

12/23/2020

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) 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

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

National

Service:	Brief:	Contact/Links:	Other:
Age Scotland Update (051120)	Free helpline for the over 50s and online support	www.ageuk.org.uk/scotland/ 0800 12 44 222 Order Your 2021 Calendar Here : Follow link for free calendar (ctrl & click link)	National Mon-Fri 0900-1700
Breathing Space Update (031220)	Free helpline for people experiencing mental health issues	www.breathingspace.scot (for info & to download 'The Little Book of Caring Ways') 0800 83 85 87	National Mon-Thurs 1800-0200 Fri-Mon 1800-0600
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 and who are at greater risk if they contract 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 (see Fife-wide)
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/ 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/ 0800 018 2361	National
Coronavirus SAMH Mental Health Hub	Online support and signposting	www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub	National
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 0300 123 3393	National 24-hour helpline
SCLD (Scottish Consortium for Learning Disabilities)	Easy read coronavirus information	www.sclld.org.uk 0141 248 3733	National

Service:	Brief:	Contact/Links:	Other:
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	National 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 energygrants@opfs.org.uk
Scottish Women's Aid	Covid-19 advice and information for women, children and young people experiencing domestic abuse	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 0800 027 1234 Email helpline@sdafmh.org.uk	National 24-hour helpline Translation service available
LGBT Helpline Scotland	Helpline or a friendly voice for LGBT people	www.lgbthealth.org.uk 0300 123 2523 Email 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 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
Citizens Advice Scotland	Online advice	www.cas.org.uk Coronavirus advice - what it means to you	National
Shelter Scotland	Housing advice and homelessness	www.scotland.shelter.org.uk 0808 800 4444	National Mon-Fri Office Hours

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 0800 0731 999 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
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
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 Telephone Befriending & 24-Hour Helpline – 0808 808 300 Local 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 0900-1500 National Services – 24-Hour
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 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 0800 269 545	National UK Office Hours
Co-operate (Co-op)	Online portal for information & guidance during the Covid-19 pandemic	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
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	National
Saje Scotland Update (071220): 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	www.sagescotland.org Get in touch to book a place on a course or get more information 07909482279 or 07887248354 Email info@safescotland.org	National

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 0808 801 0899	National
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 For further information or to sign up contact Janice Fraser: 07921771486	Based in Crieff – Currently open to anyone Mon, Tue, Thur 1400 via Zoom
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 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 sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs

Service:	Brief:	Contact/Links:	Other:
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 0203 728 7577 Dedicated Client Services Email clientservices@thegoodcaregroup.com TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl & click to follow link)	National 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
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 (ctrl & click to follow link) 01592 583498 Funding & Monitoring Team, Fife Council	National & Fife-wide
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 2816 Dial 111 for medical assistance	National
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

Service:	Brief:	Contact/Links:	Other:
Face Covering Exemptions, Scottish Government & NHS Scotland	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	www.exempt.scot for information and online applications 0800 121 6240 for telephone applications for those without internet access	National Online or Mon-Fri 1000-1500 for telephone applications
SHOUT, UK Text Messaging Helpline	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)	www.giveusashout.org Text SHOUT to 85258 Text STOP to stop conversation Text START to 85258 to re-start the conversation Text LOOFAH following your conversation to remove/scrub data from system Email info@giveusashout.org if contacting from a network listed and the service does not appear to be working (include your mobile phone number and network provider)	National 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)
Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220	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	www.dementiatip-share.org.uk Email philly@myid.org.uk for further information	National

Fife-wide

Service:	Brief:	Contact/Links:	Other:
Fife Forum Update (211220): Essential visits may be arranged where practicable/permissible excluding periods where Fife is in Tier 4; Fife Forum closed from 241220 returning 050121	Enquiries; signposting; telephone befriending (existing clients; new referrals where required); telephone befriending via Helping Hand (see below)	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 (211220): Continuing befriending enquiries & signposting (reduced cover during Christmas period – note: no dog walking services)	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 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 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. Methadon/Subutex: Unable to collect or deliver these drugs. Please contact addiction services on 01592 716446 if help is required
Elders Crisis Contact Centre, Castle Update (211220): Automated response indicating closed during Christmas period (check website for updates)	A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections	www.castlefurniture.org 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:
Cosy Kingdom	Telephone energy advice, including energy debt support	01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk	Fife-wide Mon-Fri 0900-1700
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
Foodbanks Update (051120): New contact for Dunfermline & surrounding areas	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: 01383 432483 or 07730751895 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 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 contact Glenrothes Foodbank only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020) For referrals in the following towns and their surrounding areas, tel: South West Villages 07985739452; Ballingry 07515290119; Kelty 01383 650273; Cowdenbeath 07828564232
Fife Migrants Forum	Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English	www.fifemigrantsforum.org.uk 01592 642927 Facebook @fife.migrants Email info@fifemigrantsforum.org.uk	Fife-wide Main chatroom & local chatrooms can be accessed Telephone 0930-1300

Service:	Brief:	Contact/Links:	Other:
Citizens Advice & Rights Fife	Telephone advice	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
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
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 01592 645350 Email fifeoss@scottishautism.org	Fife-wide Aim to respond within 3 working days
Kirkcaldy Central Mosque	Free Food Packs	www.kirkcaldymosque.org.uk 01592 641057	Fife-wide deliveries
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 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 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
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 07950 771875 Louise Andree Email louiseandree@lead.org.uk	Fife-wide Mon-Thu (working days)
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 01592 645310 Centre or 07826753539 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 405915 Vârșnicii 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 کرسکتے ہیں For other languages, the Centre will find the right interpreter.	Fife-wide 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:
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 p14)	www.fifecarerscentre.org 01592 205472 Email centre@fifecarers.co.uk	Fife-wide Referrals can be made via the telephone or the online portal
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

Service:	Brief:	Contact/Links:	Other:
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
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 01592 725210 Email info@fifegingerbread.org.uk	Fife-wide with Local Projects Helpline: Mon-Thurs 0900-1700 Fri 0900-1530

Service:	Brief:	Contact/Links:	Other:
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 By following the link you can see what days the service is running in each area by clicking on Fifebus Service by Town 03451 55 11 88	Fife-wide Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday
Wells Near Me, Fife Health & Social Care Partnership and Partners Update (151220): During the Christmas period The Wells will be operating on Tue 2212 & Tue 2912 1000-1200 with normal service resuming twice weekly from 050121	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 Email Aleksandra.Atanasova@fife.gov.uk 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 BSL People requiring an interpreter should request this when booking an appointment (available from 091220)	Fife-wide 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
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/	Fife-wide Phased reopening of centres; membership updates and offers

Service:	Brief:	Contact/Links:	Other:
Befriending (Communities Recovery Fund), Fife Shopping & Support Services Update (171220): A few hours are left for referrals (available until the end of March 2021)	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	www.fifeshoppingandsupportservices.co.uk 01592 653344 Email lynne@fifeshoppingandsupportservices.co.uk Facebook	Fife-wide Other privately purchased provisions are available
Safe & Well Resource 2020 Edition, Fife Adult Support & Protection Committee Update (081220): Covering Christmas 2020	Essential signposting, resources and supports for over the Christmas period	www.fifeforum.org.uk/resources-downloads/ (click on 'Safe and Well 2020 Booklet') Email shona.mcewan@fife.gov.uk for further information 03451 55 55 55 ext 442134	Fife-wide

Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
Link Living, Better Than Well Update (201120)	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 selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy Participants must live in the abovementioned localities North East Fife & South West Fife Sessions will always only be available via telephone or video call
Sporting Memories Update (081020)	Aim to demonstrate the health, wellbeing and social benefits of talking about sport	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 Kirkcaldy Wed 1330-1500 Glenrothes
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
Raith Fruit Shop	Fruit/Veg & some essentials being delivered	www.raithfruit.com 01592 653444	Kirkcaldy, Dunfermline & Glenrothes Areas
Womens Wellbeing Club	Female only mental health group – online resource	Facebook www.womenswellbeingclub.co.uk	Glenrothes & Dunfermline

Service:	Brief:	Contact/Links:	Other:
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 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
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 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/ 07518902602 Leave a message or text & you will get a call back Email f3gillespiechurch@gmail.com Facebook F3 or foodforfamiliesdunfermline	Dunfermline & West Fife Service commences from 060720
Benarty Fruits, Lochore	Fruit/Veg deliveries	www.benartyfruits.co.uk/shop 07786025233	Oakley to Glenrothes Open Mon-Fri 0900-1500 & Sat 0900-1200
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
Fife Curnie Clubs Update (171120)	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	www.fassaction.org.uk/curnie-clubs-home/ 07384514478 Kirkcaldy (Jo) 07384514479 Cupar & Glenrothes (Karen) 07748631648 Cowdenbeath & Dunfermline (Steve) 07384514478 Methil (Jo) 07741559373 Volunteer Opportunities (Kerry) Email curnieclubsinfife@gmail.com Facebook Fife Curnie Clubs	Virtual Groups: Kirkcaldy Tues 1100 Cupar & Glenrothes Tues 1100 Cowdenbeath & Dunfermline Wed 1100 Methil Thu 1100

Service:	Brief:	Contact/Links:	Other:
Employment Plus, Salvation Army Update (241120)	Free & confidential help with employability, training, in-work support and well-being & life skills	www.salvationarmy.org.uk/employability 0800 652 4276 Email employmentplus@salvationarmy.org.uk Local Contact 07827037013 Dawn Hinton Email dawn.hinton@salvationarmy.org.uk	Levenmouth, Glenrothes, Kirkcaldy, Lochgelly & Cowdenbeath
Pain Association Update (041220): Programme commencing 130121	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	www.painassociation.co.uk 0800 783 6059 Email info@painassociation.com To join a zoom meeting – include a contact telephone number and which locality group you wish to join) Email awaugh@painassociation.com For information or a programme	Dunfermline (Townhill Community Centre) from 130121 1000-1200 Kirkcaldy (St Bryce Kirk Centre) from 140121 1030-1230 Levenmouth (Buckhaven Community Centre) from 140121 1330-1530 Cupar (YMCA) from 250121 1330-1530

Levenmouth Locality

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
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 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
Monday Lunch Club, St Agatha's & St Giles RC Church, 160 Methil Brae, Methil Update (171120): Closed until restrictions are eased; follow social media for updates	Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall	Facebook @stagthas	Methil (Levenmouth) Mon 1200-1330
It's Game Time & Talk Time, East Fife Community Football Club, Bayview Stadium, Methil	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	www.eastfifecommunityfootballclub.com Email alan.lowe@efcfc.co.uk for information	Levenmouth Thu 1030-1230 Bayview Stadium, Free

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

Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
Age Concern Glenrothes Update (201120): Currently at capacity; however, new allocations are anticipated in due course and visits generally organised within a couple of weeks	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 01592 756316	Glenrothes, Leslie, Markinch, Thornton and Coaltown of Balgonie
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
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:
Markinch Community Council Update (091020): Ceased	Shopping; dog walking; gardening; and, a friendly voice	07922221629	Markinch Mon-Sat 0900-1600
Leslie Baptist Church	Assisting those struggling with loneliness or providing food for their family	Email community@lesliebaptistchurch.org.uk	Leslie

North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
Auchtermuchty Community Centre Update (081020)	Hot meal deliveries; Foodbank; free packed lunches during school breaks	01337 827068 Facebook (PM for free packed lunches) @AuchtermuchtyCommunityCentre	Auchtermuchty & Dunshalt Mon 1400-1500; Wed 1730-1830 Foodbank
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
East Neuk Frail Elderly Project Update (291020): In partnership with the East Neuk First Responders delivering Christmas lunch on Christmas Day for those who are alone	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
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 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
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 jbenman01@btconnect.com	East Neuk, St Andrews & surrounding area

Service:	Brief:	Contact/Links:	Other:
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 a series of live behind the scene tours with some of their favourite producers (interactive)	www.ardrossfarm.co.uk 01333 331400 Email info@ardrossfarm.co.uk	North East Fife Payments are made over the telephone prior to delivery
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
snappysopper.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
Clothesline, North East Fife Community Hub, St Andrews Update (031220): 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 Email necommunityhub@gmail.com Facebook @CommunityHubNEF Email fundingnecommunityhub@gmail.com For information on the development of The Hub or to become involved	St Andrews/NE Fife
Colinsburgh & Kilconquhar Community Council Update (091020): Ceased	Volunteer community supports	Email colkilcc2@gmail.com	Colinsburgh & Kilconquhar

Service:	Brief:	Contact/Links:	Other:
Virtual Death Café, The Byre Theatre, St Andrews	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	www.byretheatre.com/events/virtual-death-cafe-2/ (ctrl & 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) 01334 475000 Box Office	St Andrews – National Initiative Free ticketed event online Internet connection and video & audio device required Last event Wednesday 1700 21 st October 2020 – for future events contact the Box Office
Christmas Welfare & Food Supports, North East Fife (shared by Business Support, Fife Council) Update (011220): Christmas 2020	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	www.fifeforum.org.uk/resources-downloads/ (click on 'NEF Christmas Welfare & Food Support 2020')	North East Fife Multiple providers

Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
Care & Share Companionship Update (200820): Service resuming	1-1 visits resumed; either weekly/fortnightly up to 1-hour	www.careandsharecompanionship.org 07494129112 Teresa Naylor Facebook care and share companionship	Kirkcaldy Area Directed by Scottish Government guidelines on a weekly basis
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
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 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
Burrtisland Foodbank – Solid Rock, High Street	Free hot drinks & filled rolls and Foodbank; new opening hours	www.burgh.buzz/2018/11/06/foodbank-new-hours-burrtisland-kdyfoodbank/	Burrtisland Tues 1030-1230 Fri 1200-1400
Burrtisland 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.burrtislandcc.org.uk 01592 872854 Email communitycouncil91@gmail.com	Burrtisland Mon-Fri 0900-1600

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
Lunch Club, Linton Lane Centre, Kirkcaldy Update (161120): 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	Socially distanced lunch club for over 65s; activity after lunch	To book a place contact Mary Henderson (Manager): Email mandyhenderson75@hotmail.com 01592 643816	Templehall Area, Kirkcaldy Wed 1215-1415 Guidelines will be sent to participants

Cowdenbeath Locality

Service:	Brief:	Contact/Links:	Other:
Lo'Gelly Lunches, Lochgelly	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	Lochgelly Area Attend Friday 1100-1300
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
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)
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

City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
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
Food for Future - Community Pantry, Abbeyview Dunfermline Update (031120): Contact change	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 foodforyourfutureenquiries@gmail.com	Abbeyview, Halbeath, Duloch, Brucefield & Touch (Dunfermline) Telephone registration only (Wednesday 1000-1400)
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
RC Ferguson Florists	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	01383 733048	Dunfermline Area (free delivery) Card payments only
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

Service:	Brief:	Contact/Links:	Other:
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 Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	Touch, Dunfermline Daily Food Trolley situated outside church (Abel Place)
Broomhead & Baldrigeburn, Baldrigeburn 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)
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

South West Fife Locality

Eats Rosyth	Food Packs to vulnerable, over 70s, keyworkers & people isolating	Facebook 07782848705 Email info@eatsrosyth.org.uk	Rosyth Area Being delivered to individuals
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
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 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	High Valleyfield 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

Contact Information:

Fife Forum

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