**Fife Forum (**[**www.fifeforum.org.uk**](http://www.fifeforum.org.uk)**) Covid-19 Supports/Contacts - UPDATE 240920**

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| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Fife Forum**  **Update (220720):** Garden Visits can be arranged where practicable for new referrals from 030820 | Enquiries; signposting; telephone befriending (existing clients; new referrals where required); telephone befriending via Helping Hand (see below) | [www.fifeforum.org.uk](http://www.fifeforum.org.uk)  01592 643743  **Email** [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)  Facebook Fife Forum | **Fife-wide**  Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap |
| **Helping Hand, Fife Voluntary Action**  **Update (240720):** Shopping Delivery to cease from 280820; moving towards befriending/check-in service as the pandemic eases | 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](http://www.fva.org/helping_hand.asp)  0800 389 6046 | **Fife-wide**  Mon-Fri 0900-1800  Weekends 0900-1200 |
| **Prescription Delivery Service, Fife Voluntary Action**  **Update (240720):** 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 | [www.fva.org/prescription.asp](http://www.fva.org/prescription.asp)  0800 389 6046 | **Fife-wide**  Mon-Sun 0800-2000  Individuals must be unable to collect their prescriptions themselves and have no one who can collect them on their behalf.  **Methadone and Subutex:** Unable to collect or deliver these drugs. Please contact addiction services on **01592 716446** if help is required |
| **Elders Crisis Contact Centre, Castle** | A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections | 01334 898669 | **Fife-wide**  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:** |
| **Age Scotland** | Free helpline for the over 50s and online support | [www.ageuk.org.uk/scotland/](http://www.ageuk.org.uk/scotland/)  0800 12 44 222 | **National**  Mon-Fri 0900-1700 |
| **Breathing Space** | Free helpline for people experiencing mental health issues | 0800 83 85 87 | **National**  Mon-Thurs 1800-0200  Fri-Mon 1800-0600 |
| **Auchtermuchty Community Centre** | Hot meal deliveries | 01337 827068 | **Auchtermuchty & Dunshalt**  Mon, Wed & Fri |
| **Scottish Government National Assistance Helpline** | A new national helpline to provide essential assistance to those who don’t have a network of support but who are at high risk of contracting COVID-19. | 0800 111 4000 | **National**  Links people over 70 or who receive the flu vaccine for medical reasons in to local supports such as Helping Hand (above) |
| **East Neuk Community & Emergency Planning Team**  **Update (208020):** Emergency Response Deactivated | From 200720 - Signposting list now available | 0800 999 6543  Facebook or Messenger @ENCEPT.UK | **East Neuk** |
| **Cosy Kingdom** | Telephone energy advice, including energy debt support | 01592 807930  Text COSY then your NAME to 88440  **Email** [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk) | **Fife-wide**  Mon-Fri 0900-1700 |
| **Re-engage** | Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact | [www.reengage.org.uk/refer/](https://www.reengage.org.uk/refer/)  0800 716 543 | **National** |
| **Operation Connect, RAF** | Telephone services for those with RAF links – services include: a friendship helpline; bag drops; daily RAF themed online entertainment | [www.rafa.org.uk/operation-connect/](http://www.rafa.org.uk/operation-connect/)  0800 018 2361 | **National** |
| **Sporting Memories** | Wish to demonstrate the health, wellbeing and social benefits of talking about sport | [www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)  **Email** [admin@thesmf.co.uk](mailto:admin@thesmf.co.uk) | **National** |
| **Scotland Hourglass (Action on Elder Abuse)** | Free shopping bag delivery for older people in isolation. | 07496323801  **Email** [colinscott@wearehourglass.org](mailto:colinscott@wearehourglass.org) | **Dunfermline & West Fife** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Largo Area Coronavirus Response Team** | 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 **New Gilston & Woodside; Newburn & Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links** |
| **Age Concern Glenrothes**  **Update (200720)** | 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 | [www.ageconcernglenrothes.org](http://www.ageconcernglenrothes.org)  01592 756316 | **Glenrothes, Leslie, Markinch, Thornton and Coaltown of Balgonie** |
| **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](mailto:covid.communityhelpline@fife.gov.uk) | **Fife-wide** |
| **Abbeyview Day Care** | Telephone befriending; prescription collection; dog walking; and, shopping delivery | 01383 621738 | **Abbeyview Area** – Dog Walking  **Dunfermline** – Other services |
| **Markinch Community Council** | Shopping; dog walking; gardening; and, a friendly voice | 07922221629 | **Markinch**  Mon-Sat 0900-1600 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Dunfermline Central Mosque** | Shopping/essential deliveries including halal; free food parcels for those 60+ and in need | Telephone or SMS 07946636913 | **Dunfermline to Rosyth** |
| **Care & Share Companionship**  **Update (200820):** Service resuming | 1-1 visits resumed; either weekly/fortnightly up to 1-hour | [www.careandsharecompanionship.org](http://www.careandsharecompanionship.org) 07494129112 Teresa Naylor  Facebook care and share companionship | **Kirkcaldy Area**  Directed by Scottish Government guidelines on a weekly basis |
| **Foodbanks** | 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](mailto:info@cupar.foodbank.org.uk)  **Dunfermline:** 07580231286 **email** [info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)  **East Neuk:** Anstruther Church - Tues 1200-1600; Thurs 1600-1800  **Glenrothes:** 01592 631088 **email** [info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)  **Kirkcaldy:** Various locations, website [www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk/)  **Levenmouth:** 07966502854 Delivery only  **St Andrews:** 01334 474940 (option 2) **email** [storehouse@kingdomvineyard.com](mailto:storehouse@kingdomvineyard.com)  **Taybridgehead:** 07840957039 (emergencies only) | Owing to Covid-19 there may be **local variations** so please contact  Glenrothes Foodbank can now only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020) |
| **Coronavirus SAMH Mental Health Hub** | Online support and signposting | [www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub](http://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub) | **National** |
| **Eats Rosyth** | Food Packs to vulnerable, over 70s, keyworkers & people isolating | Facebook  07782848705  **Email** [info@eatsrosyth.org.uk](mailto:info@eatsrosyth.org.uk) | **Rosyth Area**  Being delivered to individuals |
| **Lo’Gelly Lunches, Lochgelly** | Emergency Food Supplies | Lochgelly Town Hall  Facebook & Messenger | **Lochgelly Area**  Attend Friday 1100-1300 |
| **Raith Fruit Shop** | Fruit/Veg & some essentials being delivered | [www.raithfruit.com](http://www.raithfruit.com)  01592 653444 | **Kirkcaldy, Dunfermline & Glenrothes Areas** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Food for Future - Community Pantry, Abbeyview Dunfermline**  **Update (070920)** | 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) | Email [foodforyourfutureenquiries@gmail.com](mailto:foodforyourfutureenquiries@gmail.com) email to become a new member with contact and name or private message via Facebook (Food For Your Future – Community Pantry) | **Abbeyview, Halbeath, Duloch, Brucefield & Touch (Dunfermline)** |
| **Louis Browns, Dalgety Bay**  **Update:** Preparing for reopening thus covid response service will cease | Free Homemade Food/bread, milk, etc | 07711987888  07935664846 | **Dalgety Bay Area**  Collection or delivery everyday between 1200-1400 for anyone |
| **Benarty Fruits, Lochore** | Fruit/Veg deliveries | [www.benartyfruits.co.uk/shop](http://www.benartyfruits.co.uk/shop)  07786025233 | **Oakley to Glenrothes**  Open Mon-Fri 0900-1500 & Sat 0900-1200 |
| **The Whispering Women, Cowdenbeath** | Free packed lunches & baby food | Facebook/Messenger www.facebook.com/Thewhisperingwomen/ | **Cowdenbeath Area**  Deliveries once a week |
| **Benarty Peoples Pantry**  **BRAG Enterprise, Benarty** | Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals | 01592 860296 | **Benarty Area; Glencraig, Crosshill, Lochore and Ballingry**  Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery |
| **Aberdour Bakery, Aberdour**  **Update (290620):** Reopening for business from 170720 following brief closure | Fresh bakery products & some essentials | 01383 860530 | **Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay & surrounding areas**  Mon-Sat 0800-1400 |
| **GrocerOnLIne (Nisa Local Abbeyview), Dunfermline** | Online local grocer | Facebook - groceronlineabbeyview  01383 733048 | **Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas** (up to 3.5 miles from store)  Mon-Sat 12pm-4pm |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Womens Wellbeing Club** | Female only mental health group – online resource | Facebook [www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk) | **Glenrothes & Dunfermline** |
| **RC Ferguson Florists** | Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep) | 01383 733048 | **Dunfermline Area** (free delivery)  Card payments only |
| **Breaking Free from Substance Use** | Evidence-based recovery support programme – online resource | [www.breakingfreeonline.com](http://www.breakingfreeonline.com)  **Email** [info@breakingfreegroup.com](mailto:info@breakingfreegroup.com) | **National**  Support can be accessed 24/7 |
| **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](http://www.opfs.org.uk) | **National**  Applications must be endorsed and submitted by a sponsor (Social Worker; Health Care professional; Housing Officer, teachers; clergy; or, Third Sector organisations)  If you do not have a sponsor contact 0131 556 3899 or [energygrants@opfs.org.uk](mailto:energygrants@opfs.org.uk) |
| **Samaritans Scotland Helpline** | Telephone helpline, listening ear | Telephone 116 123  **Email** [jo@samaritans.org](mailto:jo@samaritans.org) | **National** |
| **Frank Helpline** | Telephone helpline if someone wants to speak about drugs in confidence | [www.talktofrank.com](http://www.talktofrank.com)  0300 123 3393 | **National**  24-hour helpline |
| **SCLD (Scottish Consortium for Learning Disabilities)** | Easy read coronavirus information | [www.scld.org.uk](http://www.scld.org.uk)  0141 248 3733 | **National** |
| **Scottish Women’s Aid** | Covid-19 advice and information for women, children and young people experiencing domestic abuse | [www.womensaid.scot/covid-19/](http://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](http://www.sdafmh.org.uk)  0800 027 1234  **Email** [helpine@sdafmh.org.uk](mailto:helpine@sdafmh.org.uk) | **National**  24-hour helpline  Translation service available |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Shelter Scotland** | Housing advice and homelessness | [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)  0808 800 4444 | **National**  Mon-Fri Office Hours |
| **LGBT Helpline Scotland** | Helpline for LGBT people | [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)  0300 123 2523  **Email** [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk) | **National**  Tues, Wed 1200-2100  Thurs, Sun 1300-1800 |
| **National LGBT+ Domestic Abuse Helpline** | Helpline for LGBT+ people experiencing domestic abuse | [www.galop.org.uk](http://www.galop.org.uk)  0800 999 0327 | **National**  Mon, Tues, Fri 1000-1700  Wed, Thurs 1000-2000 |
| **Respect Men’s Advice Line** | Helpline for men experiencing domestic abuse | 0808 8010327 | **National**  Mon, Wed 0900-2000  Tues, Thurs, Fri 0900-1700 |
| **Alzheimer Scotland & Fife Services** | 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 | [www.alzscot.org/information-during-coronavirus](http://www.alzscot.org/information-during-coronavirus)  Telephone Befriending & 24-Hour Helpline – 0808 808 300  Local Supports, Advice and Information – 01592 204541  **Email** [fifeservices@alzscot.org](mailto:fifeservices@alzscot.org) (Local Services)  **Email** [helpline@alzscot.org](mailto:helpline@alzscot.org) (National) | **National & Fife-wide**  Fife Services –Mon-Thurs 0900-1600; Fri 0900-1500  National Services –24-Hour |
| **East Neuk Frail Elderly Project** | Continuing to support existing clients alongside working in partnership with The East Neuk Community & Emergency Planning Team to provide individual support, which includes: delivering a free food/essential gift bag to vulnerable people on a weekly basis; and, on Saturdays delivering free Soup & Sandwich Combo to the over 50s | Contact Ruby Urlotti (East Neuk Frail Elderly Project)  Email [enproject10@gmail.com](mailto:enproject10@gmail.com) | **East Neuk** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Citizens Advice Scotland** | Online advice | [www.cas.org.uk](http://www.cas.org.uk)  Coronavirus advice - what it means to you | **National** |
| **Citizens Advice & Rights Fife** | Telephone advice | [www.cabfife.org.uk](http://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 |
| **Leslie Baptist Church** | If you are struggling with loneliness or to provide food for your family they are keen to assist | **Email** [community@lesliebaptistchurch.org.uk](mailto:community@lesliebaptistchurch.org.uk) | **Leslie** |
| **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 |
| **Guardian Peace of Mind** | Shopping delivery and gardening service within a 3-mile radius of Dunfermline (privately purchased service) | 07462237437 ask for Zeek | **Dunfermline & within 3-miles** |
| **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 |
| **Colinsburgh & Kilconquhar Community Council** | Volunteer community supports | **Email** [colkilcc2@gmail.com](mailto:colkilcc2@gmail.com) | **Colinsburgh & Kilconquhar** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Scottish Fire Service** | 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](http://www.firescotland.gov.uk)  0800 0731 999  [www.firescotland.gov.uk/your-safety/hfsv-form.aspx](https://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](mailto:e.fifecse@firescotland.gov.uk) |
| **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](http://www.communityaidstandrews.co.uk)  03000 122014  **Email** [hello@communityaidstandrews.co.uk](mailto: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 |
| **British Red Cross** | The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with | **For General Public: National Support Line** 0808 196 3651  1000-1800 daily  **For Partner Agencies: Call Centre for Referrals** (Dalkeith) 0131 654 0340  Mon-Fri 0900-1630 | **National**  British Red Cross National Telephone Support Line  **Edinburgh, Lothians & Fife** Call Centre for Referrals |
| **Fife One Stop Shop, Scottish Autism** | 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 | [www.scottishautism.org/services-support/family-support/fife-one-stop-shop](http://www.scottishautism.org/services-support/family-support/fife-one-stop-shop)  01592 645350  **Email** [fifeoss@scottishautism.org](mailto:fifeoss@scottishautism.org) | **Fife-wide**  Aim to respond within 3 working days |
| **Advice Line Plus, Scottish Autism** | Extended hours advice line providing reassurance, guidance and support for autistic people and their families | [www.scottishautism.org/services-support/family-support/advice-line-plus](http://www.scottishautism.org/services-support/family-support/advice-line-plus)  01259 222022  **Email** [advice@scottishautism.org](mailto:advice@scottishautism.org) | **National**  7-days 0800-2000 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **AbilityNet**  **(Technology Support)** | 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 | [www.abilitynet.org.uk](http://www.abilitynet.org.uk)  0800 269 545 | **National**  UK Office Hours |
| **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:**  01592 205472  **Email** [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk) | **Fife-wide** |
| **Personal Protective Equipment (PPE) for Personal Assistants (Self-Directed Support)** | 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) | **To request PPE contact SDS Options Fife:**  01592 803280  **Email** [ppe@sdsoptionsfife.org.uk](mailto:ppe@sdsoptionsfife.org.uk) | **Fife-wide** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **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/](http://www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/) | **Burntisland**  Tues 1030-1230  Fri 1200-1400 |
| **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](http://www.burntislandcc.org.uk/)  01592 872854  **Email** [communitycouncil91@gmail.com](mailto:communitycouncil91@gmail.com) | **Burntisland**  Mon-Fri 0900-1600 |
| **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  01333 450218  **Email** [jbpenman01@btconnect.com](mailto:jbpenman01@btconnect.com) | **East Neuk, St Andrews & surrounding area** |
| **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](https://www.facebook.com/ArdrossFarmShop) a series of live behind the scene tours with some of their favourite producers (interactive) | [www.ardrossfarm.co.uk](http://www.ardrossfarm.co.uk)  01333 331400  **Email** [info@ardrossfarm.co.uk](mailto:info@ardrossfarm.co.uk) | **North East Fife**  Payments are made over the telephone prior to delivery |
| **Collydean Community Centre, Glenrothes – Community Supports** | 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  **Further information please contact Rose Duncan, Centre Manager** on 01592 742913 or 07926503923  **Email** [rose@collydeancommunitycentre.co.uk](mailto:rose@collydeancommunitycentre.co.uk) | **North Glenrothes (including Cadham and Leslie)** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **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 | 07925397314 | **Cowdenbeath Area** |
| **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; & a friendly phone call | 01383 621253 | **Dunfermline & Parish (out to Wellwood)**  You do not have to be a church member to receive support |
| **Cowdenbeath Salvation Army** | Emergency food parcels; befriending telephone calls | 01383 512533  07741906029  Ask for Karen Thomas (Lieutenant) | **Cowdenbeath Area**  Food support is available Mon-Fri  Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only) |
| **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](mailto: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 |
| **Co-operate (Co-op)** | Online portal for information & guidance during the Covid-19 pandemic | [www.co-operate.coop.co.uk/support/](http://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 |
| **snappyshopper.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:** |
| **Cardenden Community Fridge, Bowhill Community Centre (145 Station Road) Update (240620):** new dedicated line | Free fresh produce as well as tinned and packaged items to help reduce food waste | 07767047957 | **Cardenden Area**  Mon 1300-1500  Fri 1400-1600  **Note:** Access by side door; social distancing and hygiene rules will be observed |
| **Community Meals to Go, Greener Kirkcaldy** | 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  **Email** [communitymeals@greenerkirkcaldy.org.uk](mailto:communitymeals@greenerkirkcaldy.org.uk) | **Kirkcaldy & Dysart**  People can self-refer or be registered by an agency |
| **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](http://www.carehomefans.org) | **National** |
| **Saje Scotland**  **Update (090920):** New 10-week Freedom Programme from 240820; a rolling programme over 6 weeks | Empowering women to make positive choices about their lives; groups are running online (Zoom) and support is offered by phone and email | [www.sagescotland.org](http://www.sagescotland.org)  [Get in touch to book a place on a course or get more information](http://www.sajescotland.org/book-a-course/application-form-participant/)  07909482279 or 07887248354  **Email** [info@safescotland.org](mailto:info@safescotland.org) | **National** |
| **Fife Migrants Forum** | Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English | [www.fifemigrantsforum.org.uk](http://www.fifemigrantsforum.org.uk)  01592 642927  Facebook @fife.migrants  **Email** [info@fifemigrantsforum.org.uk](mailto:info@fifemigrantsforum.org.uk) | **Fife-wide**  Main chatroom & local chatrooms can be accessed  Telephone 0930-1300 |
| **Kirkcaldy Central Mosque** | Free Food Packs | [www.kirkcaldymosque.org.uk](http://www.kirkcaldymosque.org.uk)  01592 641057 | **Fife-wide** deliveries |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Chest Heart & Stroke Scotland** | Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries | [www.chss.org.uk](http://www.chss.org.uk)  0808 801 0899 | **National** |
| **Friendship Cabin** | 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 | 07423154632 ask for Pearl | **Fife-wide** |
| **Gingerbread Fife** | 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 | [www.fifegingerbread.org.uk](http://www.fifegingerbread.org.uk)  01592 725210  **Email** [info@fifegingerbread.org.uk](mailto:info@fifegingerbread.org.uk) | **Fife-wide with Local Projects**  Helpline:  Mon-Thurs 0900-1700  Fri 0900-1530 |
| **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** | Support for vulnerable families or individuals within family units - food parcels; daily packed lunches; activity packs | [www.thecottagefamilycentre.org.uk](http://www.thecottagefamilycentre.org.uk)  01592 269489  Or contact via Facebook | **Kirkcaldy Area**  Support for any family with a child under 5 |
| **Linton Lane Centre, Kirkcaldy** | Support within the local community – food parcels; hot food; Foodbank (Mon-Fri) | 01592 643816  Or contact via Facebook | **Templehall Area, Kirkcaldy** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Arden House Projects, Leven** | 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](http://www.ardenproject.org.uk)  01333 303210  **Email** [ardenhp@googlemail.com](mailto: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 |
| **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](http://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 | **Valleyfield, Dunfermline**  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 | 07735588480  Facebook @hyperclubinverkeithing | **Inverkeithing**  Contact to arrange delivery or for further information |
| **Sam’s Mental Health Café (SAMH), Linton Lane Centre, Templehall, Kirkcaldy**  **Update (240720):** reopened | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in | [www.samscafe.org.uk](http://www.samscafe.org.uk)  **Write to** Sam’s, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS  **Email** [sams.cafe@samh.org.uk](mailto:sams.cafe@samh.org.uk) | **Kirkcaldy (Fife-wide with enquiries or for those able to access)**  Wed, Fri, Sat, Sun 1500-2100 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Sam’s Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS**  **Update (070920):** reopened | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in | [www.samscafe.org.uk](http://www.samscafe.org.uk)  07725214012  **Write to** Sam’s, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS  **Email** [sams.cafe@samh.org.uk](mailto:sams.cafe@samh.org.uk) | **Dunfermline (Fife-wide with enquiries or for those able to access)**  Thu, Fri, Sat, Sun 1500-2300 |
| **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/](http://www.gillespiechurch.org/mission-outreach/f3-food-for-families/)  07518902602 Leave a message or text & you will get a call back  **Email** [f3gillespiechurch@gmail.com](mailto:f3gillespiechurch@gmail.com)  Facebook F3 or foodforfamiliesdunfermline | **Dunfermline & West Fife**  Service commences from 060720 |
| **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](http://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) |
| **Monday Lunch Club, St Agatha’s & St Giles RC Church, 160 Methil Brae, Methil**  **Update (210720):** Reopens from 270720 | Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall | Facebook @stagthas | **Methil (Levenmouth)**  Mon 1200-1330 |
| **Dance For Life, Strathearn Arts, Crieff** | 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 [megan@strathearnarts.org](mailto:megan@strathearnarts.org)  For further information or to sign up contact Janice Fraser:  07921771486 | **Based in Crieff – Currently open to anyone**  Mon, Tue, Thur 1400 via Zoom |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Broomhead & Baldridgeburn, Baldbridgeburn Centre, Dunfermline Pantry-for Dunfermline North & Central residents** | 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 | **Dunfermline North & Central Residents**  Tue 1200-1300 (collection slot allocated) |
| **Fife Bus (previously known as Dial a Ride and Ring & Ride)** **Update:** Commencing 170820 and bookable from 140820 | 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 | [www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport](http://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](https://www.fife.gov.uk/__data/assets/excel_doc/0039/79995/Fifebus-Service-by-Town-August-2020.xlsx" \t "_blank)  03451 55 11 88 | **Fife-wide**  Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday |
| **Lead Scotland Befriending (Adults)** | 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 | [www.lead.org.uk](http://www.lead.org.uk)  07950 771875 Louise Andree  **Email** [louiseandree@lead.org.uk](mailto:louiseandree@lead.org.uk) | **Fife-wide**  Mon-Thu (working days) |
| **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](http://www.lead.org.uk/)  [0131 228 9441](tel:01312289441) or 07775844885 Emma Pauley  **Email** [epauley@lead.org.uk](mailto:epauley@lead.org.uk) | **Fife-wide**  Tue, Thu, Fri (working days) |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Lead Scotland Learning Project** | 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](http://www.lead.org.uk/)  07768 916460 Dawn Robb (Fife Learning Co-ordinator)  **Email** [drobb@lead.org.uk](mailto:drobb@lead.org.uk) | **Fife-wide**  Support will be provided by volunteers, who are PVG members; priority given to people who live on their own |
| **Fife Sports & Leisure Trust**  **Update (080920):** Phased reopening from 140920 | Final preparations underway for a phased re-opening; leisure centres aim to be reopened over 4 key dates (140920; 280920; 121020; 281020 – see website for detail) | [www.fifeleisure.org.uk/coronavirus-update/](http://www.fifeleisure.org.uk/coronavirus-update/) | **Fife-wide**  Phased reopening of centres; membership updates and offers |
| **Fife Centre for Equalities – 60+ Minority Ethnic Older People Project**  **Update (090920)** | Minority ethnic older people 60+ can use this support to access public services; access befriending; & information and signposting | [www.centreforequalities.org.uk](http://www.centreforequalities.org.uk)  01592 645310 Centre or  07826753539 Direct line for Damian Hoggan-Radu (Operational Assistant)  **Email** [info@centreforequalities.org.uk](mailto:info@centreforequalities.org.uk) or [damian@centreforequalities.org.uk](mailto:damian@centreforequalities.org.uk)  **Cantonese** 07881 925301  **Romanian** 07826 753539  **Urdu** 07827 405915  Vârstnicii etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice  少數⺠族⻑者現在可透過我們的服務獲得公共服 務的資訊  فائف کے اقالیتی بزرگ اب ہماری مدد سے پبلک سروسز کی رسائی حاصل کرسکتے ہیں  For other languages, the Centre will find the right interpreter. | **Fife-wide**  Alongside the aforementioned service the Centre’s vison 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:** |
| **Fife Carers Centre**  **Update (220920)** | 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 **(see separate entry, p10)** | [www.fifecarerscentre.org](http://www.fifecarerscentre.org)  01592 205472  **Email** [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk) | **Fife-wide**  Referrals can be made via the telephone or the online portal |
| **Link Living, Better Than Well** | Provide up to eight supported self-help sessions to adults who experienced childhood trauma before the age of 18; the sessions aim to help participants understand and manage current difficulties focusing on what is happening now; support is 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 [selfhelp@linkliving.org.uk](mailto:selfhelp@linkliving.org.uk)  **Write to** Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE | **Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy**  Participants must live in the abovementioned localities |