
<b>Care &amp; Share Companionship</b> <b>Update (200820): Service resuming</b>	1-1 visits resumed; either weekly/fortnightly up to 1-hour	<a href="http://www.careandsharecompanionship.org">www.careandsharecompanionship.org</a> 07494129112 Teresa Naylor Facebook care and share companionship	<b>Kirkcaldy Area</b> Directed by Scottish Government guidelines on a weekly basis
<b>Community Meals to Go, Greener Kirkcaldy</b>	For people struggling 2-3 free meals per person can be delivered (deliveries Tues & Fri); most dietary needs catered for (excluding nut allergy); households need to register first	07551325548 <b>Email</b> <a href="mailto:communitymeals@greenerkirkcaldy.org.uk">communitymeals@greenerkirkcaldy.org.uk</a>	<b>Kirkcaldy &amp; Dysart</b> People can self-refer or be registered by an agency
<b>Linktown Tenants &amp; Residents Association</b>	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school children	Private message their Facebook page	<b>Kirkcaldy Area</b> Mon-Fri
<b>The Cottage Family Centre</b>	Support for vulnerable families or individuals within family units - food parcels; daily packed lunches; activity packs	<a href="http://www.thecottagefamilycentre.org.uk">www.thecottagefamilycentre.org.uk</a> 01592 269489 Or contact via Facebook	<b>Kirkcaldy Area</b> Support for any family with a child under 5
<b>Linton Lane Centre, Kirkcaldy</b>	Support within the local community – food parcels; hot food; Foodbank (Mon-Fri)	01592 643816 Or contact via Facebook	<b>Templehall Area, Kirkcaldy</b>
<b>Burntisland Foodbank – Solid Rock, High Street</b>	Free hot drinks & filled rolls and Foodbank; new opening hours	<a href="http://www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/">www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/</a>	<b>Burntisland</b> Tues 1030-1230 Fri 1200-1400
<b>Burntisland Emergency Action Team (BEAT), Volunteer Hub in Toll Centre</b>	Help with essential shopping; prescription collections; dog walking; or someone to speak with; swap shop	<a href="http://www.burntislandcc.org.uk">www.burntislandcc.org.uk</a> 01592 872854 <b>Email</b> <a href="mailto:communitycouncil91@gmail.com">communitycouncil91@gmail.com</a>	<b>Burntisland</b> Mon-Fri 0900-1600

Service:	Brief:	Contact/Links:	Other:
<p><b>Cardenden Community Fridge, Bowhill Community Centre (145 Station Road)</b>  <b>Update (240620):</b> new dedicated line</p>	<p>Free fresh produce as well as tinned and packaged items to help reduce food waste</p>	<p>07767047957</p>	<p><b>Cardenden Area</b>                      Mon 1300-1500                      Fri 1400-1600  <b>Note:</b> Access by side door; social distancing and hygiene rules will be observed</p>
<p><b>Lunch Club, Linton Lane Centre, Kirkcaldy</b>  <b>Update (161120):</b> Lunch Club has temporarily reclosed owing to the introduction of tier 3 restrictions in Fife; this will not reopen until Fife returns to tier 2 or above</p>	<p>Socially distanced lunch club for over 65s; activity after lunch</p>	<p>To book a place contact Mary Henderson (Manager):  <b>Email</b> <a href="mailto:mandyhenderson75@hotmail.com">mandyhenderson75@hotmail.com</a>                      01592 643816</p>	<p><b>Templehall Area, Kirkcaldy</b>                      Wed 1215-1415                      Guidelines will be sent to participants</p>

## Cowdenbeath Locality

Service:	Brief:	Contact/Links:	Other:
<b>Lo'Gelly Lunches, Lochgelly</b>	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	<b>Lochgelly Area</b> Attend Friday 1100-1300
<b>The Whispering Women, Cowdenbeath</b>	Free packed lunches & baby food	Facebook/Messenger <a href="http://www.facebook.com/Thewhisperingwomen/">www.facebook.com/Thewhisperingwomen/</a>	<b>Cowdenbeath Area</b> Deliveries once a week
<b>Benarty Peoples Pantry BRAG Enterprise, Benarty</b>	Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals	01592 860296	<b>Benarty Area; Glenraig, Crosshill, Lochore and Ballingry</b> Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery
<b>Cowdenbeath Salvation Army</b>	Emergency food parcels; befriending telephone calls	01383 512533 07741906029 Ask for Karen Thomas (Lieutenant)	<b>Cowdenbeath Area</b> Food support is available Mon-Fri Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only)
<b>Fife Council Cowdenbeath Area, Befriending</b>	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	07925397314	<b>Cowdenbeath Area</b>
<b>Our Cowdenbeath</b>	Information regarding work going on across the locality including supports available	<a href="http://www.our.fife.scot/cowdenbeatharea/">www.our.fife.scot/cowdenbeatharea/</a> Facebook @ourcowdenbeath	<b>Cowdenbeath Locality</b>

## City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
<b>Abbeyview Day Care</b> <b>Update (081020)</b>	Telephone befriending; prescription collection; dog walking; shopping delivery; home visits for members (charge applicable - £5 per visit)	01383 621738	<b>Abbeyview Area</b> – Dog Walking <b>Dunfermline</b> – Other services
<b>Food for Future - Community Pantry, Abbeyview Dunfermline</b> <b>Update (031120): Contact change</b>	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members pay £2 per week and shop for a minimum of 10 items)	07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday Email <a href="mailto:foodforyourfutureenquiries@gmail.com">foodforyourfutureenquiries@gmail.com</a>	<b>Abbeyview, Halbeath, Duloch, Brucefield &amp; Touch (Dunfermline)</b> Telephone registration only (Wednesday 1000-1400)
<b>GrocerOnLine (Nisa Local Abbeyview), Dunfermline</b>	Online local grocer	Facebook - groceronlineabbeyview 01383 733048	<b>Abbeyview, Dulloch Park, Central Dunfermline &amp; surrounding areas</b> (up to 3.5 miles from store) Mon-Sat 12pm-4pm
<b>RC Ferguson Florists</b>	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	01383 733048	<b>Dunfermline Area</b> (free delivery) Card payments only
<b>Gillespie Memorial Church, Church of Scotland, Dunfermline</b>	Volunteers who can help with: delivering shopping; collecting prescriptions; delivering books/CDs; pastoral support; praying with and for you; & a friendly phone call	01383 621253	<b>Dunfermline &amp; Parish (out to Wellwood)</b> You do not have to be a church member to receive support



Service:	Brief:	Contact/Links:	Other:
<b>Food Trolley, St Margaret's Church of Scotland (Dunfermline)</b>	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	<a href="http://www.stmargscos.org.uk">www.stmargscos.org.uk</a> Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	<b>Touch, Dunfermline</b> Daily Food Trolley situated outside church (Abel Place)
<b>Broomhead &amp; Baldridgeburn, Baldridgeburn Centre, Dunfermline Pantry-for Dunfermline North &amp; Central residents</b>	Free bag of shopping; must register first and 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: 01383 432483	<b>Dunfermline North &amp; Central Residents</b> Tue 1200-1300 (collection slot allocated)
<b>Guardian Peace of Mind</b>	Shopping delivery and gardening service within a 3-mile radius of Dunfermline (privately purchased service)	07462237437 ask for Zeek	<b>Dunfermline &amp; within 3-miles</b>

## South West Fife Locality

<b>Eats Rosyth</b>	Food Packs to vulnerable, over 70s, keyworkers & people isolating	Facebook 07782848705 <b>Email</b> <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a>	<b>Rosyth Area</b> Being delivered to individuals
<b>Louis Browns, Dalgety Bay</b> <b>Update:</b> Preparing for reopening thus covid response service will cease	Free Homemade Food/bread, milk, etc	07711987888 07935664846	<b>Dalgety Bay Area</b> Collection or delivery everyday between 1200-1400 for anyone
<b>Food Pantry Club, Ballast Bank Community Centre (Inverkeithing)</b>	Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre	<a href="http://www.inverkeithingtrust.co.uk/the-food-pantry.html">www.inverkeithingtrust.co.uk/the-food-pantry.html</a> <b>Email</b> <a href="mailto:inverkeithingtrust@gmail.com">inverkeithingtrust@gmail.com</a>	<b>Inverkeithing</b> New service commencing 180620 Thurs 1200-1400 (may close early depending upon food stocks)
<b>The Pantry Club, Valleyfield Community Centre</b>	Surplus food redistribution; £2 for 7 items	Facebook The Pantry Club Valleyfield Community Club	<b>High Valleyfield</b> Tues 1715 collection Wed Deliveries – Over 70s; key workers; people shielding or with Covid symptoms; vulnerable groups
<b>Hyperclub, Ballast Bank Community Centre (Inverkeithing)</b> <b>Update (050820):</b> No longer providing this specific service	Food & activity packs for vulnerable people; available for collection and delivery	07735588480 Facebook @hyperclubinverkeithing	<b>Inverkeithing</b> Contact to arrange delivery or for further information

**Fife Forum - latest edit 280121 - [www.fifeforum.org.uk](http://www.fifeforum.org.uk) email [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)**

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