

4/7/2022

# 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. Beyond the pandemic, many of the contacts listed should remain valid as services remobilise, albeit the provisions offered will inevitably evolve as restrictions ease.

Please feel free to distribute as widely as you see fit and contact Fife Forum (FAO Wayne [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)) should you wish to include or amend information. Our intention is to present information as accurately as we are able and apologise if errors occur. Should you note any anomalies please notify Fife Forum and we will endeavour to correct this as soon as is practicable.

Fife Forum aims to update this resource weekly (Thursday) and it is downloadable from our website [www.fifeforum.org.uk](http://www.fifeforum.org.uk)

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

## National

Service:	Brief:	Contact/Links:	Other:
<b>Age Scotland</b> <b>Update (051120)</b>	Free helpline for the over 50s and online support	<a href="http://www.ageuk.org.uk/scotland/">www.ageuk.org.uk/scotland/</a> Tel 0800 12 44 222	<b>National</b> Mon-Fri 0900-1700
<b>Breathing Space</b> <b>Update (031220)</b>	Free helpline for people experiencing mental health issues	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a> (for info & to download 'The Little Book of Caring Ways') Tel 0800 83 85 87	<b>National</b> Mon-Thurs 1800-0200 Fri-Mon 1800-0600
<b>Scottish Government National Assistance Helpline</b> <b>Update (160222):</b> Remains in operation for those self-isolating or at risk	Support to access essentials such as food & medicine, this includes those who are self-isolating to stop the spread of Coronavirus; this helpline is dedicated to helping those who cannot leave their home & who cannot get help online	Tel 0800 111 4000	<b>National</b>
<b>Re-engage</b> <b>Update (060821):</b> Tea Parties are beginning to remobilise in areas with guidance (check your area)	Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact; monthly Tea Parties (area specific) will recommence when permissible	<a href="http://www.reengage.org.uk/refer/">www.reengage.org.uk/refer/</a> Tel 0800 716 543	<b>National</b> Tea Parties are held in localities including areas within Fife
<b>Operation Connect, RAFA</b>	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	<a href="http://www.rafa.org.uk/operation-connect/">www.rafa.org.uk/operation-connect/</a> Tel 0800 018 2361	<b>National</b>
<b>Coronavirus SAMH Mental Health Hub</b>	Online support and signposting	<a href="http://www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub">www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub</a>	<b>National</b>
<b>Samaritans Scotland Helpline</b>	Telephone helpline, listening ear	Tel 116 123 Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<b>National</b>
<b>Frank Helpline</b>	Helpline if someone wants to speak about drugs in confidence	<a href="http://www.talktofrank.com">www.talktofrank.com</a> Tel 0300 123 3393	<b>National</b> 24-hour helpline

Service:	Brief:	Contact/Links:	Other:
<b>SCLD (Scottish Consortium for Learning Disabilities)</b>	Easy read coronavirus information	<a href="http://www.sclld.org.uk">www.sclld.org.uk</a> Tel 0141 248 3733	<b>National</b>
<b>Coronavirus Emergency Energy Fund, One Parent Families Scotland</b>	One-off payment of £50 to single parent families in Scotland who need help with their energy bills (may be subject to change should this be over-subscribed, so please check first)	<a href="http://www.opfs.org.uk">www.opfs.org.uk</a>	<b>National</b> Applications must be endorsed/submitted by a sponsor (Social Worker; Health professional; Housing Officer, teacher; clergy; or, Third Sector organisation) If you do not have a sponsor contact 0131 556 3899 or <a href="mailto:energygrants@opfs.org.uk">energygrants@opfs.org.uk</a>
<b>Scottish Women's Aid</b>	Covid-19 advice and information for women, children and young people experiencing domestic abuse	<a href="http://www.womensaid.scot/covid-19/">www.womensaid.scot/covid-19/</a>	<b>National</b> The helpline is as SDAFMH
<b>Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)</b>	Helpline for all people experiencing domestic abuse or forced marriages	<a href="http://www.sdafmh.org.uk">www.sdafmh.org.uk</a> Tel 0800 027 1234 Email <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a>	<b>National</b> 24-hour helpline Translation service available
<b>LGBT Helpline Scotland &amp; Telefriending</b> <b>Update (010222): Older people telebefriending available</b>	Helpline or a friendly voice for LGBT+ people; telephone befriending for LGBT+ adults 50+	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a> Tel 0300 123 2523 Helpline Email <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a> Helpline Tel 0131 564 3972 Telebefriending Email <a href="mailto:tele@lgbthealth.org.uk">tele@lgbthealth.org.uk</a> Telebefriending	<b>National</b> Tues, Wed 1200-2100 Thurs, Sun 1300-1800 Messages can be left for telebefriending
<b>National LGBT+ Domestic Abuse Helpline</b>	Helpline for LGBT+ people experiencing domestic abuse	<a href="http://www.galop.org.uk">www.galop.org.uk</a> Tel 0800 999 0327	<b>National</b> Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
<b>Respect Men's Advice Line</b>	Helpline for men experiencing domestic abuse	Tel 0808 8010327	<b>National</b> Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700
<b>Citizens Advice Scotland</b>	Online advice	<a href="http://www.cas.org.uk">www.cas.org.uk</a> Coronavirus advice - what it means to you	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Shelter Scotland</b>	Housing advice and homelessness	<a href="http://www.scotland.shelter.org.uk">www.scotland.shelter.org.uk</a> Tel 0808 800 4444	<b>National</b> Mon-Fri Office Hours
<b>Scottish Fire Service</b> <b>Update (061221):</b> Free 'Home Fire Safety Visits' – arrange by tel or by TEXT (send 'FIRE' to 80800)	Carers & partner agencies are being encouraged to support people to remain safe at home in relation to fire hazards; resources to assist this are available on line; people can still be referred for practical safety advice via the Home Fire Safety portal	<a href="http://www.firescotland.gov.uk">www.firescotland.gov.uk</a> Tel 0800 0731 999 <a href="http://www.firescotland.gov.uk/your-safety/hfsv-form.aspx">www.firescotland.gov.uk/your-safety/hfsv-form.aspx</a> for Home Fire Safety Portal	<b>National &amp; Fife-wide</b> The Fire Service Community Action Team have some capacity to take on voluntary roles within the community due to work being limited by the coronavirus situation; requests are required to be formal and in writing to <a href="mailto:e.fifecse@firescotland.gov.uk">e.fifecse@firescotland.gov.uk</a>
<b>British Red Cross</b>	The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with	General Public: National Support Line – Tel 0808 196 3651  Partner Agencies: Call Centre for Referrals (Dalkeith) – Tel 0131 654 0340	<b>National</b> National Telephone Support Line 1000-1800 daily <b>Edinburgh, Lothians &amp; Fife</b> Call Centre for Referrals Mon-Fri 0900-1630
<b>Alzheimer Scotland &amp; Fife Services</b> <b>Update (060122):</b> Fife Services launched a Dementia Café in Tayport (D Café); follow Facebook for info or contact Fife Services	A range of supports are available by telephone & video link, including support from Fife Dementia Advisors (for both those who are cared for & their carers); day services; outreach; interest groups; can also provide a list of local shopping delivery services	<a href="http://www.alzscot.org">www.alzscot.org</a> Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Email <a href="mailto:helpline@alzscot.org">helpline@alzscot.org</a> (National) <b>Fife Services:</b> Tel 01592 204541 Email <a href="mailto:fifeservices@alzscot.org">fifeservices@alzscot.org</a> General Email <a href="mailto:jcameron@Alzscot.org">jcameron@Alzscot.org</a> Outreach Fife Facebook @AlzheimerScotlandFife	<b>National &amp; Fife-wide</b>  <b>National Services</b> 24-Hour  <b>Fife Services</b> Mon-Thurs 0900-1600; Fri 0900-1500
<b>Advice Line Plus, Scottish Autism</b>	Extended hours advice line providing reassurance, guidance & support for autistic people & their families	<a href="http://www.scottishautism.org/services-support/family-support/advice-line-plus">www.scottishautism.org/services-support/family-support/advice-line-plus</a> Tel 01259 222022 Email <a href="mailto:advice@scottishautism.org">advice@scottishautism.org</a>	<b>National</b> 7-days 0800-2000
<b>Employers' Helpline (Healthy Working Lives)</b> <b>Update (140222)</b>	Workplace advice on health, safety & well-being information	<a href="http://www.healthyworkinglives.scot">www.healthyworkinglives.scot</a> Email <a href="mailto:Fife.hwlfife@nhs.scot">Fife.hwlfife@nhs.scot</a> for Fife Delivery Tel 0800 019 2211 National	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Covid-19 Helpline (delivered on behalf of NHS 24)</b>	General advice & guidance for non-clinical needs, including help & advice in relation to testing	<b>Tel</b> 0800 028 2816 <b>Dial</b> 111 for medical assistance	<b>National</b>
<b>Business Support Helpline (Scottish Government)</b>	Official helpline for businesses for all questions related to coronavirus financial support and essential advice	<b>Tel</b> 0300 303 0660	<b>National</b>
<b>AbilityNet (Technology Support)</b>	In response to the Coronavirus emergency AbilityNet is running a series of live online events to help share useful information for disabled people and their carers; alongside providing free IT support to help older people and people with disabilities to use technology to achieve their goals	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> <b>Tel</b> 0800 269 545	<b>National</b> UK Office Hours
<b>Co-operate (Co-op)</b>	Online portal for information & guidance during the Covid-19 pandemic	<a href="http://www.co-operate.coop.co.uk/support/">www.co-operate.coop.co.uk/support/</a>	<b>National</b> They aim to respond within 7 days <b>Note:</b> some local Co-op stores are utilising Co-op food delivery volunteers
<b>Care Home FaNs</b>	Care Home Friends and Neighbours (Care Home FaNs) is a national project that is helping care homes to connect meaningfully with their local community to enhance the quality of life of older people and those that support them; go online for 3 easy-to-take steps	<a href="http://www.carehomefans.org">www.carehomefans.org</a>	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>Saje Scotland</b> <b>Update (070422):</b> Next term of Saje Programme starts from 180422 running both online & in-person (Dunfermline & Glenrothes)	Empowering women to make positive choices about their lives; groups are running online (Zoom) and support is offered by phone and email; high schools might also approach for Young People sessions	<a href="http://www.sajescotland.org">www.sajescotland.org</a> <a href="#">Get in touch to book a place on a course or get more information</a> <b>Tel</b> 07909482279 or 07887248354 <b>Email</b> <a href="mailto:info@sajescotland.org">info@sajescotland.org</a>	<b>National</b> Online & in-person groups remobilising – initially: <b>Glenrothes &amp; Dunfermline</b>
<b>Chest Heart &amp; Stroke Scotland</b>	Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries	<a href="http://www.chss.org.uk">www.chss.org.uk</a> <b>Tel</b> 0808 801 0899	<b>National</b>
<b>Dance For Life, Strathearn Arts, Crieff</b> <b>Update (160222)</b>	Free online dance classes which may benefit people with any kind of mobility issue or other challenges (Parkinson's, certain types of cancer, arthritis, early stage dementia, or those shielding or recovering); 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: <b>Tel</b> 07789639956 <b>Email</b> <a href="mailto:megan@strathearnarts.org">megan@strathearnarts.org</a>  For further information or to sign up contact Janice Fraser: <b>Tel</b> 07921771486	<b>Based in Crieff – Currently open to anyone</b> Mon, Tue, Thu 1400 via Zoom
<b>Scotland Cycle Repair Scheme (supported by Scottish Government &amp; administered by Cycle UK)</b> <b>Update (150421):</b> Scheme ended, web link remains live for enquiries	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 a bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can be taken to participating Bike Shops for maintenance	<a href="http://www.cyclinguk.org/ScotCycleRepair">www.cyclinguk.org/ScotCycleRepair</a> <b>Email (for Bike Shops)</b> <a href="mailto:scrs@cyclinguk.org">scrs@cyclinguk.org</a> If a Bike Shop would like to participate in the scheme contact by email  Check the web link for exemptions & participating Bike Shops	<b>National</b> The Scheme aims to carry out 30 000 repairs by 310321 Search for the nearest participating Bike Shop or look for a Bike Shop poster or window sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs



Service:	Brief:	Contact/Links:	Other:
<b>The Good Care Group Scotland Limited (Live-in Respite Provider)</b>	Dedicated privately purchased live-in care provider rated outstanding by the CQC and excellent by the Care Inspectorate; the shortest contract offered is the Respite Package 24/7 Live-in Care (cost per week £1692.00 for a minimum of 14 days and can be taken in 2 separate blocks); regulated live-in care provided throughout Scotland	<a href="http://www.thegoodcaregroup.com">www.thegoodcaregroup.com</a> <b>Tel</b> 0203 728 7577 Dedicated Client Services <b>Email</b> <a href="mailto:clientservices@thegoodcaregroup.com">clientservices@thegoodcaregroup.com</a>  <a href="#">TGCG Scotland- Care Brochure -There's nowhere better than home</a> (ctrl & click to follow link)	<b>National</b> Specialist respite care available - includes dementia; Parkinson's; MS There is an additional clinical and environmental care assessment visit required to be carried out costing £395.00 The cost of 24/7 live-in ongoing care is £1494.00 per week
<b>Individuals – Hardship Grants – Funding Sources (link provided by Fife Voluntary Action &amp; the Funding &amp; Monitoring Team, Fife Council)</b>	Funding sources and hardship assistance during Covid-19 (external links)	<a href="#">Pandemic Funding for Individuals</a> (ctrl & click to follow link) <b>Tel</b> 01592 583498 Funding & Monitoring Team, Fife Council	<b>National &amp; Fife-wide</b>
<b>Face Covering Exemptions, Scottish Government &amp; NHS Scotland</b>	Information as to who is exempt from wearing a face covering and how to apply for an exemption card (available as a physical card or digital card); physical cards are issued within 7-14 days and digital cards are issued within 48-hours	<a href="http://www.exempt.scot">www.exempt.scot</a> for information and online applications <b>Tel</b> 0800 121 6240 for telephone applications for those without internet access	<b>National</b> Online or Mon-Fri 1000-1500 for telephone applications
<b>Innovations in Dementia 'Tip-Share'</b> <b>Update (081220): Launches 071220</b>	Easy way to source and share tips that assist daily living for people living with dementia; over 600 tips over 9 themes; all tips contributed by those living with dementia	<a href="http://www.dementiatip-share.org.uk">www.dementiatip-share.org.uk</a> <b>Email</b> <a href="mailto:philly@myid.org.uk">philly@myid.org.uk</a> for further information	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>SHOUT, UK Text Messaging Helpline</b>	24/7 text messaging service for when people feel they need immediate support and are experiencing a challenging time with their mental health; available to anyone, anywhere, at any time; free and anonymous (information may be shared if someone is at risk)	<a href="http://www.giveusashout.org">www.giveusashout.org</a> <b>Text SHOUT</b> to 85258 <b>Text STOP</b> to stop conversation <b>Text START</b> to 85258 to re-start the conversation Text <b>LOOFAH</b> following your conversation to remove/scrub data from system <b>Email</b> <a href="mailto:info@giveusashout.org">info@giveusashout.org</a> if contacting from a network listed and the service does not appear to be working (include your mobile phone number and network provider)	<b>National</b> 24/7 Free from all major UK networks (EE; O2; Three; Vodafone; BT Mobile; Virgin Mobile; Tesco Mobile; iD Mobile; Sky; Telecom Mobile; Libra; Giffgaff – some android phones may indicate you will be charged, this is incorrect if you are on these networks and you will not be charged)
<b>Young Dementia Network (merged with Dementia UK Nov 2020)</b>	Movement of people committed to improving the lives of those affected by young onset dementia	<a href="http://www.youngdementiauk.org">www.youngdementiauk.org</a> <b>Tel</b> 0800 888 6678 <b>Email</b> <a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a> <b>Support Related Enquiry (follow link)</b> <a href="http://www.youngdementiauk.org/need-advice">www.youngdementiauk.org/need-advice</a>	<b>National</b>
<b>Ask for ANI, Home Office &amp; partners (Domestic Abuse Sector, Police, Pharmacy Associations)</b> <b>Launches: 140121</b>	Codeword scheme working alongside existing supports helping victims of domestic support access emergency community supports; safe space provided within pharmacies	Participating Independent pharmacies and Boots Pharmacies throughout the UK	<b>National</b> Participating pharmacies will display posters – all victims of domestic abuse can approach staff and ask for ANI or help
<b>WAY Widowed &amp; Young Update (240221)</b>	WAY offers peer-to-peer support network for anyone who has lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation, race or religion; UK members have access to a variety of supports	<a href="http://www.widowedandyoung.org.uk">www.widowedandyoung.org.uk</a>	<b>National</b> Membership only (over 3700) & this should be completed online costing £25 per year (paid either by direct debit or PayPal)

Service:	Brief:	Contact/Links:	Other:
<b>ABC (Anorexia &amp; Bulimia Care)</b> <b>Update (260221)</b>	30 years of experience promoting care & support for anyone affected by anorexia, bulimia, binge eating & all types of eating disorders; support provided online, by telephone & by appointment	<a href="http://www.anorexiabulimiare.org.uk">www.anorexiabulimiare.org.uk</a> <b>Tel</b> 03000 11 12 13 <b>Option 1</b> Support Line <b>Option 2</b> Family & Friends <b>Support by appointment</b> Skype Video Call; Telephone Chat; Online Chat - follow link <a href="http://www.picktime.com/ABCsupport">www.picktime.com/ABCsupport</a>  <b>Email</b> <a href="mailto:support@anorexiabulimiare.org.uk">support@anorexiabulimiare.org.uk</a> or <a href="mailto:familyandfriends@anorexiabulimiare.org.uk">familyandfriends@anorexiabulimiare.org.uk</a>	<b>National Support Line</b> Wed-Fri 0900-1300/1400-1700 <b>Support by Appointment</b> Wed-Fri 1400-1600
<b>Priority Services Register Scotland (Extra Help with Electricity &amp; Water)</b> <b>Update (180521)</b>	The Priority Services Register (PSR) is a free UK wide service for vulnerable groups, over 60s, & those who live with children under 5; provides extra help during power cuts or when there's an interruption to your water supply; Joining the PSR helps utility companies to provide adapted services, adjust communications & make amendments to keep you safe, such as setting up a password scheme & providing advance warning of planned interruptions to electricity or water supplies	<a href="http://www.psrscotland.com">www.psrscotland.com</a> to find out more or to join the scheme  <b>For people with no access to the internet:</b>  Scottish and Southern Energy Customers - <b>Tel</b> 0800 294 3259 SP Energy Networks Customers - <b>Tel</b> 0800 092 9290 Scottish Water Customer Helpline – <b>Tel</b> 0800 0778 778  Power Cuts - <b>Tel</b> 105	<b>National</b>
<b>Home Energy Scotland (funded by Scottish Government)</b> <b>Update (200521)</b>	Help reducing heating costs & energy efficiency; identify eligibility for free energy saving home improvements like insulation & heating through the Scottish Government's Warmer Homes Scotland programme	<a href="http://www.homeenergyscotland.org">www.homeenergyscotland.org</a> <b>Tel</b> 0800 808 2282	<b>National</b> Calls are free Mon-Fri 0800-2000 & Sat 0900-1700 Phone lines are often busy evenings & weekends

Service:	Brief:	Contact/Links:	Other:
<b>Cruse Bereavement Care Scotland</b> <b>Update (010621)</b>	Promotes the well-being of bereaved people in Scotland helping anyone experiencing bereavement to understand their grief and cope with their loss; primarily free support is provided by volunteers; training is also provided for individuals & organisations	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a> <b>Tel</b> 0808 802 6161	<b>National</b> Mon-Fri 0900-2000 Sat-Sun 1300-1600
<b>Routine asymptomatic Covid testing for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government</b> <b>Update (010621)</b>	Expansion of covid testing for all Front Line Adult Day Centre staff; regular asymptomatic testing will only be given to <b>front line staff who provide regular close contact, personal care (within 1 metre) to vulnerable individuals</b> ; the helpline will advise you of your nearest PPE hub; LFD (lateral flow device) tests will be made available to each Front Line Adult Day Centre worker (12 week supply of kits from the hub); regular testing is only for those staff who come into close contact with clients – staff who are permanently based in an office/home do not need to test; staff should test at home or in the workplace twice a week (three to four days apart)	<a href="http://www.gov.scot/publications/coronavirus-covid-19-social-care-testing-guidance/">www.gov.scot/publications/coronavirus-covid-19-social-care-testing-guidance/</a> <b>Tel</b> 0300 303 3020 Social Care Testing Helpline  For other staff who do not fit the criteria, but wish to participate in regular testing, the Universal Testing option is available: <a href="http://www.gov.scot/publications/coronavirus-covid-19-social-care-testing-guidance/">Coronavirus (COVID-19): getting tested in Scotland - gov.scot (www.gov.scot)</a>	<b>National</b> Social Care Testing Helpline is open 0900-1700

Service:	Brief:	Contact/Links:	Other:
<b>Home Instead (regulated home care services)</b> <b>Update (170621)</b>	Care services arranged in a variety of ways from hourly visits to live-in services; minimum package is 4 hours/week which could be 2 hours each time; companionship care can include personal care; Sleeping Night service is from 2200-0700 (£179 weekday shift; £189 weekend shift); hourly rate £27 (weekday) & £29 (weekend); Live-in Care Ongoing £1495/week (Couples Care additional £180/week); Live-in Care Short Breaks Respite £270/day minimum 4 up to 7 or £245/day up to 1	<a href="http://www.homeinstead.co.uk/perthshire/">www.homeinstead.co.uk/perthshire/</a> <b>Tel</b> 01738 505360 <b>Email</b> <a href="mailto:contact@pk.homeinstead.co.uk">contact@pk.homeinstead.co.uk</a> <b>Address</b> Home Instead Senior Care Perthshire, Suite A Moncreiffe Business Centre, Friarton Road, Perth PH2 8DG  <a href="#">Home Instead Senior Care E-Brochure</a> (ctrl & click to follow link)	<b>Fife-wide (national network)</b>  Support SDS options & can facilitate rapid hospital discharge  Specialise in dementia & Parkinson's care  Caregivers are employed (not agency)
<b>The LGBTI+ Elders Social Dance Club Online (supported by the National Theatre of Scotland)</b> <b>Update (160222): The Coming Back Out Ball/Social Dance Clubs have now drawn to a close, the spirit of the project lives on in the form of Sunday Socials</b>	For LGBTI+ Elders and allies – LGBTI+ Elders Social Dance Club – ONLINE; Spring/Summer season; using the magic of technology to connect, chat & boogie; like regular Dance Clubs you can join in however feels right for you; welcomes new members from the whole rainbow community and allies; join online to talk, laugh & dance together	<a href="http://www.nationaltheatrescotland.com/events/the-lgbti-elders-social-dance-club">www.nationaltheatrescotland.com/events/the-lgbti-elders-social-dance-club</a> <b>Facebook</b>  <b>Visit</b> <a href="http://www.luminatescotland.org/project/the-coming-back-out-ball/">www.luminatescotland.org/project/the-coming-back-out-ball/</a> for Sunday Socials	<b>National</b> Part of The Coming Back Out Ball - find out more about the project <a href="#">here</a> .
<b>National LGBT+ Carers Group, Alzheimer Scotland</b> <b>Update (060721): Launches 040821</b>	Online lunchtime group held on Microsoft Teams; safe space to come together, share experiences & offer support and advice	For info or to request a link:  <b>Tel</b> 07584373396 Faye (Wed-Fri) or 07734289400 Janine (Mon-Thu) <b>Email</b> <a href="mailto:fsmart@alzscot.org">fsmart@alzscot.org</a> or <a href="mailto:jadair@alzscot.org">jadair@alzscot.org</a>	<b>National</b> 1 <sup>st</sup> Wed of the month 1230-1330

Service:	Brief:	Contact/Links:	Other:
<b>Living Life (managed &amp; delivered by NHS 24)</b> <b>Update (160721)</b>	Team of self-help coaches & therapists, offering appointment-based telephone support based on CBT; available to 16+ experiencing - low mood, mild to moderate depression, symptoms of anxiety, or a combination of these; when you first phone Living Life you will be asked for - name, contact details, the reason you phoned & at this point you may be offered an assessment appointment with one of their team or placed on their waiting list; following an assessment appointment, you will be offered a series of telephone support sessions with a self-help coach or therapist	<a href="http://www.breathingspace.scot/living-life/">www.breathingspace.scot/living-life/</a> <b>Tel</b> 0800 328 9655	<b>National (Scotland only)</b> Mon-Fri 1300-2100
<b>Family Fund</b> <b>Update (090821)</b>	Charity providing grants for families on low incomes raising disabled or seriously ill children & young people to families across the UK; grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing; eligibility criteria applies	<a href="http://www.familyfund.org.uk/grants-scotland">www.familyfund.org.uk/grants-scotland</a> <b>Tel</b> 01904 55 00 55	<b>National</b>
<b>Vegetarian for Life</b> <b>Update (190821)</b>	Virtual Vegan Lunch Club 4 <sup>th</sup> Tue of the month 1300-1400 via Zoom (65+); 6-week cookery courses; Pen & Phone Pals Scheme (50+)	<a href="http://www.vegetarianforlife.org.uk">www.vegetarianforlife.org.uk</a> <b>Email</b> <a href="mailto:ellie@vegetarianforlife.org.uk">ellie@vegetarianforlife.org.uk</a> for Virtual Lunch Club <b>Tel</b> 0161 257 0887	<b>National</b> For vegans, vegetarians & meat reducers

Service:	Brief:	Contact/Links:	Other:
<b>The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us)</b> <b>Update (200821)</b>	This page has links to various people & organisations active around Scotland in the area of board gaming, role playing games & war games; they might run blogs, be publishers, designers, or retailers; be worth following; or, run a local gaming club of which there are several in Fife	<a href="http://www.meeplelikeus.co.uk/the-spotlight/">www.meeplelikeus.co.uk/the-spotlight/</a>	<b>National (links to active groups in Fife)</b>
<b>Virtual Village Hall (supported by RVS)</b> <b>Update (181021)</b>	A programme of themed online sessions led by expert tutors, Royal Voluntary Service activity co-ordinators & volunteers; activities designed for people to do at home so they can enjoy the things they love & maybe even learn some new skills	<b>Facebook</b> @VirtualVillageHall	<b>National</b> Online content
<b>Hourglass Scotland (formerly Action on Elder Abuse)</b> <b>Update (230322):</b> Helpline 24/7 from 160322 & free webinars can be accessed from their website	Dedicated to protecting older people from harm, abuse & exploitation; information & support helpline; advice to stay safe; Community Response Service based in Fife offering specialist support (help to make informed choices, access support or challenge a decision; advocacy; follow-up calls providing support & check-ins)	<a href="http://www.wearehourglass.org">www.wearehourglass.org</a> <b>Email</b> <a href="mailto:helpline@wearehourglass.org">helpline@wearehourglass.org</a> <b>Tel</b> 0808 808 8141 Helpline 24/7 <b>Free Text</b> 07860052906	<b>National Community Response Service based in Fife</b> which will aim to offer a drop-in centre, one-to-one support from volunteers supporting recovery from abuse, & group-based support for older people (once restrictions relax)
<b>Glaucoma UK</b> <b>Update (070322):</b> In-person groups not currently mobilised	Membership charity for people living with glaucoma; support services to help people at all stages of their glaucoma & professionals	<a href="http://www.glaucoma.uk">www.glaucoma.uk</a> <b>Email</b> <a href="mailto:helpline@glaucoma.uk">helpline@glaucoma.uk</a> <b>Tel</b> 01233 648170 or	<b>National</b> Mon-Fri 0930-1700  Local Support Groups (Kirkcaldy & Dunfermline)



Service:	Brief:	Contact/Links:	Other:
<b>SAMH</b> <b>Update (070422):</b> Owing to a cyber-attack SAMH is currently experiencing substantial communication difficulties affecting their ability to receive & respond to emails across both national & local service locations; some national phone lines are also affected	Information & advice regarding mental health; online supports & signposting to local supports; mental health campaigner	<a href="http://www.samh.org.uk">www.samh.org.uk</a>  At present, please use the numbers below to stay in touch (open 0900-1700 Mon-Fri):  <b>Tel</b> 0141 530 1028 General Enquiries (you can use this number for everything except fundraising, media enquiries or calls relating to mental health information or services) <b>Tel</b> 0141 530 1028 Fundraising Enquiries <b>Tel</b> 07891 690 386 Workplace & Mental Health Training <b>Tel</b> 0344 800 0550 Mental Health Information & Support <b>Email/Tel</b> kirsten@clarkcommunications.co.uk or 07814 487 663 Media & Press Enquiries	<b>National</b>



## Fife-wide

Service:	Brief:	Contact/Links:	Other:
<b>Fife Forum</b> <b>Update (160222):</b> in-person meetings where practicable/permissible; virtual Zoom group support 'Café Forum'; weekly Health Walk (alternates Glenrothes & Cairneyhill)	Advice, information & signposting helping adults identify & supporting access to services & resources; online social group (via Zoom – fortnightly); weekly social health walks alternating between Cairneyhill & Glenrothes; advocacy for people in care or hospital settings; older people fora & User Panels	<a href="http://www.fifeforum.org.uk">www.fifeforum.org.uk</a> <b>Tel</b> 01592 643743 <b>Email</b> <a href="mailto:info@fifeforum.org.uk">info@fifeforum.org.uk</a> <b>Facebook</b> Fife Forum  <b>Online Zoom Group &amp; Health Walks</b> Contact your Fife Forum link worker for information	<b>Fife-wide</b> Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap
<b>Helping Hand, Fife Voluntary Action</b> <b>Update (140121):</b> Reopened to anyone requiring help or support whilst Fife is in lockdown; includes a Prescription Delivery Service	Partnership to help support people and the most vulnerable with their needs during the crisis; people can register to receive support and volunteer to provide support	<a href="http://www.fva.org/helping_hand.asp">www.fva.org/helping_hand.asp</a> <b>Tel</b> 0800 389 6046	<b>Fife-wide</b> Mon-Fri 0900-1700
<b>Prescription Delivery Service, Fife Voluntary Action</b> <b>Update (240720):</b> Ceased from 150820	FVA has partnered with NHS Fife, Fife Health and Social Care Partnership and Fife Council to provide a prescription delivery service for those in Fife that are most in need	<a href="http://www.fva.org/prescription.asp">www.fva.org/prescription.asp</a> <b>Tel</b> 0800 389 6046	<b>Fife-wide</b> Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions & have no one who can collect them on their behalf. <b>Methadon/Subutex:</b> Unable to collect or deliver these drugs. Please contact addiction services on <b>01592 716446</b> if help is required
<b>Kirkcaldy Central Mosque</b>	Free Food Packs	<a href="http://www.kirkcaldymosque.org.uk">www.kirkcaldymosque.org.uk</a> 01592 641057	<b>Fife-wide</b> deliveries

Service:	Brief:	Contact/Links:	Other:
<b>Elders Crisis Contact Centre, Castle Furniture</b> <b>Update (071221):</b> No longer operable unless someone is in dire need (other services are offered by Castle)	A friendly voice, doorstep deliveries of essentials & pharmacy collections; core services include: free/low cost household items for people struggling; befriending & Tayport Lunch Club for Older People	<a href="http://www.castlefurniture.org">www.castlefurniture.org</a> <b>Tel</b> 01334 898669 Helpline <b>or</b> 01334 654445 Castle Furniture	<b>Fife-wide</b> For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability) <b>Other core services based NEF</b>
<b>Fife Council</b>	Local Authority services	<b>Council Services:</b> 03451 55 00 99 <b>Homelessness:</b> 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) <b>Scottish Welfare Fund:</b> 0300 555 02 65 (Mon-Fri 0900-1430) <b>Social Work &amp; Social Care:</b> 03451 55 15 03 <b>Covid Community Helpline:</b> 0800 952 0330 (Mon-Fri 0900-1700) or email <a href="mailto:covid.communityhelpline@fife.gov.uk">covid.communityhelpline@fife.gov.uk</a>	<b>Fife-wide</b>
<b>Fife International Forum</b> <b>Update (300322):</b> New name; from 260322 Sat 1100-1300 Community Café, St John's Church, Cupar	Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English	<a href="http://www.fifemigrantsforum.org.uk">www.fifemigrantsforum.org.uk</a> <b>Tel</b> 01592 642927 <b>Facebook</b> @fife.migrants <b>Email</b> <a href="mailto:info@fifemigrantsforum.org.uk">info@fifemigrantsforum.org.uk</a>	<b>Fife-wide</b> Main chatroom & local chatrooms can be accessed Telephone 0930-1300
<b>Citizens Advice &amp; Rights Fife</b> <b>Update (160222):</b> All offices currently remain closed; advice can be accessed online, telephone or webchat	Telephone advice; webchat	<a href="http://www.cabfife.org.uk">www.cabfife.org.uk</a> <b>General Advice</b> 0345 1400 095 <b>Debt Advice</b> 0345 1400 094 <b>Universal Credit</b> 0800 023 2581 <b>Macmillan Service</b> (people affected by Cancer) 0345 1400 092 <b>Text Service for the Deaf Community</b> 0787 2677 904	<b>Fife-wide</b> Mon-Fri 0830-1600
<b>Lead Scotland Befriending for Young Carers</b>	Distance Befriending for Young Carers aged 12-18; weekly telephone/email/video support offered by volunteers	<a href="http://www.lead.org.uk">www.lead.org.uk</a> <b>Tel</b> 0131 228 9441 <b>or</b> 07775844885 Emma Pauley <b>Email</b> <a href="mailto:epauley@lead.org.uk">epauley@lead.org.uk</a>	<b>Fife-wide</b> Tue, Thu, Fri (working days)

Service:	Brief:	Contact/Links:	Other:
<b>Lead Scotland Learning Project</b> <b>Update (060122):</b> New Digital accessibility webinar series on Zoom from 1300 Tue 250122 <a href="http://www.lead.org.uk/webinars">www.lead.org.uk/webinars</a>	Distance learning for individuals (age 16+); weekly telephone/email/video support for those seeking to learn how to use a computer or another skill	<a href="http://www.lead.org.uk">www.lead.org.uk</a> <b>Tel</b> 07768 916460 Dawn Robb (Fife Learning Co-ordinator) <b>Email</b> <a href="mailto:drobb@lead.org.uk">drobb@lead.org.uk</a> <b>Sign up (free safety classes):</b> <a href="http://www.lead.org.uk/learn-how-to-be-safe-online-with-lead-scotland/">www.lead.org.uk/learn-how-to-be-safe-online-with-lead-scotland/</a>	<b>Fife-wide</b> Support will be provided by volunteers, who are PVG members; priority given to people who live on their own
<b>Lead Scotland Befriending (Adults)</b> <b>Update (181121):</b> Closed to new referrals	For adults and older people in Fife who feel isolated, lonely or disconnected, perhaps as a result of disability, ill health or other circumstances; each match will be for 4-6 months, depending on needs	<a href="http://www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator/">www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator/</a> <b>Tel</b> 07768916460 <b>Email</b> <a href="mailto:fifeadultbefriending@lead.org.uk">fifeadultbefriending@lead.org.uk</a>	<b>Fife-wide</b>
<b>Fife Centre for Equalities – 60+ Minority Ethnic Older People Project</b> <b>Update (160921):</b> Open Mon-Fri 0900-1700 (messages can be left)	Minority ethnic older people 60+ can use this support to access public services; access befriending; & information and signposting	<a href="http://www.centreforequalities.org.uk">www.centreforequalities.org.uk</a> <b>Tel</b> 01592 645310 Centre or 07826753539 Otilia Palea (Operational Assistant) <b>Email</b> <a href="mailto:info@centreforequalities.org.uk">info@centreforequalities.org.uk</a> or <a href="mailto:Otilia@centreforequalities.org.uk">Otilia@centreforequalities.org.uk</a> <b>Cantonese</b> 07881 925301 <b>Romanian</b> 07826 753539 <b>Hungarian/Bulgarian</b> 07796 418917 <b>Urdu</b> 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 Other language interpreters will be identified	<b>Fife-wide</b> Alongside the aforementioned service the Centre's vision is to enable everyone they work with to take action that makes Fife a more equal, fairer place to live, work and study providing a collective voice to champion equality, diversity, inclusion and social justice

Service:	Brief:	Contact/Links:	Other:
<b>Foodbanks</b> <b>Update (070322):</b> For up-to-date arrangements please contact the relevant foodbank	Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link	<b>Cupar:</b> 07474453153 email <a href="mailto:info@cupar.foodbank.org.uk">info@cupar.foodbank.org.uk</a> <b>Dunfermline:</b> 01383 432483 or 07730751895 email <a href="mailto:info@dunfermline.foodbank.org.uk">info@dunfermline.foodbank.org.uk</a> <b>East Neuk:</b> Anstruther Church - Tue 1200-1600; Thu 1600-1800 <b>Glenrothes:</b> 01592 631088 email <a href="mailto:info@glenrothes.foodbank.org.uk">info@glenrothes.foodbank.org.uk</a> <b>Kirkcaldy:</b> Various locations, website <a href="http://www.kirkcaldyfoodbank.org.uk">www.kirkcaldyfoodbank.org.uk</a> <b>Levenmouth:</b> 07966502854 Delivery only <b>St Andrews:</b> 01334 474940 (option 2) email <a href="mailto:storehouse@kingdomvineyard.com">storehouse@kingdomvineyard.com</a> <b>Taybridgehead:</b> 07840957039 (emergencies only)	Owing to Covid-19 there may be <b>local variations</b> so please contact the relevant Foodbank <b>For referrals in the following towns and their surrounding areas, tel:</b> South West Villages 07985739452; Ballingry 07515290119; Kelty 01383 650273; Cowdenbeath 07828564232
<b>Asda Pharmacy</b>	Call and collect service for vulnerable people or those who are practising social distancing – prescriptions can be collected from your car at dedicated bays within the store car parks.	<b>Dunfermline (Halbeath)</b> 01383 843617 <b>Kirkcaldy (Carberry Road)</b> 01592 657210	<b>Fife-wide</b> Please note opening times within stores may be reduced and people should call their local Asda pharmacy team for more information
<b>Fife One Stop Shop, Scottish Autism</b>	Support by email & telephone; telephone support by appointment; information, advice, local supports for autistic people, their families & professionals	<a href="http://www.scottishautism.org/services-support/family-support/fife-one-stop-shop">www.scottishautism.org/services-support/family-support/fife-one-stop-shop</a> <b>Tel</b> 01592 645350 <b>Email</b> <a href="mailto:fifeoss@scottishautism.org">fifeoss@scottishautism.org</a>	<b>Fife-wide</b> Aim to respond within 3 working days
<b>Centre for Positive Change (in partnership with Positive Change Yoga)</b> <b>Update (220221)</b>	Free online Zen Yoga offered to Fifiers since January and now extended to throughout March 2021; see website for booking information and terms & condition	<a href="http://www.positivechange yoga.com">www.positivechange yoga.com</a> <b>Facebook</b> @positivechange yoga	<b>Fife-wide</b>

Service:	Brief:	Contact/Links:	Other:
<b>Friendship Cabin</b> <b>Update (130821):</b> In-person groups have reopened Mon-Thu at the Woodside Community Hall & from 160821 Gilvenbank Community Sports Hub, Glenrothes; Tea Party launches 030921	For adults 16+ - virtual social group with entertainment via the Lunch Clubs; 'Call Companion' services for those with limited mobility or who are isolated; Tea Party 'Fun Friday' with Karaoke & Disco; all services will be delivered in accordance with Government guidelines; places are limited to 15 per group session (contact Pearl in advance); £10 per session	<a href="http://www.thefriendshipcabin.com">www.thefriendshipcabin.com</a> <b>Tel</b> 07423154632 Pearl Weepers <b>Email</b> <a href="mailto:info@thefriendshipcabin.com">info@thefriendshipcabin.com</a> <b>Facebook</b>	<b>Fife-wide &amp; Glenrothes Area</b>  <b>Lunch Clubs (Glenrothes):</b> Tue-Thu 1000-1400 Woodside Community Hall Mon 1000-1400 Gilvenbank Community Sports Hub <b>Tea Party (Glenrothes):</b> Fri 1630-1900 Woodside Community Hall <b>Virtual Zoom Group (Fife):</b> Sun 1400-1600
<b>Fife Lockdown Economy (FiLE)</b> <b>Update (160222):</b> Website unreachable, view on Facebook	Marketplace that connects local people in Fife with local businesses offering products and services during lockdown	<b>Email</b> <a href="mailto:fifelockdowneconomy@protonmail.com">fifelockdowneconomy@protonmail.com</a> <b>Facebook</b> @fifelockdown	<b>Fife-wide</b>
<b>Fife Carers Centre</b> <b>Update (310322):</b> New Information Drop-in Tue 1400-1600 CISWO Glenrothes	Referrals accepted; centre support (telephone, email & virtual contact) & drop-ins/group supports; services include - assistance to complete forms; help with emergency planning (including Carer Emergency Cards); support planning; a point of contact for carers experiencing difficulties; advocacy; befriending for carers; online male carers group; Dementia Workshops for Carers; and, co-ordinating supply of PPE to entitled carers <b>(see separate entry p20)</b>	<a href="http://www.fifecarerscentre.org">www.fifecarerscentre.org</a> <b>Tel</b> 01592 205472 <b>Email</b> <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a>  <b>For Befriending (one-to-one &amp; group befriending)</b> contact Sylwia Nadolny: <b>Email</b> <a href="mailto:sylwia.nadolny@fifecarers.co.uk">sylwia.nadolny@fifecarers.co.uk</a> <b>Tel</b> 07736909692	<b>Fife-wide</b> Referrals can be made via the telephone or the online portal  For meeting places see website or contact Centre  2 <sup>nd</sup> Tue 1300-1430 Catch-up Club, Linton Lane Community Centre, Kirkcaldy (meet from 1200 Rabbit Braes Park for walk) Tue 1400-1600 Information Drop-in CISWO, Glenrothes

Service:	Brief:	Contact/Links:	Other:
<b>Personal Protective Equipment (PPE) for Unpaid Carers</b>	Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for	<b>To request PPE contact Fife Carers:</b> <b>Tel</b> 01592 205472 <b>Email</b> <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a>	<b>Fife-wide</b>
<b>SDS Options Fife (Disabled Person's Housing Service Fife)</b> <b>Update (170322):</b> No longer issuing PPE, however, continue to guide & advise on Self Directed Support	Independent service in Fife providing information, support & advice to people in relation to Self Directed Support (SDS); help to understand & explore options, choose personal outcomes & support to make personal decisions regarding SDS; offer an online SDS Community & share stories from people who are now in receipt of SDS	<a href="http://www.sdsoptionsfife.org.uk">www.sdsoptionsfife.org.uk</a> <b>Tel</b> 01592 803280 <b>Email</b> <a href="mailto:enquiries.sds@dphsfife.org.uk">enquiries.sds@dphsfife.org.uk</a>	<b>Fife-wide</b> Mon-Thu 0900-1700 Fri 0900-1600 Closed for lunch 1300-1400
<b>Meal Makers, Food Train</b> <b>Update (180521):</b> From 170521 Cooks will be permitted to visit Diners inside their home when delivering meals; new service launched by parent group (Eat Well Age Well)	Helping older people to eat well, age well & live well independently at home; neighbourhood food-sharing project connecting people who love cooking & who are happy to share an extra portion of home cooked food with an older neighbour who would really appreciate a freshly prepared meal & a friendly chat; <b>'Eat Well Age Well'</b> freephone Malnutrition Advice Helpline with a focus on people 65+ launched	<a href="http://www.mealmakers.org.uk">www.mealmakers.org.uk</a> for information, to sign up as a cook or suggest a diner  <b>Tel</b> 0141 551 8118 or 07702 868893 Carol Simmons, Development Officer – working days Mon-Fri <b>Email</b> <a href="mailto:carol@mealmakers.org.uk">carol@mealmakers.org.uk</a>  <b>Malnutrition Advice Helpline (Eat Well Age Well) –</b> <b>Tel</b> 0800 13 88 220	<b>Fife-wide</b>



Service:	Brief:	Contact/Links:	Other:
<b>Befriending (Communities Recovery Fund), Fife Shopping &amp; Support Services</b> <b>Update (171220):</b> A few hours are left for referrals (available until the end of March 2021)	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	<a href="http://www.fifeshoppingandsupportservices.co.uk">www.fifeshoppingandsupportservices.co.uk</a> <b>Tel</b> 01592 653344 <b>Email</b> <a href="mailto:lynne@fifeshoppingandsupportservices.co.uk">lynne@fifeshoppingandsupportservices.co.uk</a> <b>Facebook</b>	<b>Fife-wide</b> Other privately purchased provisions are available
<b>Gingerbread Fife</b> <b>Update (121021):</b> 'Making it Work' for lone parents in work or seeking employment to help plan a positive future & support work/life balance	Lone Parent Helpline; telephone advice; new referrals accepted for - Teen Parent Project; Making It Work (Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth); Square Start Levenmouth; Buddy Project; &, Dad and Me	<a href="http://www.fifegingerbread.org.uk">www.fifegingerbread.org.uk</a> <b>Tel</b> 01592 725210 <b>Email</b> <a href="mailto:info@fifegingerbread.org.uk">info@fifegingerbread.org.uk</a>	<b>Fife-wide with Local Projects</b> Helpline: Mon-Thurs 0900-1700 Fri 0900-1530
<b>Wells Near Me, Fife Health &amp; Social Care Partnership and Partners</b> <b>Update (220322):</b> From 240322 in-person Well Kirkcaldy Mercat Centre Thu 1000-1200 & from 300322 The Haven, Glenrothes Kingdom Centre Wed 1000-1200	Virtual & In-person Wells Tue-Thu 1000-1200 & Mon/Thu 1300-1500; advisors aim to help people with enquiries to find solutions to their health & well-being issues, including helping to identify available supports; for virtual Wells participants enter a virtual waiting room or can pre-book an appointment	<a href="http://www.fifehealthandsocialcare.org/the-well">www.fifehealthandsocialcare.org/the-well</a> <b>Email</b> <a href="mailto:TheWell@fife.gov.uk">TheWell@fife.gov.uk</a> or <a href="mailto:Aleksandra.Atanasova@fife.gov.uk">Aleksandra.Atanasova@fife.gov.uk</a> <b>Tel</b> 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live <b>BSL</b> People requiring an interpreter should request this when booking an appointment (available from 091220)	<b>Fife-wide</b> Internet enabled video device; chrome or safari browser required for virtual appointments  For people entering the virtual waiting room please be advised you may not be seen if time expires
<b>Libraries Service (On Fife)</b> <b>Update (110221)</b>	Completely free eBook, eAudiobook & digital magazine service (RBdigital); all you need to register for this free service is your library membership	<a href="http://www.onfife.com/libraries-archives/online-resources/ebooks-eaudiobooks-and-digital-magazines#">www.onfife.com/libraries-archives/online-resources/ebooks-eaudiobooks-and-digital-magazines#</a> <b>Email</b> <a href="mailto:rbdigital@wfhows.co.uk">rbdigital@wfhows.co.uk</a> if you need additional help with this service	<b>Fife-wide</b> Join by either clicking <a href="#">here</a> (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible)

Service:	Brief:	Contact/Links:	Other:
<b>Fife Bus (previously known as Dial a Ride and Ring &amp; Ride)</b> <b>Update (210322):</b> Changes to services pending; new brochures from 040422	Free door-to-door transport for people unable to access mainstream public transport due to some form of reduced mobility; at this time, the service prioritises people who need to make essential trips (to attend medical appointments or essential shopping trips)	<a href="http://www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport">www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport</a> By following the link you can see what days the service is running in each area by clicking on <a href="#">Fifebus Service by Town</a> <b>Tel</b> 03451 55 11 88 to register & book journeys	<b>Fife-wide</b> Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday
<b>Restoration Fife Recovery Community</b> <b>Update (160221):</b> February programme is available	Social activities community run by people in recovery for people in recovery; range of activities, open to family and friends to reduce isolation, loneliness & provide support with recovery	<b>Email</b> <a href="mailto:admin@restorationfife.org.uk">admin@restorationfife.org.uk</a> <b>Tel</b> 07734408498 Active Bookings <b>Tel</b> 07501176234 Charlene or 07307197963 Nikki If you want to get involved: Private message on social media or call, text or whatsapp <b>Facebook</b> @RestorationFife	<b>Fife-wide</b> In person and online social & recovery activities
<b>Fife Sports &amp; Leisure Trust</b> <b>Update (060122):</b> Active Options remains operable	Sports & leisure (check website for updates); new downloadable App allowing users to help keep track of activities & goals; online activity	<a href="http://www.fifeleisure.org.uk/coronavirus-update/">www.fifeleisure.org.uk/coronavirus-update/</a>	<b>Fife-wide</b> Check website for facilities open
<b>The Byre Theatre, St Andrews</b> <b>Update (220221)</b>	The Byre has selected a variety of things to watch online or on subscription free TV to help people choose from the array of films/online content currently available alongside 'Creative' & 'Health & Well-being' content	<a href="http://www.byretheatre.com/events/what-to-watch-online/">www.byretheatre.com/events/what-to-watch-online/</a> <b>Tel</b> 01334 475000 Box Office	<b>Fife-wide</b> (theatre based in St Andrews, North East Fife)
<b>Crossroads Fife</b> <b>Update (230321)</b>	Supporting people who care for someone with an illness or disability; services include Core Service (Respite & Palliative Care), Self-Directed Support & Privately Purchased Support	<a href="http://www.crossroadscentral.org">www.crossroadscentral.org</a> <b>Email</b> <a href="mailto:info@crossroadsg.co.uk">info@crossroadsg.co.uk</a> <b>Tel</b> 01592 610540 Kirsten Docherty, Manager	<b>Fife-wide</b> Open to new referrals and self-referrals



Service:	Brief:	Contact/Links:	Other:
<b>Fife Law Centre</b> <b>Update (240221)</b>	A team of solicitors providing free legal advice & representation for the people in Fife who need it most; legal advice on a range of subjects and depends upon on what the problems are; if unable to help, they will signpost to someone who can; contact by phone, email or chat online	<a href="http://www.fifelawcentre.co.uk">www.fifelawcentre.co.uk</a> <b>Email</b> <a href="mailto:info@fifelawcentre.co.uk">info@fifelawcentre.co.uk</a> <b>Tel</b> 01592 786710 <b>Facebook</b> Fife Law Centre	<b>Fife-wide</b> Mon-Fri 0900-1700
<b>Fife Parkinson's UK Branch</b> <b>Update (070921):</b> Person-to-person monthly group meeting resumes 090921; aiming to develop Aqua Aerobics group (Dunfermline)	A range of interest and social including 'Coffee & Chat', 'Walking' & exercise; information & advice; link to Parkinson's Nursing in Fife; monthly group meeting incorporate a number of activities including Tai Chi, therapies & crafts	<a href="http://www.fifeparkinsons.org">www.fifeparkinsons.org</a> <b>Email</b> via 'Contact Us' on website <b>Tel</b> 0808 800 0303 National Helpline (including local signposting)  <b>Locally</b> for monthly meetings contact Charles Small: <b>Email</b> <a href="mailto:cjsmall12@tiscali.co.uk">cjsmall12@tiscali.co.uk</a> <b>Tel</b> 01592 713824	<b>Fife-wide (Branch)</b> Parkinson's UK provides national coverage  <b>Fife Meetings</b> Monthly from Thu 090921 1200-1500 ( <b>new venue:</b> Baptist Church Bridge Centre, Glenrothes Kingdom Centre)
<b>Carers' Self Help Service, Link Living</b>	Provides up to 6 one-to-one self-help coaching sessions using CBT for Carers of children, young people & adults with Autism Spectrum Conditions; aims to reduce isolation & offer practical skills & techniques for managing stress (active engagement with materials during & between sessions provides maximum benefit to individuals)	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:kirstin.brady@linkliving.org.uk">kirstin.brady@linkliving.org.uk</a> <b>Tel</b> 07584502442 <b>Write to</b> Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE	<b>Fife-wide</b> Free & open to both self-referral and professional referral
<b>Cosy Kingdom</b> <b>Update (140122):</b> New opening hours	Telephone energy advice, including energy debt support	<b>Tel</b> 01592 807930 <b>Text</b> COSY then your NAME to 88440 <b>Email</b> <a href="mailto:info@cosykingdom.org.uk">info@cosykingdom.org.uk</a>	<b>Fife-wide</b> Mon-Fri 1000-1500

Service:	Brief:	Contact/Links:	Other:
<b>Safe &amp; Well Resource 2021 Edition, Fife Adult Support &amp; Protection Committee</b> <b>Update (161221)</b>	Essential signposting, resources and supports for over the Christmas period	<a href="http://www.fifeforum.org.uk/resources-downloads/">www.fifeforum.org.uk/resources-downloads/</a> (click on 'Safe and Well 2021 Booklet')	<b>Fife-wide</b> Covering Christmas 2021
<b>Reporting Anti-social Behaviour, Fife Council</b> <b>Update (200521)</b>	Online anti-social behaviour reporting form if you wish to report anti-social behaviour to the council; Fife Council monitor reports Mon-Fri 0900-1700; Call the police on <b>101</b> if the antisocial behaviour is happening right now or in an emergency call <b>999</b> immediately and ask for the police	<a href="http://www.fife.gov.uk/services/form-pages/report-antisocial-behaviour">www.fife.gov.uk/services/form-pages/report-antisocial-behaviour</a>  If anti-social behaviour is current - <b>Tel</b> 101 Police If the behaviour presents an emergency - <b>Tel</b> 999 Police	<b>Fife-wide</b> Online reporting
<b>Bums off Seats, Fife Walking Initiative (supported by Active Fife &amp; Paths for All)</b> <b>Update (250521)</b>	Free organised health walks which are short & local; suitable for most including those with a long-term health condition (including dementia or cancer)	<a href="https://active.fife.scot/about/active-fife">https://active.fife.scot/about/active-fife</a> <b>Email</b> <a href="mailto:vivienne.mcniven@fife.gov.uk">vivienne.mcniven@fife.gov.uk</a> <b>Tel</b> 03451 55 55 55 (ext 402243) Vivienne McNiven	<b>Fife-wide</b> Groups meet in localities which include: <b>Cupar, Dalgety Bay, Dunfermline, Glenrothes, Kirkcaldy, Leven, Lochore &amp; Rosyth</b>
<b>FRASAC Fife Rape &amp; Sexual Assault Centre</b> <b>Update (010621):</b> support services are currently delivered over the phone/online	Independent voluntary organisation working throughout Fife offering a range of free & confidential time limited support to anyone 12+, of any gender, who has been raped or sexually assaulted at some point in their lives; services include: Crisis & Early Intervention; Young Peoples Support (12-25); Core Support (25+); Support & Advocacy; and, Prevention	<a href="http://www.frasac.org.uk">www.frasac.org.uk</a> <b>Tel</b> 01592 642336 <b>Email</b> <a href="mailto:info@frasac.org.uk">info@frasac.org.uk</a>	<b>Fife-wide</b> Based in Kirkcaldy

Service:	Brief:	Contact/Links:	Other:
<b>Circles Network Advocacy Service</b> <b>Update (290921)</b>	Deliver a free, independent service by providing information & advocacy via telephone, email or video call, drop-in meetings within community resources & home visits to individuals who are unable to access our main office in Fife or suitable public settings; they help qualifying people to have a say about the services they receive, understand their rights, raise issues they are worried about, ensure safeguarding in situations where they may be vulnerable	<a href="http://www.circlesnetwork.org.uk">www.circlesnetwork.org.uk</a> <b>Tel</b> 01592 645360 or 07909002582 (call or text) <b>Email</b> <a href="mailto:info.fife@circlesnetwork.org.uk">info.fife@circlesnetwork.org.uk</a>	<b>Fife-wide</b> For adults 16+ experiencing one or more of the following conditions: <ul style="list-style-type: none"> <li>• mental ill health</li> <li>• dementia</li> <li>• learning, physical or sensory impairments</li> <li>• acquired brain injury</li> <li>• chronic/long term illness</li> <li>• autistic spectrum diagnosis</li> <li>• people with lived experience of drug or alcohol dependency</li> <li>• personality disorder</li> <li>• people receiving self-directed support budget</li> </ul> <b>Or</b> , children 16 years & under who are subject to compulsory measures under the Mental Health (Care & Treatment) (Scotland) Act 2003
<b>Carers Advice Project, DEAFBLIND Scotland</b> <b>Update (260721)</b>	For carers with sensory loss or those who care for someone with sensory loss; support & information; home visiting service to help identify needs & support for carers	<a href="http://www.dbscotland.org.uk">www.dbscotland.org.uk</a> <b>Tel</b> 0795036114 Maureen Macpherson, Project Worker <b>Email</b> <a href="mailto:carersadvice@dbscotland.org.uk">carersadvice@dbscotland.org.uk</a>	<b>Fife-wide (Project) &amp; National Organisation</b>
<b>Alzheimer Scotland Day Care Fife</b> <b>Update (130921): Day Care has changed day (now Friday)</b>	Day Care provision Friday; transport not provided; Service Agreement Package is required to be completed prior to engagement; waiting list	<b>Tel</b> 01592 803790 <b>Email</b> <a href="mailto:srichardson@Alzscot.org">srichardson@Alzscot.org</a> Shirley Richardson, Day Care Organiser or <a href="mailto:fifeservice@Alzscot.org">fifeservice@Alzscot.org</a>	<b>Fife-wide</b> Based in Kirkcaldy & travel not included Sessions are: Fri £10 per session

Service:	Brief:	Contact/Links:	Other:
<b>Support in Mind Fife Services</b> <b>Update (140621):</b> Telephone support & face-to-face support where this is required/possible; Zoom Meetings (Carers & Women)	Work towards improving the well-being & quality of life of people affected by serious mental illness including families, carers & supporters (local services provided by outreach with base in Levenmouth)	<a href="http://www.supportinmindscotland.org.uk">www.supportinmindscotland.org.uk</a> <b>Tel</b> 01592 268388 Local Services or 0131 662 4359 National <b>Email</b> <a href="mailto:fifeservices@supportinmindscotland.org.uk">fifeservices@supportinmindscotland.org.uk</a>  Fife services include – <b>Fife Families Support</b> helping friends & relatives to help those struggling with severe mental health issues <b>Information &amp; Resilience</b> information & support to help people manage their mental health <b>Fife Hearing Voices</b> helping people to live around their voices, including peer support	<b>Fife-wide</b>
<b>Relationships Scotland Couple Counselling Fife</b> <b>Update (060721)</b>	A confidential counselling service to couples & individuals struggling with their marriage/relationship (£25 fee - £15 for unemployed - for the intake appointment, payable at time of booking the appointment & the counselling is by donation); sexual relationship therapy for those experiencing sexual difficulties (contribution of £30-50 per session)	<a href="http://www.rscf.org.uk">www.rscf.org.uk</a> <b>Tel</b> 01592 597444 <b>Email</b> <a href="mailto:info.rscf@gmail.com">info.rscf@gmail.com</a>	<b>Fife-wide</b> Online counselling as well as face-to-face  For Guidelines & costs follow <a href="http://www.rscf.org.uk/what-does-it-cost">www.rscf.org.uk/what-does-it-cost</a>
<b>Food Train Connects (Food Train)</b> <b>Update (040821)</b>	Grocery delivery service helping to provide a service where there are gaps in provision for people 65+; volunteer shoppers can also put items away; £1 annual membership & £5 per shopping delivery; registration required	<a href="http://www.foodtrainconnects.org.uk">www.foodtrainconnects.org.uk</a> <b>Tel</b> 0800 304 7924 or for information 07451615837 Carol Anderson, Development Officer <b>Email</b> <a href="mailto:connects@foodtrainconnects.org.uk">connects@foodtrainconnects.org.uk</a>	<b>Fife-wide</b> Annual membership £1 & £5 per shopping delivery (registration required)

Service:	Brief:	Contact/Links:	Other:
<b>Off the Rails Arthouse</b> (Ladybank Station House, Victoria Street, Ladybank KY15 7JT) <b>Update (050821)</b>	A creative space to gather & learn; artist-led; explore a wide range of arts-related activities including art, design & craft & pop-up events; all welcome; activities booked via the website	<a href="http://www.offtherailsarthouse.com">www.offtherailsarthouse.com</a>	<b>Fife-wide</b> Entry has restricted access (steps to front door) Activities are individually priced
<b>Scottish Veterans' Rosendael Residence, Broughty Ferry (Scottish Veterans Residences)</b> <b>Update (090821)</b>	Pilot for isolated/lonely veterans of any age; taking part might involve a meal, coffee morning, activities & opportunities to meet other veterans; qualified staff can discuss needs; no cost & help can be arranged for transport to Rosendael	<a href="http://www.svronline.org">www.svronline.org</a> <b>Tel</b> 01382 477078 ask for Carol, Darren or Andy <b>Email</b> <a href="mailto:info@svronline.org">info@svronline.org</a> add 'Reaching Out to Veterans' in subject header	<b>Fife-wide (support also extends to Angus &amp; Tayside)</b>
<b>FASS ADAPT Substance Recovery</b> <b>Update (130921):</b> New alternative drop-in service 'Know the Script' hosting a host of services including counselling, harm reduction, advice & dispensing of Naloxone	Main drug & alcohol triage service in Fife; providing assessment of needs & referral to specialist drug & alcohol services within the NHS & Third Sector; anyone requiring more intensive help can be guided towards ADAPT counselling & other services; supports both people suffering from substance misuse & their carers	<a href="http://www.fassaction.org.uk/adapt-home/">www.fassaction.org.uk/adapt-home/</a> <b>Tel</b> 01592 321521 <b>Write to:</b> FASS ADAPT Recovery Support 17 Tolbooth Street Kirkcaldy KY1 1RW  <b>For clinic details follow:</b> <a href="http://www.fassaction.org.uk/adapt-where/">www.fassaction.org.uk/adapt-where/</a>	<b>Fife-wide Clinics:</b> Kirkcaldy, Glenrothes & Dunfermline <b>'Know the Script' Drop-in:</b> The Centre, Leven Thu 1000-1500
<b>With You in Fife</b> <b>Update (270921)</b>	Free confidential drug & alcohol service; talk to trained staff; work towards personal goals be this cutting down drug or alcohol use, stopping completely or advice; also, support for people worried about someone else's drinking or drug use; needle & syringe exchange service	<a href="http://www.wearewithyou.org.uk/services/fife/">www.wearewithyou.org.uk/services/fife/</a> <b>Tel</b> 01333 433636 <b>Based</b> The Grieg Institute, Forth Street, Leven KY8 4PF	<b>Fife-wide</b> For over 16s living in Fife

Service:	Brief:	Contact/Links:	Other:
<b>Thistle Neurological Wellbeing Service (supported by the Thistle Foundation with funding from Scottish Government)</b> <b>Update (160921): New Fife-wide service</b>	Remote support for people living with neurological conditions; phone-based one-to-one wellbeing coaching; support to develop a wellbeing plan; online group-based Lifestyle Management courses; online Mindfulness courses; social prescribing; encourage peer support; can self-refer or be referred by a healthcare practitioner	<a href="http://www.thistle.org.uk">www.thistle.org.uk</a> <b>Email</b> <a href="mailto:referrals@thistle.org.uk">referrals@thistle.org.uk</a> <b>Text</b> 07342035670 Leanne	<b>Fife-wide</b>
<b>Thistle Wellbeing Service, Thistle Foundation</b> <b>Update (290921): Service now extended to Fife</b>	Self-management support for people living with long term health conditions, long covid or facing challenging life situations; phone or video-based one-to-one wellbeing coaching; support to develop a wellbeing plan; online group-based Lifestyle Management; online group-based Mindfulness courses	<a href="http://www.thistle.org.uk">www.thistle.org.uk</a> <b>Email</b> <a href="mailto:referrals@thistle.org.uk">referrals@thistle.org.uk</a> <b>Tel</b> 0131 661 3366	<b>Fife-wide</b> Only able to accept self-referrals at this time
<b>Careoligy Day Centre (Hayfield Clinic, Dunnikier Road, Kirkcaldy)</b> <b>Update (191021): New private Day Care facility</b>	Bespoke day service for 60+ with disability/frailty/dementia; recreational, leisure & holistic activities; flexible sessions from 4 hrs to full days with a 2 hrs free taster session; currently open Wed-Thu	<a href="http://www.careoligy.co.uk">www.careoligy.co.uk</a> <b>Email</b> <a href="mailto:Anne.Ciarletta@careoligy.co.uk">Anne.Ciarletta@careoligy.co.uk</a> <b>Tel</b> 01592 210212 or 07934877463	<b>Fife-wide</b> Wed-Thu £50-90 per session Transport not provided
<b>CHARIS Foundation (formerly Fife Christian Counselling Centre)</b> <b>Update (191021)</b>	Non-profit organisation offering free professional counselling, training & retreats; inter-denominational Christian agency	<a href="http://www.charisfoundation.co.uk">www.charisfoundation.co.uk</a> <b>Email</b> <a href="mailto:enquiries@charisfoundation.co.uk">enquiries@charisfoundation.co.uk</a> <b>Tel</b> 01592 744632	<b>Fife-wide</b>

Service:	Brief:	Contact/Links:	Other:
<b>Link Living Befriending (Older Person's Service)</b> <b>Update (091121):</b> Actively recruiting volunteers	Befriending for socially isolated older people 65+; help to get out, meet people & enjoy activities in your area; to help deliver the service Volunteer Befrienders make a weekly visit or phone call to a socially isolated older person; volunteers receive travel expenses & support from a Project Worker	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:referralsOPS@linkliving.org.uk">referralsOPS@linkliving.org.uk</a> <b>Tel</b> 01592 644048	<b>Fife-wide</b> Service delivery & volunteering
<b>Moodcafe 'Promoting Mental Health from Fife'</b> <b>Update (081121):</b> Relunched website	Online portal for information & resources to help you understand and improve your mental health; practitioner resources also available	<a href="http://www.moodcafe.co.uk">www.moodcafe.co.uk</a>	<b>Fife-wide</b>
<b>Rock Trust Housing Support &amp; Housing First for Youth (in partnership with Fife Council)</b> <b>Update (151121)</b>	Housing Support works with young people in their own tenancies to teach them the life skills & build the confidence they need to successfully live independently; Housing First for Youth supports young people to end homelessness by immediately placing them into an unconditional & permanent home that meets their needs & interests, bypassing unsuitable temporary accommodation; young people 16-25	<a href="http://www.rocktrust.org">www.rocktrust.org</a> <b>Email</b> <a href="mailto:alison.liddell@rocktrust.org">alison.liddell@rocktrust.org</a> Alison Liddell, Fife Team Leader <b>Email</b> <a href="mailto:hello@rocktrust.org">hello@rocktrust.org</a> <b>Tel</b> 0345 222 1425 <b>Facebook</b>  Or Fife Council (partner) Contact: <b>Email</b> <a href="mailto:housing.first@fife.gov.uk">housing.first@fife.gov.uk</a>	<b>Fife-wide</b> National organisation with local services
<b>Embracing Life</b> <b>Update (251121)</b>	Community Interest Group providing life coaching sessions & workshops to help build good self-esteem & positive mental health	<a href="http://www.embracinglife.co.uk">www.embracinglife.co.uk</a> <b>Email</b> <a href="mailto:info@embracinglife.co.uk">info@embracinglife.co.uk</a> <b>Tel</b> 07876026445 <b>Facebook</b> @embracinglifeforgood	<b>Fife-wide (based Dunfermline)</b> Not for profit; however, sessions are costed (see booking process)



Service:	Brief:	Contact/Links:	Other:
<b>Togetherall</b> <b>Update (061221)</b>	Safe, anonymous, online community supporting mental health of Fife residents 16-26; free service for young people who are feeling overwhelmed, struggling socially or just not feeling themselves	<a href="http://www.togetherall.com">www.togetherall.com</a>	<b>Fife-wide</b>
<b>Fife Workplace Team, Fife Health &amp; Social Care Partnership</b> <b>Update (071221)</b>	Assisting Fife's workforce with health, safety & wellbeing outcomes; training now available for employers seeking to support workers with a long Covid experience to return to work	<a href="http://www.nhsfife.org/workplace/">www.nhsfife.org/workplace/</a> <b>Email</b> <a href="mailto:fife.hwlfife@nhs.scot">fife.hwlfife@nhs.scot</a> <b>Tel</b> 01592 226526	<b>Fife-wide</b> The workplace is identified as a key area for the improvement of health, safety & wellbeing by the WHO
<b>Fife Dippers (Men's Mental Health Dipping Society)</b> <b>Update (091221):</b> Next meeting Sat 121221 0845 for induction & coaching with dip 0900 at Leven Beach	Learn how to dip & catch up with banter; outdoor dipping group	<b>Facebook</b> Fife Dippers mens mental health dipping society	<b>Fife-wide</b> Meets appear to centre Leven Beach
<b>Fife Private Rental Solutions (Trust in Fife)</b> <b>Update (240122)</b>	Private rented sector advice hub for individuals & landlords; services – housing options advice/guidance, identifying a suitable property, a 'Deposit Guarantee' (in lieu of cash deposits), rent resolution, mediation	<a href="http://www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/">www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/</a> <b>Email</b> <a href="mailto:info@frps.co.uk">info@frps.co.uk</a> <b>Tel</b> 01592 201849 <b>Facebook</b> @TIF.TrustInFife	<b>Fife-wide</b> Access can be direct or via Fife Council's Housing Assessment Team or Prevention First Service
<b>Express Group Fife</b> <b>Update (020222):</b> New Methil Peer Support Group launches 220222	Peer support groups; adults 18+ affected by mental health issues &/or social isolation; lunch provided; support individual recovery plans	<a href="http://www.expressgroupfife.org.uk">www.expressgroupfife.org.uk</a> <b>Tel</b> 01592 645331 <b>Email</b> <a href="mailto:info@expressgroupfife.org.uk">info@expressgroupfife.org.uk</a>	<b>Fife-wide</b> Groups in 8 towns within all 7 localities from St Andrews to Inverkeithing – see website



Service:	Brief:	Contact/Links:	Other:
<b>The Big Hoose Project (The Cottage Family Centre)</b> <b>Update (080222):</b> New Fife-wide service launching in partnership with Amazon aiming to combat the impact of poverty	The Cottage have signed an agreement with Amazon which will see multi-million pounds worth of household goods distributed to children & families living in poverty across Fife; The Big Hoose Fife Project will work in partnership with charities, Social Workers, health visitors & organisations to enable families access to items such as bedding, kitchen items, towels, toilet roll, nappies, rugs & other household furnishings/goods; Amazon have provided £150K for recruitment & have seconded their own warehouse staff to support the project in the initial stages to allow goods to be available to families right now	<a href="http://www.thecottagefamilycentre.org.uk/news/big-choose-fife-project">www.thecottagefamilycentre.org.uk/news/big-choose-fife-project</a> <b>Email</b> <a href="mailto:info@thecottagefamilycentre.org.uk">info@thecottagefamilycentre.org.uk</a> <b>Tel</b> 01592 269489 or 01592 210189	<b>Fife-wide</b> Referral system in place Mon-Fri 0900-1700
<b>Pillars of Hercules Organic Farm Shop &amp; Café</b> <b>Update (290322)</b>	Veg box delivery service with allocated days for delivery routes throughout Fife; £15 per week – delivery breaks can be requested; also offer add-ons - half dozen eggs £2, extra fruit selection bag £7, extra veg selection bag (different veg to standard box) £7	<a href="http://www.pillars.co.uk">www.pillars.co.uk</a> <b>Email</b> <a href="mailto:box@pillars.co.uk">box@pillars.co.uk</a> <b>Facebook</b> pillarsofherculesfife	<b>Fife-wide</b> For delivery routes & days see website

## Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
<b>Link Living, Better Than Well</b> <b>Update (191021):</b> Closed to new referrals; to be reviewed early 2022	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; sessions aim to help participants understand the impact of trauma, identify outcomes & how to work towards these & connect to other supports; 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)	<b>Tel</b> 01592 644048 <b>Email</b> <a href="mailto:selfhelp@linkliving.org.uk">selfhelp@linkliving.org.uk</a> <b>Write to</b> Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	<b>Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy</b> Participants must live in the abovementioned localities <b>North East Fife &amp; South West Fife</b> Sessions will always only be available via telephone or video call
<b>Sporting Memories</b> <b>Update (190122):</b> New group Abbeyview Bowling Complex, Dunfermline launches 150222 Tue 1030-1230; for details of other groups fully remobilised see 'local contact'	Aim to demonstrate the health, wellbeing and social benefits of talking about sport	<a href="http://www.sportingmemoriesnetwork.com">www.sportingmemoriesnetwork.com</a> <b>Email</b> <a href="mailto:admin@thesmf.co.uk">admin@thesmf.co.uk</a> <b>Local Contact</b> 07941123278 or email <a href="mailto:gary@thesmf.co.uk">gary@thesmf.co.uk</a> Gary Waddell, Group Delivery & Practice Co-ordinator <b>Sporting Memories KITbag</b> Sign up by contacting Gary or by Survey Monkey <a href="http://www.surveymonkey.co.uk/r/DLFVR6R">www.surveymonkey.co.uk/r/DLFVR6R</a>	<b>Kirkcaldy, Glenrothes, Burntisland &amp; Dunfermline</b> Tue 1030-1200 Dunfermline (Abbeyview Bowling Club) Wed 1030-1200 Kirkcaldy Rugby Club (Balwearie Road) Thu 1030-1200 Glenrothes Community Sports & Health Hub (Gilvenbank Park Pavillion)
<b>Scotland Hourglass (Action on Elder Abuse)</b>	Free shopping bag delivery for older people in isolation.	<b>Tel</b> 07496323801 <b>Email</b> <a href="mailto:colinscott@wearehourglass.org">colinscott@wearehourglass.org</a>	<b>Dunfermline &amp; West Fife</b>
<b>Dunfermline Central Mosque</b>	Shopping/essential deliveries including halal; free food parcels for those 60+ in need	<b>Telephone or SMS</b> 07946636913	<b>Dunfermline to Rosyth</b>

Service:	Brief:	Contact/Links:	Other:
<b>Aberdour Bakery, Aberdour</b> <b>Update (280121):</b> Deliveries 10-mile radius incl. Culross & Kinross	Fresh bakery products & some essentials; deliveries Thu-Sat; tel to place order & check stock availability; card payment or cash on delivery	Tel 01383 860330	<b>Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay &amp; surrounding areas</b> Mon-Sat 0800-1400
<b>F3 Food for Families, Gillespie Memorial Church, Dunfermline</b>	Free fresh food during summer school holidays for families struggling to feed the family	<a href="http://www.gillespiechurch.org/mission-outreach/f3-food-for-families/">www.gillespiechurch.org/mission-outreach/f3-food-for-families/</a> Tel 07518902602 Leave a message or text & you will get a call back Email <a href="mailto:f3gillespiechurch@gmail.com">f3gillespiechurch@gmail.com</a> Facebook F3 or foodforfamiliesdunfermline	<b>Dunfermline &amp; West Fife</b> Service commences from 060720
<b>Benarty Fruits, Lochore</b>	Fruit/Veg deliveries	<a href="http://www.benartyfruits.co.uk/shop">www.benartyfruits.co.uk/shop</a> Tel 07786025233	<b>Oakley to Glenrothes</b> Mon-Fri 0900-1500 & Sat 0900-1200
<b>Fife Curnie Clubs</b> <b>Update (270721):</b> Kirkcaldy Curnie Club has re-opened Tue 1000-1300	Promoting social inclusion & combating isolation for people aged 26-49; continuing to support members & new referrals (including self-referrals); online group chats and predetermined activities; 1:1 support for members available; service for those who care for & work with FASD or are suspected of having been exposed to alcohol pre-birth	<a href="http://www.fifecurnieclubs.org">www.fifecurnieclubs.org</a> 07384514478 Kirkcaldy (Jo) 07384514479 Cupar & Glenrothes (Karen) 07748631648 Cowdenbeath & Dunfermline (Steve) 07384514478 Methil (Jo) 07741559373 Volunteer Opportunities (Kerry) 07807011951 General Enquiries (Elena) Email <a href="mailto:curnieclubsinfife@gmail.com">curnieclubsinfife@gmail.com</a> Curnie Clubs Email <a href="mailto:fasd.fife@fassaction.org.uk">fasd.fife@fassaction.org.uk</a> FASD Fife Facebook Fife Curnie Clubs	<b>Locality Virtual Groups:</b> <b>Kirkcaldy</b> Tues 1100 <b>Cupar &amp; Glenrothes</b> Tues 1100 <b>Cowdenbeath &amp; Dunfermline</b> Wed 1100 <b>Methil</b> Thu 1100  <b>FASD (Fetal Alcohol Spectrum Disorder) Fife: Fife-wide</b>
<b>Raith Fruit Shop</b>	Fruit/Veg & some essentials being delivered	<a href="http://www.raithfruit.com">www.raithfruit.com</a> Tel 01592 653444	<b>Kirkcaldy, Dunfermline &amp; Glenrothes Areas</b>
<b>Employment Plus, Salvation Army</b> <b>Update (241120)</b>	Free & confidential help with employability, training, in-work support and well-being & life skills	<a href="http://www.salvationarmy.org.uk/employability">www.salvationarmy.org.uk/employability</a> Tel 0800 652 4276 Email <a href="mailto:employmentplus@salvationarmy.org.uk">employmentplus@salvationarmy.org.uk</a> Local Contact 07827037013 Dawn Hinton Email <a href="mailto:dawn.hinton@salvationarmy.org.uk">dawn.hinton@salvationarmy.org.uk</a>	<b>Levenmouth, Glenrothes, Kirkcaldy, Lochgelly &amp; Cowdenbeath</b>

Service:	Brief:	Contact/Links:	Other:
<b>Womens Wellbeing Club</b> <b>Update (110821):</b> In-person peer groups at Glenrothes & St Andrews	Female only mental health peer group – online & in-person resource	<a href="http://www.womenswellbeingclub.co.uk">www.womenswellbeingclub.co.uk</a> <b>Email</b> <a href="mailto:glenrothes@womenswellbeingclub.co.uk">glenrothes@womenswellbeingclub.co.uk</a> <a href="mailto:standrews@womenswellbeingclub.co.uk">standrews@womenswellbeingclub.co.uk</a> <a href="mailto:dunfermline@womenswellbeingclub.co.uk">dunfermline@womenswellbeingclub.co.uk</a> <b>Facebook</b>	<b>Glenrothes, St Andrews &amp; Dunfermline</b> Glenrothes – Collydean Community Centre, Tue 1830 St Andrews – 3a St Marys Place, Tue 1830 Dunfermline - Online
<b>Pain Association</b> <b>Update (010222):</b> Groups & learning will remain online; groups held at the same time as in-person; 'Introduction to Building Resilience' course available to book via website (dates Feb-Apr)	Professionally-led training group for people with all forms of chronic pain; sessions focus on building skills that help people to regain control and cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event	<a href="http://www.painassociation.co.uk">www.painassociation.co.uk</a> <b>Tel</b> 0800 783 6059 <b>Email</b> <a href="mailto:info@painassociation.com">info@painassociation.com</a> To join a zoom meeting – include a contact telephone number and which locality group you wish to join) <b>Email</b> <a href="mailto:awaugh@painassociation.com">awaugh@painassociation.com</a> For information or a programme	<b>Dunfermline (Townhill Community Centre)</b> from 120122 1000-1200 <b>Kirkcaldy (St Bryce Kirk Centre)</b> from 130122 1030-1230 <b>Levenmouth (Buckhaven Community Centre)</b> from 130122 1330-1530 <b>Cupar (YMCA)</b> from 240122 1330-1530
<b>East Neuk Cooks</b> <b>Update (040321)</b>	Range of catering options including 'Home Made Meals for One' (Meal in a tray) – freshly made meals for one which are frozen including vegetarian options (Meat dishes £6.80; Fish dishes £7.00; Vegetarian dishes £5.60); Minimum £20 order +£3.75 delivery (delivery free if over £40)	<a href="http://www.eastneukcooks.com">www.eastneukcooks.com</a> <b>Tel</b> 07969208497 <b>Facebook</b> East Neuk Cooks	<b>Selected Postcodes</b> Delivery to postcode areas KY1, KY7, KY8, KY9, KY10, KY14, KY15, KY16, DD6 Weekly Saturday deliveries
<b>Best Foot Forwards (Walking Groups), Fife Council Community Sports Leader-led</b> <b>Update (040521)</b>	Gentle walks for all abilities meeting at local locations in Dunfermline & Rosyth; daytime & evening walking groups; walks are 1.5 or 3 miles	<b>Tel</b> 07496053380 <b>Facebook</b>	<b>Dunfermline &amp; Rosyth</b>

Service:	Brief:	Contact/Links:	Other:
<b>Crossroads Befriending Service</b> <b>Update (180521):</b> Home visiting resuming	Befriending opportunities for adults with a physical, mental or sensory impairment who are socially isolated & lonely; regular social contact via home visiting, telephone, video chat or email	<a href="http://www.crossroadscentral.org">www.crossroadscentral.org</a> <b>Email</b> <a href="mailto:marie@crossroadsq.co.uk">marie@crossroadsq.co.uk</a> <b>Tel</b> 01592 630253 or 07955 047757 Marie Lindsey, Co-ordinator	<b>Fife excluding Dunfermline &amp; West Fife</b> New referrals welcomed as are volunteer enquiries
<b>Andys Man Club</b> <b>Update (210322):</b> New meeting venues Dunfermline over 2 groups	National coverage with local groups; free peer-to-peer group providing a place for men to come together in a safe & open environment to talk about the issues or problems they face or have faced; men aged 18+; for further information contact directly; do not meet on Bank Holidays	<a href="http://www.andysmanclub.co.uk">www.andysmanclub.co.uk</a> <b>Email</b> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a> <b>Facebook</b> search 'Andys Man Club' followed by the town	<b>Glenrothes, St Andrews, Dunfermline &amp; Kirkcaldy</b> Mon 1900-2100: Glenrothes (Collydean Community Centre) St Andrews (3a St Marys Place) Dunfermline (Townhill Bowling Club & McKane Park Rugby Club)) Kirkcaldy (Stark's Park, Raith Rovers FC)
<b>Breathe Easy Fife (affiliated to the British Lung Foundation)</b> <b>Update (070422):</b> April group dates confirmed	Monthly support & social groups which bring people together who are living with or who care for people with lung conditions	<a href="http://www.blf.org.uk">www.blf.org.uk</a> <b>Tel</b> 01333 426544 Agnes Whyte (Chairperson) or 01334 650914 Ray/Janice for North East Fife <b>Email</b> <a href="mailto:breatheeasyfife@yahoo.com">breatheeasyfife@yahoo.com</a> <b>Facebook</b> @breatheeasyfife  <b>Or, National Helpline Asthma &amp; Lung UK:</b> <b>Tel</b> 03000 030 555 Mon-Fri 0900-1700	<b>Levenmouth, St Andrews, Kirkcaldy &amp; Dunfermline</b> <b>Next 140422</b> Thu 1300-1500 Methil, Fife Renewable Innovation Centre <b>Next 180422</b> Mon 1230-1500 St Andrews, Scoonie Hill Community Centre <b>Next 210422</b> Thu 1300-1500 Kirkcaldy, Templehall Community Centre <b>Next 280422</b> Thu 1300-1500 Dunfermline, The Studio Carnegie Hall <b>Glenrothes</b> aiming to launch new group (Feb-Mar 2022)

Service:	Brief:	Contact/Links:	Other:
<b>Making it Work for Lone Parents (Fife Gingerbread &amp; CARF)</b> <b>Update (170621)</b>	For lone parents in work or seeking employment; provides tailored support helping parents work towards a positive future & maintain a healthy work/life balance (includes specialist financial advice)	<a href="http://www.fifegingerbread.org.uk">www.fifegingerbread.org.uk</a> <b>Tel</b> 01592 725210 <b>Email</b> <a href="mailto:info@fifegingerbread.org.uk">info@fifegingerbread.org.uk</a>	<b>Cowdenbeath, Kirkcaldy, Glenrothes &amp; Levenmouth</b>
<b>Bums of Seats (Paths for All/Fife Council)</b>	Health walks for all at a variety of locations in Fife	<a href="http://www.active.fife.scot/activities/activity-pages/fitness-and-wellbeing/walking">www.active.fife.scot/activities/activity-pages/fitness-and-wellbeing/walking</a>	<b>Town Localities – see website</b>
<b>Chest Heart &amp; Stroke Scotland (CHSS) Fife Peer Groups</b> <b>Update (020222):</b> <b>Kirkcaldy Peer Stoke Support Group (affiliated) reopened</b>	Peer exercise & social in-person groups; locality-based; until further notice new referrals should go via the Peer Support Team; self-referrals welcomed to Kirkcaldy Stroke Club	<b>Email</b> <a href="mailto:peersupportteam@chss.org.uk">peersupportteam@chss.org.uk</a> for information/to refer (referral from available)	<b>Glenrothes, Kirkcaldy &amp; Dunfermline</b> Glenrothes (Heart) Exercise – remobilised Dunfermline (Heart) Exercise – no restart date as yet Kirkcaldy, Linton Lane Centre (Stroke) Social Thu 1300-1500 Fortnightly
<b>East Fife Community Transport &amp; Good Neighbours (RVS Community Transport)</b> <b>Update (230921)</b>	Community Transport for trips where mobility issues make it difficult, if not impossible, to use public transport or if they live in rural areas with limited transport; trips include getting to/from hospital, GP appointments & trips to the shops/town or social activities; comfortable & reliable, with a trusting relationship built between the person/volunteer	<a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a> <b>Email</b> <a href="mailto:fifegnhs@royalvoluntaryservice.org.uk">fifegnhs@royalvoluntaryservice.org.uk</a> <b>Tel</b> 01592 269654	<b>East Fife</b> Mon-Fri 0830-1600
<b>Largo Links 'Online Local Directory of Events'</b> <b>Update (181121)</b>	Hosted on Largo Communities Together detail of activities in Largo & further afield	<a href="http://www.largocommunitiestogether.org.uk">www.largocommunitiestogether.org.uk</a> Click on the 'Largo Links' and look for Online Directory	<b>Upper Largo &amp; wider area (Includes activities Cupar &amp; East Neuk)</b>



Service:	Brief:	Contact/Links:	Other:
<b>Link Living Social Café</b> <b>Update (210322): New group Tayport</b>	Free social café for socially isolated adults 65+; refreshments & activities; aims to help tackle loneliness & social isolation in carers and older people by bringing people together in a welcoming environment; transport may be available for people unable to make their own way there (volunteer drivers); referral form available	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:referralsOPS@linkliving.org.uk">referralsOPS@linkliving.org.uk</a> <b>Tel</b> 01592 644048	<b>Torryburn, Cowdenbeath, North Queensferry &amp; Tayport</b> Tue 1030-1230 Torryburn Community Centre Wed 1030-1230 Larick Centre, Tayport Thu 1030-1200 Cowdenbeath Bowling Club Fri 1100-1230 North Queensferry Community Centre
<b>Contact Point (Wheatley Care – previously Barony Housing Association)</b> <b>Update (221121): New opening times</b>	Mental health day resource centre in Kirkcaldy & Buckhaven; for people with mental health problems & dual diagnosis (for example: mental health & learning disability or mental health &/or drug/alcohol problems); adults 18+ who wish to improve or maintain their mental health; the services help reduce hospital admissions & re-admissions; all groups, activities & events created by service users to help meet their needs; contact first before attending	<a href="http://www.wheatley-care.com">www.wheatley-care.com</a> <b>Tel</b> 01592 571873	<b>Kirkcaldy &amp; Levenmouth</b>
<b>Evergreen Kirkcaldy &amp; GROW Dunfermline, SAMH</b> <b>Update (071221): Accepting new referrals for 2022</b>	Promoting recovery & wellbeing using horticulture; take part in a structured gardening programme to develop mental health coping strategies, enhance employability providing education/training in horticulture	<a href="http://www.samh.org.uk">www.samh.org.uk</a> <b>Email</b> <a href="mailto:dave.ross@samh.org.uk">dave.ross@samh.org.uk</a> <b>Tel</b> 01592 260534 or 07595244753 David Ross, Senior Horticulture Practitioner	<b>Kirkcaldy &amp; Dunfermline</b> Contact for referral form



Service:	Brief:	Contact/Links:	Other:
<b>Sunflower Hub (SAMH)</b> <b>Update (270122)</b>	Well-being project where people can connect with others, chat, take part in art, crafts & board games; all welcome; free; adults can attend with young family members to chat about all things well-being & SAMH services	<a href="http://www.samh.org.uk">www.samh.org.uk</a> <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a> <b>Tel</b> 01383 623179 SAMH Fife	<b>Lochgelly, Cupar &amp; St Andrews</b> Mon 1200-1600 Lochgelly Centre, Lochgelly Wed 0900-1230 YMCA-YWCA, Cupar Thu 1200-1600 Cosmos Centre, St Andrews
<b>Wellbeing in Fife (Barnardo's)</b> <b>Update (030222): New service for children &amp; young people</b>	Early preventative support for people aged 5-26 & their families to avoid deterioration in mental health & equip them for the challenges of everyday life; 1-to-1 & group support; assisting those with anxiety, low self-esteem, depression, gender identity issues, bereavement, self-harm/injury, trauma, substance use, relationship issues, exam stress & body image issues; self-referral encouraged	<a href="http://www.barnardos.org.uk/scotland">www.barnardos.org.uk/scotland</a> <b>Email</b> <a href="mailto:fifeservices@barnardos.org.uk">fifeservices@barnardos.org.uk</a> <b>Tel</b> 01592 651482	<b>Kirkcaldy, Glenrothes, Cowdenbeath, Leven &amp; North East Fife</b>
<b>Indoor Cricket Training for Seniors &amp; Juniors (Glenrothes Cricket Club)</b> <b>Update (080222): Junior &amp; senior sessions</b>	Senior training including fun & fitness; open to all including those new or returning to the game; Junior sessions cover both softball & hardball; all cricket activities are focused on fun, enjoyment & respect	<a href="http://www.glenrothescc.co.uk">www.glenrothescc.co.uk</a> <b>Facebook</b> @GlenrothesCC or @GlenrothesGladiators	<b>Glenrothes &amp; Kirkcaldy</b> Tue 1800-2000 from 080222 Fortnightly ( <b>Seniors</b> ) £5 discounts available Fri 1800-2000 from 110222 Fortnightly ( <b>Juniors</b> ) £2 <b>Meet:</b> Archery Hall, Cluny Activities KY2 6QU

## Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
<b>Largo Area Coronavirus Response Team</b> <b>Update (151020):</b> 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	<b>Tel</b> 0800 999 3465	5 local contacts for <b>New Gilston &amp; Woodside; Newburn &amp; Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links</b>
<b>Arden House Projects, Leven</b> <b>Update (060122):</b> Groups remain operable with restrictions in place	Primarily for over 65s Arden House will support vulnerable people where it is able to do so; all services associated with the pandemic are free of charge - enquiries; signposting; telephone befriending (existing clients; new referrals); shopping deliveries; prescription collection; & the provision of free hot meals	<a href="http://www.ardenproject.org.uk">www.ardenproject.org.uk</a> <b>Tel</b> 01333 303210 <b>Email</b> <a href="mailto:ardenhp@googlemail.com">ardenhp@googlemail.com</a>	<b>Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; &amp; Largo Villages</b> Mon-Fri 0900-1700 Messages can be left and will be responded to asap
<b>Monday Lunch Club, St Agatha's &amp; St Giles RC Church, 160 Methil Brae, Methil</b> <b>Update (171120):</b> Closed until restrictions are eased; contact via social media for updates	Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall	<b>Facebook</b> @stagthas	<b>Methil (Levenmouth)</b> Mon 1200-1330
<b>Cosy Kids on Tour, Levenmouth Childrens Clothing Bank (in partnership with Fife Council)</b> <b>Update (170721):</b> Ceased – winter only	Trial drop-in Savoy Centre, Methil (Mon) and The Centre, Leven (Tue) from 301112; help with winter coats/shoes for children	<b>Savoy Centre, Methil Drop-in</b> between 1500-1700 on Mon 3011; 0712; 1412; 211220 <b>The Centre, Leven Drop-in</b> between 1500-1700 on Tue 0112; 0812; 1512; 221220	<b>Levenmouth</b> Limited service dependent upon stock availability

Service:	Brief:	Contact/Links:	Other:
<b>It's Game Time &amp; Talk Time, East Fife Community Football Club, Bayview Stadium, Methil</b> <b>Update (120421): Resumed</b>	All fitness levels welcome; opportunity to meet new people; discuss all things mental health & well-being; grab a drink and a blether before and after the game	<a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a> <b>Tel</b> 07710532424 Alan Lowe <b>Email</b> <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information	<b>Levenmouth</b> Mon 1800-1900; Thu 1030-1230 Bayview Stadium, Free (no need to book)
<b>Walking Football, East Fife Community Football Club, Bayview Stadium, Methil</b> <b>Update (031120): Commenced from 251020 1730</b>	The beautiful game at a slower pace; over 45s; due to restrictions contact Alan Lowe in the first instance	<a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a> <b>Tel</b> 07710532424 Alan Lowe <b>Email</b> <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information and how to book	<b>Levenmouth</b> Book online or contact for information
<b>Taxi Centre Fife</b> <b>Update (210121): Transport assistance (Vaccine related)</b>	Free transport being offered for elderly people living on their own and without any other family, friends or transport options to get their vaccine injection; Covid secure taxi fleet	<a href="http://www.taxicentrefife.com">www.taxicentrefife.com</a> <b>Tel</b> 01333 300300 <b>Email</b> <a href="mailto:taxicentre@hotmail.com">taxicentre@hotmail.com</a> Facebook	<b>Levenmouth</b>
<b>Sam's Mental Health Café (SAMH), Forth Street Hall, Leven</b> <b>Update (210421): New service from 060521</b>	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Tel</b> 07568127735 <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Leven (Fife-wide with enquiries or for those able to access)</b> Tue, Wed, Sat 1200-2000
<b>Buckhaven Community Centre (Kinneir Street)</b> <b>Update (230921): Groups remobilising</b>	Social & activity groups; badminton courts available for hire (telephone centre)	<b>Tel</b> 01592 583472 <b>Email</b> <a href="mailto:buckhaven.centre@fife.gov.uk">buckhaven.centre@fife.gov.uk</a> <b>Facebook</b>	<b>Buckhaven</b> <b>Mon</b> Zumba 1800-1900; Pipe Band 1800-2100 <b>Tue</b> Tai Chi 1400-1500, Writing Group 1400-1600 <b>Thu</b> Pensioners Group 1300-1600; Pipe Band 1800-2100; Line Dancing 1830-2000 <b>Fri</b> Art Class 1330-1530

Service:	Brief:	Contact/Links:	Other:
<b>Renew Forth Street (supported by Renew Wellbeing &amp; Leven Baptist Church)</b> <b>Update (270921)</b>	For Children, young people & their families; an inclusive community space to belong, share hobbies & connect; rooms for prayer & reflection; based around the 5 Ways to Wellbeing, Renew spaces work on 3 principles - being present, being prayerful, being in partnership	<a href="http://www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife">www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife</a> <b>Tel</b> 01333 421566 <b>Email</b> <a href="mailto:levenbaptist@gmail.com">levenbaptist@gmail.com</a>	<b>Leven</b> Mon 1000-1200 Forth Street Hall, Forth Street, Leven Baptist Church
<b>Tea &amp; Technology (Fife Council)</b> <b>Update (271021): New from 041121</b>	Weekly learning assisting people to use smart phones, tablets, iPads & computers; online safety; places must be booked in advance	<b>Tel</b> 01592 583472 Nic	<b>Kennoway</b> Thu 1230-1400 Sandybrae Community Centre, Kennoway

## Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
<b>Later Life Choices Glenrothes (formerly Age Concern Glenrothes)</b> <b>Update (010222):</b> Limited number of group placements available, including Iris Group (Dementia)	Active Ageing Groups Mon-Thu (Mon & Wed for people with dementia); 'Help to Stay at Home' service – 2-hour community support; 1-hour home visiting support; main day care provider within the Glenrothes Locality	<a href="http://www.laterlifechoicesglenrothes.org">www.laterlifechoicesglenrothes.org</a> Tel 01592 756316 Email <a href="mailto:info@laterlifechoicesglenrothes.org">info@laterlifechoicesglenrothes.org</a> Facebook	<b>Glenrothes, Leslie, Markinch, Thornton &amp; Coaltown of Balgonie</b> (including Kinglassie for 'Help to Stay at Home' service) £10/group attendance with light lunch & transport (£7 without transport)
<b>Leslie Community Pantry</b>	Stocked food pantry free to the local community located at the back of the Station Hotel (277 High Street); if you are struggling to get out and need a parcel, delivery can be arranged	<b>Telephone or text</b> 07730789255 <b>Facebook</b> Leslie Community Pantry	<b>Leslie</b> Food Pantry closes 1700
<b>Collydean Community Centre, Glenrothes – Community Supports</b> <b>Update (270921):</b> New opening hours for Community Larder at the Gilvenbank Sports Hub	Free food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices along with free Wi-Fi to the elderly & vulnerable; telephone befriending	<b>Free food parcels, shopping, prescriptions, etc</b> 01592 359012 <b>Disbursement of Funds</b> 01592 742913 <b>Digital Connectivity</b> 01592 359022 <b>Telephone Befriending</b> 01592 359040 <b>Community Pantry</b> Mon-Fri 0900-1645 <b>Community Larder</b> Wed & Fri 1700-1800 (from the Gilvenbank Sports Hub)  <b>Further information please contact Rose Duncan, Centre Manager</b> on 01592 742913 or 07926503923 <b>Email</b> <a href="mailto:rose@collydeancommunitycentre.co.uk">rose@collydeancommunitycentre.co.uk</a>	<b>North Glenrothes (including Cadham &amp; Leslie)</b>
<b>Leslie Baptist Church</b>	Assisting those struggling with loneliness or providing food for their family	<b>Email</b> <a href="mailto:community@lesliebaptistchurch.org.uk">community@lesliebaptistchurch.org.uk</a>	<b>Leslie</b>

Service:	Brief:	Contact/Links:	Other:
<b>Markinch Community Council</b> <b>Update (091020):</b> Ceased	Shopping; dog walking; gardening; and, a friendly voice	<b>Tel</b> 07922221629	<b>Markinch</b> Mon-Sat 0900-1600
<b>Pop Up Community Kitchen (sponsored by 50<sup>th</sup> Scouts &amp; CAREA)</b> <b>Update (300121)</b>	Free meal including vegetarian option and kids treat bag; every Saturday 1200-1400 beginning 300121	<b>Tel</b> 07518435821 <b>Facebook</b> CAREA Community Hub Glenrothes	<b>Glenrothes</b> Sat 1200-1400 Scout Hall/Woodside Hall, Balbirnie Road, Glenrothes
<b>Glenrothes Strollers Mens Lets Talk Tactics in Life</b> <b>Update (040521)</b>	Inclusive football for men 18+ to help improve fitness & well-being	<b>Email</b> <a href="mailto:strollersletstalktactics@gmail.com">strollersletstalktactics@gmail.com</a> <b>Facebook</b>	<b>Glenrothes</b> Tue 1830-1930 Overstenton Park, Glenrothes KY6 2NG
<b>Cowden &amp; Glenrothes Strollers Football Fans in Training</b> <b>Update (040521):</b> Commences 120521	Uses football to help weight loss & improve lifestyle in a friendly environment; free 12-week programme; must be male 35-65 with a waist line 38 inches+; group meets at Overstenton Park (KY6 2NG)	<a href="http://www.glenrothesstrollersfc.co.uk/news/2838">www.glenrothesstrollersfc.co.uk/news/2838</a> <b>Tel</b> 07949315276 Ask for Ross <b>Email</b> <a href="mailto:dev@gsfc.org.uk">dev@gsfc.org.uk</a>	<b>Glenrothes</b> Wed 1930-2100 from 120521
<b>Crossroads Junction Café (Supported by Crossroads Fife)</b> <b>Update (060721):</b> Launches 240821	Coffee & chat helping people to regroup & refocus; networking & information; meets at the Peace 'n' Jam Social Hub, St Lukes, Ninian Quadrant, Glenrothes KY7 4HP	<b>Tel</b> 01592 630253 or 07955047757 <b>Email</b> <a href="mailto:marie@crossroadsq.co.uk">marie@crossroadsq.co.uk</a>	<b>Glenrothes</b> Tue 1000-1200 from 240821
<b>HeART</b> <b>Update (060921)</b>	Art, sensory & well-being studio where children & young people can explore, learn & express themselves; focus on process of making & doing rather than the finished product	<a href="http://www.heartstudiofife.co.uk">www.heartstudiofife.co.uk</a> <b>Tel</b> 07889808569 <b>Email</b> <a href="mailto:heartstudio@yahoo.com">heartstudio@yahoo.com</a>	<b>Glenrothes (based)</b> Book sessions via website (cost applied)
<b>Glenrothes Art Club</b> <b>Update (160921):</b> Reopened	Non-members welcome to come along & try; membership (equivalent to £1.15/week)	<a href="http://www.glenrothesartclub.org.uk">www.glenrothesartclub.org.uk</a> <b>Email</b> <a href="mailto:secretary@glenrothesartclub.org.uk">secretary@glenrothesartclub.org.uk</a> Contact via web link	<b>Glenrothes</b> Non-members can visit Mon-Fri 1300-1500 (Tue Crafts)

Service:	Brief:	Contact/Links:	Other:
<b>Welcome-In (St Ninian's Parish Church, Cawdor Drive)</b> <b>Update (191021): Remobilised</b>	Social & activities group; open to all	<a href="http://www.stninians.co.uk/adults/welcome-in/">www.stninians.co.uk/adults/welcome-in/</a> <b>Tel</b> 01592 610560 <b>Facebook</b> @StNiniansParishChurch	<b>Glenrothes</b> Wed 1330
<b>MAGiiC Project Coffee Morning</b> <b>Update (221121): New dementia friendly group starts 281021</b>	Coffee morning; all welcome; dementia friendly	<b>Tel</b> 07566768285 Susan Arnott	<b>Leslie</b> Thu 1000-1200 Masonic Hall, Leslie Adults £2 & Children £1
<b>Glenrothes Community Sports &amp; Health Hub, Gilvenbank</b> <b>Update (221121): Aiming to start Health Hub walks for people &amp; pets every 2<sup>nd</sup> Sun (in planning stages)</b>	Community Sport Hub which aims to create a family friendly sport & social hub that benefits the whole community; work together with local sport clubs and key partners to develop welcoming, safe, inclusive & fun environments for sport & wider social engagement; range of activities on offer including: Seated Exercise, Walking Football, Ladies Self Defence, Yoga	<a href="http://www.gilvenbankhub.co.uk">www.gilvenbankhub.co.uk</a> <b>Facebook</b> @GlenrothesCommunitySportsHealthHub	<b>Glenrothes</b> For programme see website or Facebook
<b>Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op)</b> <b>Update (220222): Fully remobilised</b>	Craft Shed (White House), refurbished Polytunnel, fully equipped workshops, computer suite, kitchen, coffee room & reception; new members welcomed (can pop along for a couple of free sessions); purpose is to provide recreational facilities & advance the social needs/well-being of men & women in the area	<a href="http://www.theglenrothesmensshed.org.uk">www.theglenrothesmensshed.org.uk</a> <b>Email</b> <a href="mailto:glenrothesmensshed@outlook.com">glenrothesmensshed@outlook.com</a> <b>Tel</b> 01592 769271 During opening hours <b>Facebook</b> @glenrothesmensshed	<b>Glenrothes</b> Mon 1000-1300 Tue 1000-1600 Wed 1000-1300 Thu 1000-1300 & 1900-2200 Fri 1000-1300



Service:	Brief:	Contact/Links:	Other:
<b>Knit &amp; Knatter with Denise (Brighter Futures Health Hub)</b> <b>Update (210322):</b> New group from 220322	Social knitting group; £2.50 including materials/£2 if you bring your own knitting	<b>Email</b> <a href="mailto:KnitandKnatterbfhh@gmail.com">KnitandKnatterbfhh@gmail.com</a> <b>Facebook</b> Brighter Futures Health Hub	<b>Glenrothes</b> Tue 1100-1200 Cadham Neighbourhood Centre
<b>Therapeutic Art (Christ's Kirk in collaboration with Brighter Futures Health Hub)</b> <b>Update (210322)</b>	Welcoming & creative group; no experience necessary; creative activities to benefit mental health; £5 per session including materials; gifted placements may be available	<b>Tel</b> 07530314636 Catherine Mills <b>Facebook</b> Brighter Futures Health Hub	<b>Glenrothes</b> Thu 1030-1130 Christ's Kirk, Cadham
<b>Community Larder, Cadham Neighbourhood Centre</b> <b>Update (210322):</b> New Community Larder from 210322	Community Larder to complement the 2-days per week Larder at the Glenrothes Sports Hub; tables set up in the centre with food donations from the Glenrothes Foodbank	<b>Tel</b> 01592 620141 <b>Facebook</b> @CadhamCentre	<b>Glenrothes</b> Mon 1745-1845 Cadham Neighbourhood Centre
<b>Butterfly Bereavement Café</b> <b>Update (210322):</b> New group from mid-April	Bereavement Cafe based in the Collydean Community Centre; welcomes everyone who has experienced bereavement & is looking for some support or who just want to be with others who are going through a similar experience; free	<b>Email</b> <a href="mailto:butterflybereavementcafe22@gmail.com">butterflybereavementcafe22@gmail.com</a>	<b>Glenrothes</b> Mon 1000-1130 Collydean Community Centre
<b>Peace 'n' Jam Community Pantry, Kitchen &amp; Hub (St Luke's Episcopal Church)</b> <b>Update (220322):</b> Extended opening of 'Bite & a Blether'	Established community hub in the centre of Auchmuty within St. Luke's Scottish Episcopal Church; 'Bite & a Blether', 'Friends & Crafts' & Community Larder; home cooked food & snacks as well as socialising; donations welcomed; volunteering opportunities	<b>Email</b> <a href="mailto:enquiries@peacenjam.org.uk">enquiries@peacenjam.org.uk</a> <b>Tel</b> 01592 754206 <b>Facebook</b> peacenjamproject	<b>Glenrothes</b> Tue 1215-1500 & Thu 1000-1300 Bite & a Blether Tue 1215-1400 Community Larder Thu 1000-1200 Friends & Crafts

Service:	Brief:	Contact/Links:	Other:
<b>Pitcarin Pensioners Social Group</b> <b>Update (240322)</b>	Friendship, entertainment, weekly raffle, bingo & refreshments; all seniors welcome	<b>Tel</b> 01592 742913 Collydean Community Centre <b>Facebook</b> collydeancommunitycentre	<b>Glenrothes</b> Thu 1400-1600 Collydean Community Centre, Torphins Avenue

## North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Auchtermuchty Community Centre</b> <b>Update (081020)</b>	Hot meal deliveries; Foodbank; free packed lunches during school breaks	<b>Tel</b> 01337 827068 <b>Facebook</b> PM for free packed lunches @AuchtermuchtyCommunityCentre	<b>Auchtermuchty &amp; Dunshalt</b> Mon 1400-1500; Wed 1730-1830 Foodbank
<b>East Neuk Community &amp; Emergency Planning Team</b> <b>Update (208020):</b> Emergency Response Deactivated	From 200720 - Signposting list now available	<b>Tel</b> 0800 999 6543 <b>Facebook</b> @ENCEPT.UK	<b>East Neuk</b>
<b>East Neuk Frail Elderly Project</b> <b>Update (190122):</b> Charity to dissolve and will close from 010422	Befriending - accepting referrals (waiting period should be expected); delivering 'Sandwich & Traybake' Fridays for those with restricted mobility & unable to attend drop-in; weekly 'Drop-in' Café; Music for the Memory for people with dementia & their carers	Contact Ruby Urlotti (East Neuk Frail Elderly Project) <b>Tel</b> 01333 311837 <b>Email</b> <a href="mailto:enproject10@gmail.com">enproject10@gmail.com</a>	<b>East Neuk</b> <b>Drop-in Café</b> Tue 1400-1600 & Thu 1100-1500 Lower Town Hall, Anstruther <b>Music for the Memory</b> Wed 1400-1600 Kilrenny Church Hall (1509; 1310; 17/11 & 151221)
<b>Welfare &amp; Food Supports, North East Fife (shared by Business Support, Fife Council)</b> <b>Update (110321):</b> 2021 Update	A host of welfare and food supports in list form; available to people living in NEF; list can be downloaded from the Fife Forum website	<a href="http://www.fifeforum.org.uk/resources-downloads/">www.fifeforum.org.uk/resources-downloads/</a> (click on 'NEF Welfare & Food Support 2021')	<b>North East Fife</b> Multiple providers
<b>Health Walks (Health Walks, Paths for All &amp; Pilgrim Care)</b> <b>Update (150321):</b> Recommence 220321	Free health walks & all welcome; walks arranged around St Andrews Botanic Garden (Canongate); walkers must ensure they wear appropriate footwear/clothing; telephone to pre-book a space	<b>Tel</b> 07792941783 Cath Carter (Pilgrim Care, Parish Nurse) <b>Email</b> <a href="mailto:cath@pilgrimcare-standrews.org">cath@pilgrimcare-standrews.org</a>	<b>St Andrews</b> Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)

Service:	Brief:	Contact/Links:	Other:
<b>Ardross Farm, Elie</b> <b>Update (200820):</b> Returning to normal hours daily 0930-1730; deliveries still possible	Food and meals delivery service (£4.50 delivery charge); via Facebook <a href="#">@ArdrossFarmShop</a> a series of live behind the scene tours with some of their favourite producers (interactive)	<a href="http://www.ardrossfarm.co.uk">www.ardrossfarm.co.uk</a> Tel 01333 331400 Email <a href="mailto:info@ardrossfarm.co.uk">info@ardrossfarm.co.uk</a>	<b>North East Fife</b> Payments are made over the telephone prior to delivery
<b>Community Aid St Andrews (CASA)</b>	Established by the community to support others during the pandemic; requests for support can be made and individual connections made	<a href="http://www.communityaidstandrews.co.uk">www.communityaidstandrews.co.uk</a> Tel 03000 122014 Email <a href="mailto:hello@communityaidstandrews.co.uk">hello@communityaidstandrews.co.uk</a>	<b>St Andrews</b> The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other
<b>Colinsburgh &amp; Kilconquhar Community Council</b> <b>Update (091020):</b> Ceased	Volunteer community supports	Email <a href="mailto:colkilcc2@gmail.com">colkilcc2@gmail.com</a>	<b>Colinsburgh &amp; Kilconquhar</b>
<b>Cupar Community Fridge, County Buildings (St Catherine Street)</b>	The Community Fridge enables businesses and individuals to waste less through the sharing of good quality food that's within its use by dates – free to use	Email <a href="mailto:Katy.Bald@fife.gov.uk">Katy.Bald@fife.gov.uk</a>	<b>Cupar Area</b> Tues 1100-1200 <b>Note:</b> Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
<b>NE Fife Community Hub, St David's Centre, St Andrews</b> <b>Update (060921):</b> Celebrating Diversity Week (0609-1109) with a special themed menu Mon-Fri 0900-1430	Clothesline - Free donations of good quality used clothes (adult & children); can be accessed directly by those in need or via formal referral; clothing for special occasions can potentially be provided; community cafe open	Tel 07875085410 Email <a href="mailto:nefcommunityhub@gmail.com">nefcommunityhub@gmail.com</a> Facebook @CommunityHubNEF Email <a href="mailto:fundingnefcommunityhub@gmail.com">fundingnefcommunityhub@gmail.com</a> For information on the development of The Hub or to become involved	<b>St Andrews/NE Fife</b> Clothesline - Items are delivered directly to person or referrer; Covid measures in place
<b>snappysshopper.co.uk</b>	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	<b>Check App</b> Premier in Cupar are part of this service

Service:	Brief:	Contact/Links:	Other:
<b>J B Penmans Butchers, Crail</b> <b>Update (200820):</b> Shop open with distancing measures; deliveries still possible	Food and meals delivery service (no charge for delivery) and no order too small	<b>Facebook</b> J.B Penman Butchers <b>Tel</b> 01333 450218 <b>Email</b> <a href="mailto:jpenman01@btconnect.com">jpenman01@btconnect.com</a>	<b>East Neuk, St Andrews &amp; surrounding area</b>
<b>Virtual Death Café, The Byre Theatre, St Andrews</b>	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	<a href="http://www.byretheatre.com/events/virtual-death-cafe-5/">www.byretheatre.com/events/virtual-death-cafe-5/</a> (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)  <b>Tel</b> 01334 475000 Box Office	<b>St Andrews – National Initiative</b> Free ticketed event online Internet connection and video & audio device required For future events contact the Box Office
<b>#Food2Go, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews)</b> <b>Update (040321):</b> From 030321	Top up with items such as cupboard essentials and toiletries at no cost	For information: <b>Tel</b> 077852711797 Vicki Blair, Com Ed Worker <b>Email</b> <a href="mailto:Claire.Fisher@fife.gov.uk">Claire.Fisher@fife.gov.uk</a> Claire Fisher, Lead Officer	<b>St Andrews</b> Wed 1600-1730

Service:	Brief:	Contact/Links:	Other:
<b>St Andrews Ladies Friendship Group</b> <b>Update (210621):</b> Events posted on Facebook including current groups – Walk in Town & Coffee at Zest; Book Group at Kinburn Park; outdoor Knit & Natter Group	A platform for ladies to meet up based in St Andrews; if you hear of or fancy a cuppa, a walk, a glass of vino, a meal, day out, you name it, the hope is that at least one other member is interested; the intention is for the group to evolve, so that anyone who fancies a bit of company or a friend can be involved in the group; no long-term firm commitments & if you struggle with anxiety getting out there the group states they have all been there & embrace all people; at present meetings are outdoors but will move indoors as regulations allow; only members can see who is in the group & what they post (Facebook); no age limit (members tend to be 30-75)	<b>Facebook</b> St Andrews Ladies Group (must apply to join group in order to view/post)	<b>St Andrews &amp; Surrounding Area</b>
<b>ENeRGI</b> <b>Update (290621):</b> Men's Group Mon 1100-1300 (cuppa & a blether) & Women's Group (arts, crafts, cuppa & a blether) Thu 1100-1300 – both held at Pittenweem Coastal Church Hall (Session Street)	ENeRGI provides support and information for people who have experienced, or are experiencing mental health and/or substance misuse issues as well as their carers; provide a Drop-In Centre, Anti-Poverty projects, Self-Directed Support Project; Housing Support Service; Men's & Women's groups from the Pittenweem Coastal Church Hall	<a href="http://www.energi.org.uk">www.energi.org.uk</a> <b>Tel</b> 01333 730477 or 07377354654 for Groups <b>Email</b> <a href="mailto:energirecovery@btconnect.com">energirecovery@btconnect.com</a>	<b>East Neuk</b>

Service:	Brief:	Contact/Links:	Other:
<b>Café Club, Tayside Institute, Newburgh</b> <b>Update (290421):</b> Café Club restarted 260421 (new days)	Social café group; numbers limited owing to distancing measures	<a href="http://www.taysideinstitute.org.uk">www.taysideinstitute.org.uk</a> Tel 01337 840709	<b>Newburgh</b> Mon & Wed 0900-1100
<b>St Andrews Men's Shed</b> <b>Update (110821):</b> Numbers attending are restricted, so if interested in visiting please contact to arrange a time	Group of men, usually but not always retired, looking to fill their free time usefully; range of practical activities - make garden chair & planters; turn wooden bowls; make carved wooden spoons; repair bikes; repair & renovate garden machinery	<a href="http://www.standrewsmensshed.org.uk">www.standrewsmensshed.org.uk</a> Tel 07977131635	<b>St Andrews</b> In the Botanic Gardens at the rear entrance beneath the viaduct Mon-Tue 0930-1230 & 1300-1600 Thu 0930-1330
<b>Reading Round (community initiative supported by the Royal Literary Fund)</b> <b>Update (190821)</b>	Read & discuss writing with a local published author – no pens, paper, no advance reading, like a book club without the homework	Email <a href="mailto:geoff.barker@rifeducation.org.uk">geoff.barker@rifeducation.org.uk</a> To reserve a free place	<b>Cellardyke</b> Wed 1030-1200 Sun Tavern, Scottish Fisheries Museum (reserve place and spaces limited)
<b>Community Café Burnside Hall, Balmullo</b> <b>Update (060921)</b>	Weekly friendly community café (dementia friendly) Wed 1115-1400; soup, sandwiches & home baking at reasonable prices	Email <a href="mailto:info@bramblecatering.co.uk">info@bramblecatering.co.uk</a> Christine Dormund Tel 07983547399	<b>Balmullo</b>
<b>Y Singing, YMCA</b> <b>Update (070921)</b>	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	Email <a href="mailto:merigoad@gmail.com">merigoad@gmail.com</a> to book a place contact Meri	<b>Cupar</b> Thu (seasonal) 1915-2045 £4 suggested donation per session
<b>Dairsie Community Singers, Dairsie Church Hall</b> <b>Update (070921)</b>	Community singing group; weekly from 2109-0712	Email <a href="mailto:merigoad@gmail.com">merigoad@gmail.com</a> to book a place contact Meri	<b>Dairsie</b> Tue (seasonal) 1915-2045
<b>Newburgh Wellbeing Choir, TICC</b> <b>Update (070921)</b>	Community choir, all welcome; music, refreshments, cakes & chat; optional donation	Email <a href="mailto:nbchoir3@gmail.com">nbchoir3@gmail.com</a>	<b>Newburgh</b> Wed 1400-1530 remobilising from 150921



Service:	Brief:	Contact/Links:	Other:
<b>Lucky Ewe (Work Placements in the Countryside)</b> <b>Update (210921)</b>	Aims to give people with additional support needs, including mental health, experience of farming, animal husbandry & land management; people of all abilities & backgrounds welcomed; placements aim to build skills & experience to allow, if possible, progress towards employment; volunteer, membership & intern opportunities (intern 14-25); placements hope to enhance well-being offering a sense of peace and purpose	<a href="http://www.luckyewe.org.uk">www.luckyewe.org.uk</a> <b>Tel</b> 07817278630 <b>Email</b> <a href="mailto:contact.luckyewe@gmail.com">contact.luckyewe@gmail.com</a> <b>Facebook</b>	<b>North East Fife (based at Bonnyton Farm)</b>
<b>Coastline Friendship Club, Coastline Community Church</b> <b>Update (151121):</b> New group Crail from 291021 (every 2 <sup>nd</sup> Fri)	Weekly Pittenweem 'Drop-in'; tea/coffee/a chat/prayer 1100-1400 in the cafe & Sanctuary; Friendship Club at Crail Community Hall every 2 <sup>nd</sup> Friday 1130-1330 from 291021	<a href="http://www.coastlinecommunitychurch.org.uk">www.coastlinecommunitychurch.org.uk</a> <b>Email</b> <a href="mailto:info_coastline@btinternet.com">info_coastline@btinternet.com</a> <b>Tel</b> 01333 312041 <b>Facebook</b> @coastlinecommunitychurch	<b>Pittenweem &amp; Crail</b> Fri 1100-1400 Pittenweem Coastline Church, Session Street Fri 1130-1330 (every 2 <sup>nd</sup> Fri) Crail Community Hall, St Andrews Road
<b>Let's Chat! (Chatty Café Scheme - Friendship Café)</b> <b>Update (220921):</b> New service	Twice-weekly drop-in café for people who struggled with isolation during the pandemic; anyone looking to meet new people can attend & volunteers will be waiting at tables marked with a 'Let's Chat!' sign	Attend venues on day – tables marked	<b>St Andrews (for people in North East Fife)</b> Mon 1000-1200 NEF Community Hub (St David's Centre, Albany Park) Thu 1700-1900 Zest Café (95 South Street)
<b>Coffee Morning &amp; Afternoon, The Coach House Centre</b> <b>Update (071021)</b>	Weekly; Tue 1000-1400 drop-in at the Coach House Centre (Church of Scotland), Main Street, Leuchars	<b>Tel</b> 01334 870038 <b>Facebook</b> @stathernasechurchnews	<b>Leuchars</b>

Service:	Brief:	Contact/Links:	Other:
<b>Scoot About Toon</b> <b>Update (071021)</b>	For those at home alone or those who just want to go out, meet new people & to reconnect	<b>Held at:</b> @126 Bonnygate (Fife's First Childhood Cancer Drop-in Centre) <b>Tel</b> 01334 796000	<b>Cupar</b> Last Wed of the month 1330-1530
<b>Colinsburgh Community Cinema</b> <b>Update (071021):</b> <b>Reopened</b>	Regular Fri night screenings; covid measures in place; pay on night (£4 cash or card at door); no food/refreshments on sale (bring your own); programme online	<a href="http://www.colinsburghcommunitycinema.co.uk">www.colinsburghcommunitycinema.co.uk</a> <b>Tel</b> 01333 340360 Pete Marshall <b>or</b> 01333 340275 Doug Grant	<b>Colinsburgh-based</b> See 'FILMS FOR THE FIRST HALF OF THE 2021/22 SEASON' for film detail, time & date of screenings
<b>Pop-up Post Office, Dairsie Mini Mart</b> <b>Update (281021): New service</b>	Pop-up Post Office services in a variety of locations within North East Fife with staged start dates	<b>Facebook</b> @dairsieminiart  <b>For Balmullo Tel</b> 07763890145 Lynn Murray is happy to be contacted regarding the Pop-up Post Office, Community Café or any other activities supported within the Hall	<b>Balmullo, Strathkinnes, Ladybank, Newport &amp; St Andrews</b> <b>Balmullo Burnside Hall</b> Thu 1230-1430 aiming to change to Wed 1230-1430 from 101121 <b>Strathkinnes Village Hall</b> Mon 1230-1430 & Fri 1300-1445 from 011121 <b>Ladybank Library</b> Tue 1400-1500 & Thu 1000-1200 from 091121 <b>Newport Church Hall</b> Wed & Fri 0930-1130 from 101121 <b>St Andrews NEF Community Hub (St David's Centre)</b> Mon 1230-1430 & Thu 1300-1500
<b>Jacs Café Cupar, 8a Bonnygate</b> <b>Update (240222):</b> <b>Business-side reopening 010322</b>	Starting Tue 091121 Jacs café is opening their doors 1900-2100 for anyone that wants to drop in for coffee & chat; geared towards men & women; join new friends for a bit of banter	<b>Facebook</b> @jacscupar18	<b>Cupar</b> Tue 1900-2100 Drop-in Café; message via Facebook

Service:	Brief:	Contact/Links:	Other:
<b>Haydays</b> <b>Update (280322):</b> Last group meet before the Easter break 290322 with the last 3 classes of the current block resuming 190422	Arts & leisure for the over 50s; 170+ members predominantly from St Andrews itself but also Fife-wide; membership-based; classes are pre-booked with payment by cheque; multiple interests & activities including salsa, stained glass, art, Tai Chi, yoga, decoupage, calligraphy; volunteer-led with tutors; social element (currently restricted but looking to reintroduce)	<a href="http://www.haydaysfife.co.uk">www.haydaysfife.co.uk</a> <b>Email</b> <a href="mailto:haydays@outlook.com">haydays@outlook.com</a> <b>Tel</b> 01334 477402 <b>Facebook</b> Haydays Fife	<b>St Andrews (based in)</b> Must pre-book in advance; Covid measures in place – prior to attending the group very gently reminds people to take an LFT prior to attending & if people are experiencing cold/fly symptoms not to attend until these subside
<b>Aqua Move, Clayton Caravan Park</b> <b>Update (061221):</b> From 241121	Low impact water exercises; all abilities; Wed (excluding school holidays)	<b>Tel</b> 01334 870242 Option 3 to book	<b>Clayton (based)</b> Wed 1145 £5.50 per 40min session
<b>Auchtermuchty Seniors Lunch Clubs &amp; Other Centre Activities</b> <b>Update (071221):</b> Remobilised	Local older people lunch clubs held at the Auchtermuchty Community Centre Tues & Wed; other activity groups at the centre (see online programme – includes crafts)	<a href="http://www.auchtermuchtycommunitycentre.org.uk">www.auchtermuchtycommunitycentre.org.uk</a> <b>Tel</b> 01337 827068 to book & for transport or for Centre information <b>Facebook</b>	<b>Auchtermuchty</b> Small charges apply for lunch & transport
<b>Forgan Arts Centre</b> <b>Update (070222):</b> The centre has officially purchased the Leng Centre in Newport, classes will continue in the existing centre until works are complete	The centre offers a wide range of classes, workshops & events across all art-forms; are able to offer a discount to those in receipt of Universal Credit or Pension Credit; classes for adults & children; discounts for people on Universal Credit	<a href="http://www.forganartscentre.co.uk">www.forganartscentre.co.uk</a> <b>Email</b> <a href="mailto:info@forganartscentre.co.uk">info@forganartscentre.co.uk</a>	<b>Newport-on-Tay (based in)</b>
<b>Larick Centre, Tayport</b> <b>Update (100222):</b> Community Hub & Café	Daily activities & community resources including free legal advice & Community Fridge	<a href="http://www.tayport.org.uk">www.tayport.org.uk</a> <b>Email</b> <a href="mailto:larickcentre@tayportct.org.uk">larickcentre@tayportct.org.uk</a> <b>Tel</b> 01382 549727 <b>Facebook</b>	<b>Tayport</b> Mon-Sun 1000-1600 Café

Service:	Brief:	Contact/Links:	Other:
<b>PLANT (People Learning About Nature in Tayport)</b> <b>Update (100222)</b>	PLANT works on projects which bring people together to grow food & flowers, while reducing carbon emissions & enhancing Tayport's natural environment; opportunities to get involved with PLANT include gardening, helping with events, publicity & fundraising, joining the Grow@Home scheme or popping into the Community Garden to share ideas/have tea & chat; learn new skills, share skills & expertise, meet new people	<a href="http://www.tayportgarden.org">www.tayportgarden.org</a> <b>Email</b> <a href="mailto:admin@tayportgarden.org">admin@tayportgarden.org</a> or <a href="mailto:volunteer@tayportgarden.org">volunteer@tayportgarden.org</a> <b>Facebook</b> @plantgroup	<b>Tayport</b>
<b>Tayport Dementia Information Café</b> <b>Update (100222): New group support</b>	Alzheimer Scotland facilitate a monthly meeting (first Mon of the month) at the Larick Centre (Shanwell Road)	<b>Email</b> <a href="mailto:FifeServices@Alzscot.org">FifeServices@Alzscot.org</a> <b>Tel</b> 01592 204541 Faye or Anne	<b>Tayport</b> Mon (1 <sup>st</sup> of each month) 1030-1130 Larick Centre
<b>Tayport Lunch Club for Older People (supported by Castle Furniture)</b> <b>Update (240222): Aiming to remobilise 080322</b>	Weekly social lunch club for older people in the Taybridgehead Area; group based in Tayport; small charge to cover costs of meal & transport	<a href="http://www.castlefurniture.org">www.castlefurniture.org</a> <b>Email</b> <a href="mailto:samingram@castlefurniture.org">samingram@castlefurniture.org</a> Sam Ingram or <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a> <b>Tel</b> 01334 654445 Cupar Office or 01592 501068 Glenrothes Office	<b>Tayport-based</b> Serves Taybridgehead Area
<b>Include Me Citizen Advocacy North East Fife</b> <b>Update (170322): New contact details as service staff will now be working from home</b>	Adults 16-65 residing in NE Fife requiring advocacy support due to a Learning Disability, Physical Disability, Mental Health Issue, Early Onset Dementia, Brain Injury, Personality Disorder, Autism Spectrum Disorder or Chronic Health Condition	<a href="http://www.includeme.org.uk">www.includeme.org.uk</a> <b>Email</b> <a href="mailto:contact@includeme.org.uk">contact@includeme.org.uk</a> <b>Tel</b> 07487 566 442 Mon-Wed <b>Tel</b> 07487 566 937 Tue-Thu	<b>North East Fife</b> Open Mon-Thu

## Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
<b>Care &amp; Share Companionship</b> <b>Update (240322):</b> Waiting list currently closed to new referrals	Adults 60+ who are living in isolation &/or living alone; early onset dementia; 1-1 visit either weekly/fortnightly up to 1-hour	<a href="http://www.careandsharecompanionship.org">www.careandsharecompanionship.org</a> <b>Tel</b> 07494129112 Teresa Naylor <b>Facebook</b> care and share companionship	<b>Kirkcaldy Area</b> Directed by Scottish Government guidelines on a weekly basis
<b>Lang Toun Larder (Community Pantry) &amp; Community Meals, Greener Kirkcaldy</b> <b>Update (290421):</b> Meals to Go ceased; ongoing Community Pantry & Community Meals once per week	People can apply to become members and 'shop' in the pantry once a week; weekly fee £2; members receive points which can be used to 'spend' on fresh, frozen, and store-cupboard ingredients; also, a 'pick and mix' refill station to top up basic essentials such as flour, tea, coffee, rice and pasta; Greener Kirkcaldy provides members with a shopping bag, a cool bag, and refill containers to use each week; Community Meal also available to takeaway (once per week – free, donations welcomed)	<a href="http://www.greenerkirkcaldy.org.uk">www.greenerkirkcaldy.org.uk</a> <b>Tel</b> 01592 858458 <b>Email</b> <a href="mailto:communitymeals@greenerkirkcaldy.org.uk">communitymeals@greenerkirkcaldy.org.uk</a>	<b>Kirkcaldy &amp; Dysart</b> People can self-refer or be registered by an agency Thu 1100-1400 <b>Lang Toun Larder</b> , 8 East Fergus Place (must apply for membership first) Wed 1530-1730 <b>Community Meal</b> (Takeaway – bring a bag and mask), 8 East Fergus Place
<b>Linktown Tenants &amp; Residents Association</b>	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school children	Private message their <b>Facebook</b> page	<b>Kirkcaldy Area</b> Mon-Fri
<b>The Cottage Family Centre</b> <b>Update (080222):</b> New service The Big Hoose Project (see p31)	Family centre catering for the needs of children 0-16 & their families; core services & other services (example: Dad's Project; Counselling)	<a href="http://www.thecottagefamilycentre.org.uk">www.thecottagefamilycentre.org.uk</a> <b>Email</b> <a href="mailto:info@thecottagefamilycentre.org.uk">info@thecottagefamilycentre.org.uk</a> <b>Tel</b> 01592 269489 or 01592 210189 <b>Or</b> contact via <b>Facebook</b>	<b>Kirkcaldy Area</b> Mon-Fri 0900-1700 <b>The Big Hoose Project is Fife-wide</b>

Service:	Brief:	Contact/Links:	Other:
<b>Linton Lane Centre, Kirkcaldy</b> <b>Update (240222):</b> New meeting time for 'A Veteran's Best Friend' group to Sun 1900-2100 from 060322	Host a number of adult & younger people groups including food support, interest groups & support groups (see website); Foodbank (Mon-Fri); podcasts highlighting local resources	<a href="http://www.lintonlanecentre.com">www.lintonlanecentre.com</a> <b>Tel</b> 01592 643816 <b>Or</b> contact via <b>Facebook</b> <b>Podcasts</b> 'Down the Lane With...' follow <a href="https://www.lintonlanecentre.com/adapt">https://www.lintonlanecentre.com/adapt</a>	<b>Templehall Area, Kirkcaldy</b>
<b>Burntisland Emergency Action Team (BEAT), Volunteer Hub in Toll Centre</b>	Help with essential shopping; prescription collections; dog walking; or someone to speak with; swap shop	<a href="http://www.burntislandcc.org.uk">www.burntislandcc.org.uk</a> <b>Tel</b> 01592 872854 <b>Email</b> <a href="mailto:communitycouncil91@gmail.com">communitycouncil91@gmail.com</a>	<b>Burntisland</b> Mon-Fri 0900-1600
<b>Grey Panthers, Linton Lane Centre, Kirkcaldy</b> <b>Update (270921):</b> Remobilised social & activities groups for people 60+	Social, activities & lunch club for over 60s; activity after lunch; small charge to cover costs	To book a place contact Mandy Henderson (Manager): <b>Tel</b> 01592 643816 <b>Email</b> <a href="mailto:mandyhenderson75@hotmail.com">mandyhenderson75@hotmail.com</a> <b>Facebook</b> Grey Panthers at Linton Lane	<b>Templehall Area, Kirkcaldy</b> Wed 1200-1415
<b>#Food2Go</b> <b>Update (110221)</b>	Pick up a free bag with all the essentials for 3 days of lunches; available from venues in the area; social distancing measures in place and must be adhered to	#Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane <a href="#">#Food2Go</a> @LinktownCommunityAid	<b>Kirkcaldy &amp; Burntisland</b> Available Tue & Fri 1145-1300 from: <b>Toll Community Hub,</b> Burntisland <b>Linton Lane Centre,</b> Kirkcaldy <b>Hayfield Community Centre,</b> Kirkcaldy <b>Linktown Community Aid,</b> Kirkcaldy
<b>Kirkcaldy Day Care Services</b> <b>Update (270921):</b> Remobilising & reformatted service	Day Care services for older people with higher needs or dementia; outreach service for older people (example: shopping; going for coffee); contact for particulars & cost	<a href="http://www.kirkcaldydaycentres.org.uk">www.kirkcaldydaycentres.org.uk</a> <b>Tel</b> 01592 642875 Anne Smith, Manager <b>Email</b> <a href="mailto:kirkcaldydaycentres@gmail.com">kirkcaldydaycentres@gmail.com</a>	<b>Kirkcaldy, Burntisland &amp; Kinghorn</b> Mon, Wed, Thu Day Care Tue-Fri Outreach



Service:	Brief:	Contact/Links:	Other:
<b>Sam's Mental Health Café (SAMH), Greener Kirkcaldy, Kirkcaldy</b> <b>Update (060521):</b> new time & venue - meet Greener Kirkcaldy (8 East Fergus Place)	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Tel</b> 07971892886 <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Kirkcaldy (Fife-wide with enquiries or for those able to access)</b> Mon, Fri 1200-2000
<b>The Ecology Centre, Kinghorn Loch</b> <b>Update (140222):</b> Lochsiders Dementia Groups - pm placements currently available	Set up by people from the local community & residents of Craigencalt Farm to develop and manage the Kinghorn Loch site for community use; volunteers sought to help with the day-to-day running of the Centre; visitors welcome as they seek to enable young people, families & adults of all ages & abilities to experience, learn & benefit from the natural world in a safe & friendly environment; Nest Café open Fri-Sun 1000-1500	<a href="http://www.theecologycentre.org">www.theecologycentre.org</a> <b>Tel</b> 01592 891567 <b>Email</b> <a href="mailto:admin@theecologycentre.org">admin@theecologycentre.org</a> <b>Email</b> <a href="mailto:liz@theecologycentre.org">liz@theecologycentre.org</a> Dementia Friendly Sessions	<b>Based Kinghorn Loch</b> Thu 1000-1200 & 1330-1600 Dementia Friendly Groups - good level of physical mobility required & must be in the early-mild stages of dementia; process for joining involves completing application, a site visit; & a 2-week trial
<b>The Olive Branch Café, Bennoch Parish Church</b> <b>Update (070921):</b> Café remobilising 090921 Thu 1100-1400	The aims of the cafe are to support people into volunteering; support loneliness with companionship; support individuals on a low income by offering low-cost meals & refreshments; everyone welcome; volunteering opportunities; internet access & WiFi	<a href="http://www.bennochparishchurch.org.uk">www.bennochparishchurch.org.uk</a>	<b>Kirkcaldy</b> Community Café open every Thu 1100-1400  Looking to remobilise various activities as before - tai chi, yoga, computer support
<b>Burntisland Foodbank – Solid Rock, High Street</b>	Free hot drinks & filled rolls and Foodbank; new opening hours	<a href="http://www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/">www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/</a>	<b>Burntisland</b> Tues 1030-1230 Fri 1200-1400



Service:	Brief:	Contact/Links:	Other:
<b>Let's Connect @ Kirkcaldy Salvation Army</b> <b>Update (110821)</b>	Social group with optional crafts, books, board games, music & thought for the day; open to all	<a href="http://www.salvationarmy.org.uk/kirkcaldy">www.salvationarmy.org.uk/kirkcaldy</a> <b>Tel</b> 01592 265621 Church Office <b>or</b> 07776965943 Corps Officer <b>Facebook</b>	<b>Kirkcaldy</b> Church of Christ Building, Hayfield Road
<b>Cultural Connections at Kirkcaldy Galleries (supported by Life Changes Trust)</b> <b>Update (121021): New dementia friendly group</b>	Cuppa & exploring local history for people with dementia; free; must be able to attend independently or be accompanied; monthly Thu 1400-1500	<b>Tel</b> 01592 583206 <b>Email</b> <a href="mailto:Kirkcaldy.galleries@onfife.com">Kirkcaldy.galleries@onfife.com</a>	<b>Kirkcaldy-based</b>  <b>Date of next meetings:</b> 281021; 251121; 161221; 270122; 240222; 310322 Thu 1400-1500
<b>Hayfield Community Centre (Hayfield Road)</b> <b>Update (240222): Fresh inexpensive meals with children eating for free from 160222</b>	Offering help to those most affected by loneliness & isolation in the community providing fresh home cooked meals for only £1 with kids eating for free; Cafe @ Hayfield hosting from 160222 Wed 1200-1400; other activities available (see website)	<a href="http://www.hayfieldcommunitycentre.org.uk">www.hayfieldcommunitycentre.org.uk</a> <b>Email</b> <a href="mailto:hayfieldcc@gmail.com">hayfieldcc@gmail.com</a> <b>Tel</b> 01592 328687 <b>Facebook</b> @HayfieldCommunity	<b>Kirkcaldy</b> Office open 0900-1200 Mon, Wed & Fri Out-of-hours contact by email or message on Facebook
<b>Morrisons 'Make Good Things Happen' (Period Poverty initiative - free sanitary products)</b> <b>Update (240222)</b>	Support with free sanitary products; visit Customer Service Desk & ask for a 'Package for Sandy'; will be handed a discreet package of products free of charge	<a href="http://www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/">www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/</a>	<b>Kirkcaldy</b> Esplanade store (this is a nation-wide initiative)
<b>Toll Community Centre, Burntisland</b> <b>Update (230322)</b>	Home to Playgroup, Burntisland Out of School Service, Youth Clubs, Over 50s Club, Tai Chi and Sittersize exercise group	<b>Tel</b> 01592 872854 <b>Email</b> <a href="mailto:communitycouncil91@gmail.com">communitycouncil91@gmail.com</a> <b>Facebook</b> TollCommunityCentre	<b>Burntisland</b> Mon 1230-1330 Sittersize Group £4

## Cowdenbeath Locality

Service:	Brief:	Contact/Links:	Other:
<b>Benarty Peoples Pantry</b> <b>BRAG Enterprise, Benarty</b>	Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals	<b>Tel</b> 01592 860296	<b>Benarty Area; Glenraig, Crosshill, Lochore and Ballingry</b> Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery
<b>Cowdenbeath Salvation Army</b> <b>Update (110322):</b> Contact can now be achieved via landline	Emergency food parcels can be accessed Tue only (1000-1200)	<b>Tel</b> 01383 512533 Ask for Karen Thomas (Lieutenant)	<b>Cowdenbeath Area</b> Food support is available Tue 1000-1200 Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only)
<b>Fife Council Cowdenbeath Area, Befriending</b>	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	<b>Tel</b> 07925397314	<b>Cowdenbeath Area</b>
<b>Our Cowdenbeath</b>	Information regarding work going on across the locality including supports available	<a href="http://www.our.fife.scot/cowdenbeatharea/">www.our.fife.scot/cowdenbeatharea/</a> <b>Facebook</b> @ourcowdenbeath	<b>Cowdenbeath Locality</b>
<b>Benarty Food Angels</b> <b>Update (090221):</b> From 080221	Free packed lunches every Monday 1200-1330; no booking required	<b>Email</b> <a href="mailto:benartyfoodangels@gmail.com">benartyfoodangels@gmail.com</a> <b>Facebook</b>	<b>Benarty</b> Collect from Benarty Community Centre
<b>Cardenden Community Fridge, Bowhill Community Centre (145 Station Road)</b> <b>Update (240620):</b> new dedicated line	Free fresh produce as well as tinned and packaged items to help reduce food waste	<b>Tel</b> 07767047957	<b>Cardenden Area</b> Mon 1300-1500 Fri 1400-1600 <b>Note:</b> Access by side door; social distancing and hygiene rules will be observed

Service:	Brief:	Contact/Links:	Other:
<b>Lo'Gelly Lunches, Lochgelly</b>	Emergency Food Supplies	Lochgelly Town Hall <b>Facebook &amp; Messenger</b>	<b>Lochgelly Area</b> Attend Friday 1100-1300
<b>The Whispering Women, Cowdenbeath</b>	Free packed lunches & baby food	<b>Facebook &amp; Messenger</b> <a href="http://www.facebook.com/Thewhisperingwomen/">www.facebook.com/Thewhisperingwomen/</a>	<b>Cowdenbeath Area</b> Deliveries once a week
<b>Fife Day Care Services</b> <b>Update (200821):</b> Remobilising centre support from 300821 1030-1345 initially at a reduced capacity (10 places per day); new referrals accepted	Day Service provider for people aged 65+; accepting referrals by telephone/email whereupon eligibility will be explored	<a href="http://www.fifedaycareservices.org.uk">www.fifedaycareservices.org.uk</a> <b>Tel</b> 01592 782889 <b>Email</b> <a href="mailto:fifedaycare@gmail.com">fifedaycare@gmail.com</a>	<b>Cowdenbeath Area</b> Messages can be left & will be responded to
<b>Oliver's Army Assistance &amp; Therapy Dogs Drop-in</b> <b>Update (261021)</b>	Mental Health drop-in session; emotional support, help with forms/CVs/supporting emails & letters; internet access; meet a therapy dog; listening ear; cuppa & a chat	<a href="http://www.oliversarmyassisteddogs.com">www.oliversarmyassisteddogs.com</a> <b>Email</b> <a href="mailto:management@oliversarmyassisteddogs.org">management@oliversarmyassisteddogs.org</a> <b>Tel</b> 01592 869484 or 07546940232 <b>Facebook</b> Private Group	<b>Crosshill/Lochgelly (National Organisation with local base &amp; drop-in)</b> Fri 0930-1400 Drop-in Entrance Q, Unit 19, Crosshill Business Centre
<b>The Clearing</b> <b>Update (140222):</b> Groups remobilised	Christian-led Community Space; open 6 days a week offering a variety of activities - cookery, crafts, knitting, crochet, sewing; tabletop sale & drop-in every Thu; groups reasonably small in order to keep to social distancing so if attending please advise in advance; £2 per session	<b>Email</b> <a href="mailto:theclearing@btinternet.com">theclearing@btinternet.com</a> <b>Tel</b> 07802 414418 <b>Facebook</b> @streetpastorbase	<b>Cowdenbeath</b> Mon 0900 Prayers; 1100 Cookery; 1400 Sewing Tue 1030-1600 Knitting & Crochet Wed 1030 Knitting Fri 1600 Crafts; 2000 Prayers via Zoom Sun 1000 Prayers

## City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
<b>Abbeyview Day Care</b> <b>Update (140122): Day Care remobilised 5 days/week</b>	KIT Club social group Tue am/pm & Fri am/pm; Dementia Café Mon & Thu 1030-1330 (must attend with a carer); Day Care resumed 5 days/week & open to new referrals	<b>Tel</b> 01383 621738 for information or to refer to groups & supports	<b>Dunfermline or surrounding area</b> (if they can arrange their own transport)
<b>Food for Future - Community Pantry, Tryst Centre, Dunfermline</b> <b>Update (210521): Centre change</b>	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members pay £2 per week and shop for a minimum of 10 items)	<b>Tel</b> 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday <b>Email</b> <a href="mailto:foodforyourfutureenquiries@gmail.com">foodforyourfutureenquiries@gmail.com</a>	<b>Abbeyview, Halbeath, Duloch, Brucefield &amp; Touch (Dunfermline)</b> Telephone registration only (Wednesday 1000-1400)
<b>GrocerOnLine (Nisa Local Abbeyview), Dunfermline</b>	Online local grocer	<b>Tel</b> 01383 733048 <b>Facebook</b> groceronlineabbeyview	<b>Abbeyview, Duloch Park, Central Dunfermline &amp; surrounding areas</b> (up to 3.5 miles from store) Mon-Sat 12pm-4pm
<b>RC Ferguson Florists</b>	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	<b>Tel</b> 01383 733048	<b>Dunfermline Area</b> (free delivery) Card payments only
<b>Gillespie Memorial Church, Church of Scotland, Dunfermline</b>	Volunteers who can help with: delivering shopping; collecting prescriptions; delivering books/CDs; pastoral support; praying with and for you	<b>Tel</b> 01383 621253	<b>Dunfermline &amp; Parish (out to Wellwood)</b> You do not have to be a church member to receive support
<b>Food Trolley, St Margaret's Church of Scotland (Dunfermline)</b>	Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting	<a href="http://www.stmargscos.org.uk">www.stmargscos.org.uk</a> <b>Facebook</b> @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	<b>Touch, Dunfermline</b> Daily Food Trolley situated outside church (Abel Place)

Service:	Brief:	Contact/Links:	Other:
<b>Broomhead &amp; Baldriceburn, Baldriceburn Centre, Dunfermline North &amp; Central residents</b>	Free bag of shopping; must register first & 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: Tel 01383 432483	<b>Dunfermline North &amp; Central Residents</b> Tue 1200-1300 (collection slot allocated)
<b>Guardian Peace of Mind</b>	Shopping delivery & gardening service within a 3-mile radius of Dunfermline (privately purchased service)	Tel 07462237437 ask for Zeek	<b>Dunfermline &amp; within 3-miles</b>
<b>Going Forth, SAMH</b> <b>Update (210421):</b> Face-to-face from 260421 & will continue to offer online workshops for those preferring this	Tools for living workshops which aim to support individuals to improve & maintain their mental health & well-being; range of 2hr units held over 14 weeks working on personal development & resilience; can self-refer or can be referred by partner agencies	<a href="http://www.samh.org.uk">www.samh.org.uk</a> Tel 01383 623179 Email <a href="mailto:goingforth@samh.org.uk">goingforth@samh.org.uk</a>	<b>Dunfermline-based</b> <b>Is free to attend for all Fife localities</b>
<b>Sam's Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS</b> <b>Update (060521):</b> New time	Peer support team offering mental health and crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> Tel 07725214012 <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Dunfermline (Fife-wide with enquiries or for those able to access)</b> Thu, Sun 1200-2000
<b>Walking &amp; Talking Down the Halbeath Road, Pars Foundation</b> <b>Update (040521):</b> Launched 150421	Walk & talk	Email <a href="mailto:enquiries@parsfoundation.co.uk">enquiries@parsfoundation.co.uk</a>	<b>Dunfermline</b> Thu 1000
<b>Women in Mind</b> <b>Update (060721)</b>	Peer support; confidential, safe, non-judgemental space to talk, share, offload; meet Tue 1900 at St Ninians, Allan Crescent	Tel 07724102975 Email <a href="mailto:womeninmindfife@gmail.com">womeninmindfife@gmail.com</a> Facebook @womeninmindfife	<b>Dunfermline</b> Tue 1900

Service:	Brief:	Contact/Links:	Other:
<b>Revive Wellbeing Café &amp; Hub (Supported by Embracing Life), Vine Conference Centre</b> <b>Update (251121)</b>	A safe & welcoming space for the community; café & crafts Tue-Thu 0930-1430 & Well-being sessions Tue 1100 & Wed 1830 - sessions include overcoming challenges, healthy boundaries & self-esteem; children welcome as activities are available for them	<a href="http://www.embracinglife.co.uk/revive/">www.embracinglife.co.uk/revive/</a> <b>Email</b> <a href="mailto:info@embracinglife.co.uk">info@embracinglife.co.uk</a>	<b>Dunfermline</b> Café at the Vine Conference Centre (131 Garvock Hill)
<b>Football Fans in Training (The Pars Foundation &amp; SPFL Trust)</b> <b>Update (060122):</b> Programme starts Mon 170122	Training programme which gives people the tools needed to be fitter, healthier and happier; Men's & Women's Group; free programme; register by email	<a href="http://www.spfltrust.org.uk">www.spfltrust.org.uk</a> <b>Email</b> <a href="mailto:iain@parsfoundation.co.uk">iain@parsfoundation.co.uk</a> to register	<b>Dunfermline</b> Mon 170122 1800 Men's cohort 13 weeks, East End Park DAFC Mon 170122 1845 Women's cohort 13 weeks, East End Park DAFC
<b>Dunfermline Dynamos Walking Football Teams</b> <b>Update (270122):</b> New Thu evening sessions from 030222	Non-contact, non-competitive football for the over 50s; regular sessions Wed 1000-1100; £25 joining fee (strip will be given) & £10 monthly subscription	<a href="http://www.walkingfootballscotland.org">www.walkingfootballscotland.org</a> <b>Email</b> <a href="mailto:bobingono1@sky.com">bobingono1@sky.com</a> or <a href="mailto:cfirth1956@gmail.com">cfirth1956@gmail.com</a> <b>Facebook</b> @DunfermlineDynamos	<b>Dunfermline</b> Wed 1000-1100 Pitreavie Sports & Soccer Centre Thu 1900-2000 Pitreavie Sports & Soccer Centre (from 030222) Contact via Facebook £3 per session during Feb
<b>Keep Kicking On (The Pars Foundation)</b> <b>Update (080222):</b> New initiative for 16-25 from 310122	Positive mental health football programme aimed at males 16-25; play football in a relaxed environment & tackle stigma associated with mental health; post-match they offer space to speak, using football as the catalyst to improve physical & mental well-being; free	<b>Email</b> <a href="mailto:Eddie@dafc.co.uk">Eddie@dafc.co.uk</a> to register	<b>Dunfermline</b> Mon 1800-1900 Queen Anne High School (indoor pitch)

Service:	Brief:	Contact/Links:	Other:
<b>Feel Good Friday</b> <b>Update (170322):</b> Commenced 110222	Arts & crafts, chat & healthy snack available during term time	<b>Email</b> <a href="mailto:feegoodfriday2021@gmail.com">feegoodfriday2021@gmail.com</a>	<b>Dunfermline</b> Fri 1230-1430 St Ninian's Church, Abbeyview Donations welcomed



## South West Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Eats Rosyth &amp; Rosyth Community Hub</b> <b>Update (090821)</b>	Food Packs to vulnerable, over 70s, keyworkers & people isolating; completed the purchase of a new building that is going to be the new <a href="#">Rosyth Community Hub</a> ; due to the pandemic operating from <a href="#">Rosyth Baptist Church</a> (open Mon–Fri 1000-1400); hoping to get back to all activities soon, including community meals	<a href="http://www.eatsrosyth.org.uk/news/food-provision-during-covid-19/">www.eatsrosyth.org.uk/news/food-provision-during-covid-19/</a> or <a href="https://www.eatsrosyth.org.uk/rosyth-community-hub/">https://www.eatsrosyth.org.uk/rosyth-community-hub/</a> <b>Tel</b> 07782848705 <b>Email</b> <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> <b>Facebook</b>	<b>Rosyth Area</b> Being delivered to individuals & personalised food bag
<b>Rosyth Community Garden (EATS Rosyth)</b> <b>Update (090821)</b>	Just off Park Road & open to the public; significantly developed including an eco-toilet; wide range of produce growing in the garden shared with the local community; with enough volunteers they aim to plant many more public spaces with food for the community so please <a href="#">get in touch</a> if you would like to be involved or have a potential growing space either at your own home or business; they support you in growing your own food at home whether this be a hand preparing a growing area, you need seeds, compost or some help getting started, or if you would just like some advice	<a href="http://www.eatsrosyth.org.uk/rosyth-community-garden/">www.eatsrosyth.org.uk/rosyth-community-garden/</a> <b>Email</b> <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> <b>Tel</b> 07782 848705	<b>Rosyth</b>

Service:	Brief:	Contact/Links:	Other:
<b>Rosyth Centenary Orchard (EATS Rosyth)</b> <b>Update (090821)</b>	Across from the Community Garden is the Centenary Orchard which includes a classroom, different project & beehives; The orchard acts as an important part of Rosyth's biodiversity; <a href="#">Get in touch</a> if you'd like to be involved with our work in the orchard	<a href="http://www.eatsrosyth.org.uk/rosyth-centenary-orchard/">www.eatsrosyth.org.uk/rosyth-centenary-orchard/</a> <b>Email</b> <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> <b>Tel</b> 07782 848705	<b>Rosyth</b>
<b>Louis Browns, Dalgety Bay</b> <b>Update:</b> Preparing for reopening thus covid response service will cease	Free Homemade Food/bread, milk, etc	<b>Tel</b> 07711987888 or 07935664846	<b>Dalgety Bay Area</b> Collection or delivery everyday between 1200-1400 for anyone
<b>Food Pantry Club, Ballast Bank Community Centre (Inverkeithing)</b>	Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre	<a href="http://www.inverkeithingtrust.co.uk/the-food-pantry.html">www.inverkeithingtrust.co.uk/the-food-pantry.html</a> <b>Email</b> inverkeithingtrust@gmail.com	<b>Inverkeithing</b> New service commencing 180620 Thurs 1200-1400 (may close early depending upon food stocks)
<b>The Pantry Club, Valleyfield Community Centre</b>	Surplus food redistribution; £2 for 7 items	<b>Facebook</b> The Pantry Club Valleyfield Community Club	<b>High Valleyfield</b> Tues 1715 collection Wed Deliveries – Over 70s; key workers; people shielding or with Covid symptoms; vulnerable groups
<b>Hyperclub, Ballast Bank Community Centre (Inverkeithing)</b> <b>Update (050820):</b> No longer providing this specific service	Food & activity packs for vulnerable people; available for collection and delivery	<b>Tel</b> 07735588480 <b>Facebook</b> @hyperclubinverkeithing	<b>Inverkeithing</b> Contact to arrange delivery or for further information

Service:	Brief:	Contact/Links:	Other:
<b>Kincardine Community Centre Food Hub</b> <b>Update (040321): Open Wednesday (previously Tue &amp; Thu)</b>	Food redistribution – each bag has a minimum of 14 dry/tin items & selection of fresh items; open to all; minimum £3 donation (no change given)	<b>Email</b> <a href="mailto:kincardineca@gmail.com">kincardineca@gmail.com</a> <b>Facebook</b> Kincardine Community Centre <b>Note:</b> Emergency Food Parcels available (run separately from the Food Waste Project)	<b>Kincardine</b> Wed 0930-1230 & 1400-1800
<b>Grow West Fife</b> <b>Update (090821)</b>	A community vegetable garden based at Blair Castle near Culross; set up by a group of volunteers during lockdown to grow produce for food projects in the West Fife area; on a mission to get their community growing their own veg; visits welcome	<b>Facebook</b> Grow West Fife	<b>Based in Blair Castle by Culross</b>
<b>Inverkeithing Craft Group</b> <b>Update (181021): Remobilised</b>	Bring your own craft, lunch & refreshments; Mon 1230-1400 at Inverkeithing Parish Church; email to join or for info	<b>Email</b> <a href="mailto:angela.craftswithcare1975@gmail.com">angela.craftswithcare1975@gmail.com</a> <b>Facebook</b>	<b>Inverkeithing</b>
<b>Inverkeithing High Community Use (Active Fife)</b> <b>Update (061221)</b>	Junior & adult art & craft classes at Inverkeithing High	<a href="http://www.active.fife.scot/artsandcrafts">www.active.fife.scot/artsandcrafts</a> <b>Email</b> <a href="mailto:communityuse.inverkeithing@fife.gov.uk">communityuse.inverkeithing@fife.gov.uk</a> <b>Tel</b> 01382 602349	<b>Inverkeithing</b> Wed or Thu 1600-1800 Juniors Mon or Wed 1800-2000 Adults
<b>Art Group, Oakley Church</b> <b>Update (070422)</b>	Painting, drawing, chatting & tea, coffee & cake	Tel 07742519851 Irene Halliday	<b>Oakley</b> Thu 1300-1500

## Contact Information:

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