**Fife Forum (**[**www.fifeforum.org.uk**](http://www.fifeforum.org.uk)**) Covid-19 Supports/Contacts - UPDATE 151020**

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| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Fife Forum****Update (220720):** Garden/outdoor visits can be arranged where practicable/permissable 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 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 0900-1800Weekends 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 0800-2000Individuals 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 1800-0200Fri-Mon 1800-0600 |
| **Auchtermuchty Community Centre****Update (081020)** | Hot meal deliveries; Foodbank; free packed lunches during school breaks | 01337 827068Facebook (PM for free packed lunches) @AuchtermuchtyCommunityCentre | **Auchtermuchty & Dunshalt**Mon 1400-1500; Wed 1730-1830 Foodbank |
| **Scottish Government National Assistance Helpline****Update (081020):** Remains in operation for those self-isolating or at risk | 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 6543Facebook or Messenger @ENCEPT.UK | **East Neuk** |
| **Cosy Kingdom** | Telephone energy advice, including energy debt support  | 01592 807930Text COSY then your NAME to 88440**Email** 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 includes: 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****Update (081020)** | Aim to demonstrate the health, wellbeing and social benefits of talking about sport | [www.sportingmemoriesnetwork.com](http://www.sportingmemoriesnetwork.com)**Email** admin@thesmf.co.uk **Local Contact** 07941123278 Gary, Group Delivery & Practice Co-ordinator | **National & Kirkcaldy; Glenrothes Online Groups**Wed 1030-1200 KirkcaldyWed 1330-1500 Glenrothes |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Largo Area Coronavirus Response Team****Update (151020):** Remains operable with volunteers on standby | Support to access local shopping delivery services and deliveries where local shops are unable; Telephone befriending for isolated people is also being developed | 0800 999 3465 | 5 local contacts for **New Gilston & Woodside; Newburn & Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links** |
| **Age Concern Glenrothes****Update (081020):** Currently at capacity; however, new allocations are anticipated in due course | 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  | **Fife-wide** |
| **Abbeyview Day Care****Update (081020)** | Telephone befriending; prescription collection; dog walking; shopping delivery; home visits for members (charge applicable - £5 per visit) | 01383 621738 | **Abbeyview Area** – Dog Walking**Dunfermline** – Other services |
| **Markinch Community Council****Update (091020):** Ceased | Shopping; dog walking; gardening; and, a friendly voice | 07922221629 | **Markinch**Mon-Sat 0900-1600  |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Scotland Hourglass (Action on Elder Abuse)** | Free shopping bag delivery for older people in isolation. | 07496323801**Email** colinscott@wearehourglass.org | **Dunfermline & West Fife** |
| **Dunfermline Central Mosque** | Shopping/essential deliveries including halal; free food parcels for those 60+ 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**Dunfermline:** 07580231286 **email** info@dunfermline.foodbank.org.uk**East Neuk:** Anstruther Church - Tue 1200-1600; Thu 1600-1800**Glenrothes:** 01592 631088 **email** info@glenrothes.foodbank.org.uk**Kirkcaldy:** Various locations, website [www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk/)**Levenmouth:** 07966502854 Delivery only**St Andrews:** 01334 474940 (option 2) **email** storehouse@kingdomvineyard.com**Taybridgehead:** 07840957039 (emergencies only) | Owing to Covid-19 there may be **local variations** so please contactGlenrothes 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 | Facebook07782848705**Email** info@eatsrosyth.org.uk  | **Rosyth Area**Being delivered to individuals |
| **Lo’Gelly Lunches, Lochgelly** | Emergency Food Supplies | Lochgelly Town HallFacebook & 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 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 | 0771198788807935664846 | **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 - groceronlineabbeyview01383 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  | **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 |
| **Samaritans Scotland Helpline** | Telephone helpline, listening ear | Telephone 116 123**Email** 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 | **National**24-hour helplineTranslation 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 or a friendly voice for LGBT people  | [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)0300 123 2523**Email** helpline@lgbthealth.org.uk  | **National**Tues, Wed 1200-2100Thurs, 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 1000-1700Wed, 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 300Local Supports, Advice and Information – 01592 204541**Email** fifeservices@alzscot.org (Local Services)**Email** helpline@alzscot.org (National) | **National & Fife-wide**Fife Services –Mon-Thurs 0900-1600; Fri 0900-1500National Services –24-Hour |
| **East Neuk Frail Elderly Project****Update (091020)**  | 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 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** | Assisting those struggling with loneliness or providing food for their family | **Email** 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****Update (091020):** Ceased | Volunteer community supports | **Email** 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 |
| **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   | **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 36511000-1800 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 | **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 | **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 | **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  | **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 1030-1230Fri 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  | **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 Butchers01333 450218**Email** 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  | **North East Fife**Payments are made over the telephone prior to delivery |
| **Collydean Community Centre, Glenrothes – Community Supports****Update 081020** | Free food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices along with free Wi-Fi to the elderly & vulnerable; telephone befriending | **Free food parcels, shopping, prescriptions, etc** 01592 359012**Disbursement of Funds** 01592 742913**Digital Connectivity** 01592 359022**Telephone Befriending** 01592 359040**Community Pantry** Mon-Fri 0900-1645**Further information please contact Rose Duncan, Centre Manager** on 01592 742913 or 07926503923 **Email** 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 51253307741906029Ask for Karen Thomas (Lieutenant)  | **Cowdenbeath Area**Food support is available Mon-FriSat-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  | **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 1300-1500Fri 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  | **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  | **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 642927Facebook @fife.migrants**Email** info@fifemigrantsforum.org.uk | **Fife-wide**Main chatroom & local chatrooms can be accessedTelephone 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 | **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 269489Or 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 643816Or 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 | **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 180620Thurs 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 collectionWed 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  | 07735588480Facebook @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  | **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 | **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.comFacebook 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 @StMargsCoSContact 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:07789639956Email 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%2C-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%22%20%5Ct%20%22_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 | **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 or 07775844885 Emma Pauley**Email** 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 | **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 or07826753539 Direct line for Damian Hoggan-Radu (Operational Assistant)**Email** info@centreforequalities.org.uk or damian@centreforequalities.org.uk **Cantonese** 07881 925301 **Romanian** 07826 753539 **Urdu** 07827 405915Vârstnicii 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 ہیںFor 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  | **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 644048Email 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 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Scotland Cycle Repair Scheme (supported by Scottish Government & administered by Cycle UK)** | 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) | [www.cyclinguk.org/ScotCycleRepair](http://www.cyclinguk.org/ScotCycleRepair) **Email (for Bike Shops)** scrs@cyclinguk.org If a Bike Shop would like to participate in the scheme contact by email | **National**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 stickerThe scheme is universal but is intended for those who would otherwise struggle to pay for the repairs |
| **The Good Care Group Scotland Limited (Live-in Respite Provider)**  | Dedicated privately purchased live-in care provider rated outstanding by the CQC and excellent by the Care Inspectorate; the shortest contract offered is the Respite Package 24/7 Live-in Care (cost per week £1692.00 for a minimum of 14 days and can be taken in 2 separate blocks); regulated live-in care provided throughout Scotland | [www.thegoodcaregroup.com](http://www.thegoodcaregroup.com)0203 728 7577 Dedicated Client Services**Email** clientservices@thegoodcaregroup.com[TGCG Scotland- Care Brochure -There's nowhere better than home](https://www.paperturn-view.com/?pid=MTE113590&v=9) **(ctrl & click to follow link)** | **National**Specialist respite care available - includes dementia; Parkinson’s; MSThere 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 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Individuals – Hardship Grants – Funding Sources (link provided by Fife Voluntary Action & the Funding & Monitoring Team, Fife Council)**  | Funding sources and hardship assistance during Covid-19 (external links) | [**Pandemic Funding for Individuals**](http://r20.rs6.net/tn.jsp?f=001kcqjAGoAXBEjZneQaylH7ZCmJTXYefn7Fh0Afyq7vWrOSf7QcJ41owL5we-HRH1c_JvvHJ0URzCXH2kxnYzc_rN65vQmXmpDKKJFQgdsEJRzvfdh2pC5fOYunXJzhZFtSFTtK7rDjTstrjSnG1h0Sr6rgXwdR-HpPrsYogqq26k0OQ80Kxvp2X9xD8ikjA3RAk0jvxLLEZg83l-J9W8iyj0i5JJdWd3XQjCF5xHEY9BjcRp9ROJspMidzOOR5_MY&c=3NcVSMfv3gH8aJKbyP9hHEv6UGhnG8tpa42YZpt69R_6MItMF-jASw==&ch=hhgRVTxLYzJGrbwbOspnpNACC1sbJ6tTsP0ku9ik8S1mLUTXIhi6sg==) **(ctrl & click to follow link)**01592 583498 Funding & Monitoring Team, Fife Council  | **National & Fife-wide** |
| **Clothesline, North East Fife Community Hub, St Andrews****Update (051020):** Reopened | 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 JillFacebook @CommunityHubNEF**Email** nefcommunityhub@gmail.com | **St Andrews/NE Fife** |
| **Wells Near Me, Fife Health & Social Care Partnership and Partners****Update (091020):** Reopening The Wells (virtual) from 041120 | 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 & well-being issues, including available supports; participants will enter a virtual waiting room or can pre-book an appointment | [www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well)**Email** Aleksandra.Atanasova@fife.gov.uk to make an appointment (please include: name, contact, and brief description of the issue)0800 952 0330 Tel Covid Community Helpline for people who do not have access to technology/internet | **Fife-wide**Internet enabled video device; chrome or safari browser requiredFor people entering the virtual waiting room please be advised you may not be seen if time expires |
| **Covid-19 Helpline (delivered on behalf of NHS 24)** | General advice & guidance for non-clinical needs, including help & advice in relation to testing | 0800 028 2816Dial 111 for medical assistance | **National** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Business Support Helpline (Scottish Government)** | Official helpline for businesses for all questions related to coronavirus financial support and essential advice | 0300 303 0660 | **National** |
| **Employers’ Helpline (Healthy Working Lives)** | Practical workplace advice on health, safety and well-being information | 0800 019 2211 | **National** |