



**Fife Forum**

Making Community Connections

5/4/2023

# Resource & Support List

## Covering Fife

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WAYNE MATHIESON

## Content

<b>2</b>	<b>Foreword</b>
<b>3-14</b>	<b>National</b>
<b>15-34</b>	<b>Fife-wide</b>
<b>35-44</b>	<b>Across Multiple Localities</b>
<b>45-50</b>	<b>Levenmouth Locality</b>
<b>51-55</b>	<b>Glenrothes Locality</b>
<b>56-67</b>	<b>North East Fife Locality</b>
<b>68-73</b>	<b>Kirkcaldy Locality</b>
<b>74-76</b>	<b>Cowdenbeath Locality</b>
<b>77-81</b>	<b>City of Dunfermline Locality</b>
<b>82-84</b>	<b>South West Locality</b>
<b>85</b>	<b>Contact Details</b>

## **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>Re-engage</b> <b>Update (131022):</b> Call Companions telephone befriending for people affected by Parkinson's (in partnership with Parkinson's UK)	Call Companions offer telephone befriending & specific LGBT+ & Parkinson's service for people 75+ who live alone or in sheltered housing with little or no social contact; monthly Tea Parties (area specific)	<a href="http://www.reengage.org.uk/refer/">www.reengage.org.uk/refer/</a> Tel 0800 716 543 Email <a href="mailto:Sarah.McKean@reengage.org.uk">Sarah.McKean@reengage.org.uk</a> Sarah McKean, Engagement Officer Scotland	<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>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
<b>SCLD (Scottish Consortium for Learning Disabilities)</b>	The Scottish Commission for People with Learning Disabilities' (SCLD) vision is of a fairer Scotland where people with learning disabilities live full, safe, loving & equal lives; human rights defender, working to uphold, protect & raise awareness of the human rights of people with learning disabilities	<a href="http://www.sclد.org.uk">www.sclد.org.uk</a> Tel 0141 248 3733	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>One Parent Families Scotland</b> <b>Update (070323)</b>	Aims to enable single parent families to achieve their potential, reach a decent standard of living & contribute to Scottish society; Helpline provides advice/support to single parents from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work; free confidential service whatever you are going through	<a href="http://www.opfs.org.uk">www.opfs.org.uk</a> <b>Tel</b> 0808 801 0323 Lone Parent Helpline <b>Email</b> <a href="mailto:advice@opfs.org.uk">advice@opfs.org.uk</a>	<b>National</b> Mon-Fri 0930-1600
<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> <b>Tel</b> 0800 027 1234 <b>Email</b> <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> <b>Tel</b> 0300 123 2523 Helpline <b>Email</b> <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a> Helpline <b>Tel</b> 0131 564 3972 Telebefriending <b>Email</b> <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> <b>Tel</b> 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	<b>Tel</b> 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>Alzheimer Scotland</b>	Scotland's dementia charity providing advice, information & signposting, including to local resources; training provider; campaigner for dementia	<a href="http://www.alzscot.org">www.alzscot.org</a> Tel 0808 808 300 Telephone Befriending & 24-hr Helpline <b>Facebook</b> Alzheimer Scotland	<b>National</b> 24-hour helpline
<b>National LGBT+ Carers Group, Alzheimer Scotland</b> <b>Update (060721):</b> Launches 040821	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:  Tel 07584373396 Faye (Wed-Fri) or 07734289400 Janine (Mon-Thu) Email <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
<b>Advice Line Plus, Scottish Autism</b> <b>Update (040822):</b> Opening times for advice line	Advice line & web-based chat providing reassurance, guidance & support for autistic people & their families	<a href="http://www.scottishautism.org">www.scottishautism.org</a> Tel 01259 222022 Email <a href="mailto:advice@scottishautism.org">advice@scottishautism.org</a>	<b>National</b> Tue-Fri 1000-1600 Advice Line & Live Chat online
<b>Find Business Support Helpline (Scottish Government)</b>	Official helpline for businesses relating to covid financial support & essential advice	Tel 0300 303 0660	<b>National</b>
<b>Co-operate (Co-op)</b> <b>Update (070323)</b>	Co-operate is an online community centre; find things to do in the community	<a href="http://www.co-operate.coop.co.uk">www.co-operate.coop.co.uk</a>	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>AbilityNet (Technology Support)</b>	Run a series of live online events to help share useful information for disabled people & their carers; alongside providing free IT support to help older people & people with disabilities to use technology to achieve their goals	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> Tel 0800 269 545	<b>National</b> UK Office Hours
<b>Care Home FaNs</b>	Care Home Friends and Neighbours (Care Home FaNs) is a national project that is helping care homes to connect meaningfully with their local community to enhance the quality of life of older people and those that support them; go online for 3 easy-to-take steps	<a href="http://www.carehomefans.org">www.carehomefans.org</a>	<b>National</b>
<b>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> Tel 0808 801 0899	<b>National</b>
<b>Dance For Life, Strathearn Arts, Crieff 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: Tel 07789639956 Email <a href="mailto:megan@strathearnarts.org">megan@strathearnarts.org</a>  For further information or to sign up contact Janice Fraser: Tel 07921771486	<b>Based in Crieff – Currently open to anyone</b> Mon, Tue, Thu 1400 via Zoom

Service:	Brief:	Contact/Links:	Other:
<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
<b>The Good Care Group Scotland Limited (Live-in Respite Provider)</b>	Dedicated privately purchased live-in care provider rated outstanding by the CQC & excellent by the Care Inspectorate; shortest contract offered is the Respite Package 24/7 Live-in Care (cost per week £1692.00 for a minimum of 14 days & can be taken in 2 separate blocks); regulated live-in care provided	<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 includes dementia; Parkinson's; MS An additional clinical & environmental care assessment visit required to be carried out £395.00 The cost of 24/7 live-in ongoing care £1494.00 per week
<b>Innovations in Dementia 'Tip-Share'</b> <b>Update (081220):</b> Launches 071220	Source & share tips that assist daily living for people living with dementia; 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>
<b>Vegetarian for Life</b> <b>Update (190821):</b> For vegans, vegetarians & meat reducers	Virtual Vegan Lunch Club 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> 4 <sup>th</sup> Tue of the month 1300-1400



Service:	Brief:	Contact/Links:	Other:
<b>Ask for ANI, Home Office &amp; partners (Domestic Abuse Sector, Police, Pharmacy Associations)</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>Home Energy Scotland (funded by Scottish Government)</b> <b>Update (200521)</b>	Energy & heating advice; identify eligibility for free energy saving home improvements through the Warmer Homes Scotland programme	<a href="http://www.homeenergyscotland.org">www.homeenergyscotland.org</a> Tel 0800 808 2282	<b>National</b> Calls are free Mon-Fri 0800-2000 & Sat 0900-1700
<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 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 & the service not working (include mobile phone number & network provider)	<b>National</b> 24/7 Free from all major UK mobile networks (EE; O2; Three; Vodafone; BT; Virgin; Tesco; iD; Sky; Telecom; Libra; Giffgaff – android phones may indicate you will be charged, this is incorrect & 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> Tel 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>WAY Widowed &amp; Young</b> <b>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>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 – <b>Tel</b> 0808 196 3651  Partner Agencies: Call Centre for Referrals (Dalkeith) – <b>Tel</b> 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>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</b> <b>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>

Service:	Brief:	Contact/Links:	Other:
<b>The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us)</b> <b>Update (200821)</b>	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	<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>Cruse Scotland Bereavement Support</b> <b>Update (090522):</b> Rebranding to better reflect the support offered	Promotes the well-being of bereaved people in Scotland helping anyone experiencing bereavement to understand their grief & cope with their loss; primarily free support is provided by volunteers; training is also provided for individuals & organisations; <b>Step-by-Step</b> are support groups for bereaved adults (Fife) offering a safe, relaxed & friendly environment	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a> <b>Tel</b> 0808 802 6161 Free Helpline  For people unable to self refer the following portal may be used: <a href="http://www.eu.jotform.com/build/200914641867358">www.eu.jotform.com/build/200914641867358</a> Make clear the reason why you are referring on their behalf & clarify who should be liaised with to arrange support  <b>Tel</b> 07432635406 Step-by-Step <b>Email</b> <a href="mailto:stepbystep@crusescotland.org.uk">stepbystep@crusescotland.org.uk</a>	<b>National</b> Mon-Fri 0900-2000 Sat-Sun 1300-1600  <b>Multiple Localities (Fife)</b> Currently 6 Step-by-Step groups operating across Fife, 5 in-person groups in <b>Kirkcaldy, Glenrothes, Methil &amp; Dunfermline</b> , plus a Virtual Group held on Zoom; there is also a Walking Group which meets in various places throughout Fife; Groups meet fortnightly for around 1½ hours
<b>PPE for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government</b> <b>Update (070323): PPE related</b>	Helpline will advise you of your nearest PPE hub; all sectors in relation to Care Staff	<b>Tel</b> 0300 303 3020 PPE Helpline	<b>National</b>
<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>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>Luminate</b> <b>Update (070323)</b>	Scotland's creative ageing organisation; ensure all older people in Scotland can enjoy high quality arts & creative activities, whatever their background & circumstances & wherever they live; browse website for events; includes Scotland's Dementia Inclusive Singing Network helping people affected by dementia take part in singing groups & choirs across Scotland & within the home	<a href="http://www.luminatescotland.org">www.luminatescotland.org</a> <b>Tel</b> 0131 668 8066 <b>Email</b> <a href="mailto:info@luminatescotland.org">info@luminatescotland.org</a> <b>Write to:</b> Luminate First Floor Causewayside House 160 Causewayside Edinburgh EH9 1PR	<b>National</b>
<b>Virtual Village Hall (supported by Royal Voluntary Service)</b> <b>Update (181021)</b>	Programme of themed online sessions led by tutors, RVS & volunteers; designed to do at home to enjoy & learn new skills	<b>Facebook</b> @VirtualVillageHall	<b>National</b> Online content

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>	Providing grants for families on low incomes raising disabled or seriously ill children & young people; for essential items such as kitchen appliances, sensory toys, family breaks, bedding	<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> Eligibility criteria applies
<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	Protecting older people from harm, abuse & exploitation; info & support helpline; advice to stay safe; Community Response Service based in Fife offering specialist support including 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</b> <b>Community Response Service based in Fife</b> aims to offer a drop-in centre, one-to-one support supporting recovery from abuse, & group-based support for older people (once restrictions relax)

Service:	Brief:	Contact/Links:	Other:
<b>Fares4Free</b> <b>Update (180422):</b> Transport for veterans & their families	For veterans & their families & whilst they work mainly by referral, they will help find the support needed; use friendly & Mental Health First Aid trained drivers for essential, recreational & therapeutic appointments; aim to help passengers engage repeatedly with the essential support they require; provide passenger with activities & relaxation techniques to help with the journey home	<a href="http://www.fares4free.org">www.fares4free.org</a> <b>Email</b> <a href="mailto:leon@fares4free.org">leon@fares4free.org</a> <b>Tel</b> 0141 266 6000  <a href="http://www.fares4free.org/contact">www.fares4free.org/contact</a> Online Partners Booking Form	<b>National</b> Mon-Fri 0900-1700
<b>VoiceAbility</b> <b>Update (250222):</b> Support to access benefits in Scotland for people who identify as disabled	Support to access benefits from Social Security Scotland (SSS) for people who self-identify as disabled; advocates support people to make sure their voices are heard/to know & understand their rights when applying for SSS benefits; support available for parents/guardians/carers who are accessing benefits for a disabled child or for parents/guardians/carers who are disabled & want support to access social security benefits for their child	<a href="http://www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland">www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland</a> For alternative languages or formats contact: <b>Tel</b> 0300 303 1600 Free <b>Email</b> <a href="mailto:socialsecurityscotland@voiceability.org">socialsecurityscotland@voiceability.org</a>  Referrals can be made via the website (self or by a third party)  You can also get advocacy support by contacting <b>Social Security Scotland</b> directly: <b>Tel</b> 0800 182 2222 Free - ask to be referred to the Independent Advocacy Service	<b>National</b> Benefits an advocate can support you with include: <ul style="list-style-type: none"> <li>• Best Start Grant Pregnancy &amp; Baby Payment</li> <li>• Best Start Grant Early Learning Payment</li> <li>• Best Start Grant School Age Payment</li> <li>• Best Start Foods</li> <li>• Carer's Allowance Supplement</li> <li>• Job Start Payment</li> <li>• Child Disability Payment</li> <li>• Child Winter Heating Assistance</li> <li>• Funeral Support Payment</li> <li>• Scottish Child Payment</li> <li>• Young Carer Grant</li> <li>• Adult Disability Payment</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>SAMH</b> <b>Update (190422):</b> After experiencing significant disruption to communication channels SAMH is pleased to announce that they are now able to send & receive emails as normal	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> <b>Email</b> <a href="mailto:communications@samh.org.uk">communications@samh.org.uk</a> Media Enquiries <b>Email</b> <a href="mailto:info@samh.org.uk">info@samh.org.uk</a> SAMH Information Service <b>Tel</b> 0141 530 1000 General Enquiries <b>Tel</b> 0344 800 0550 SAMH Information Service	<b>National</b> Telephones & emails are monitored Mon-Fri 0900-1700 unless otherwise stated
<b>@BuglifeScotland Guardians of our Rivers Project</b> <b>Update (190423):</b> Environmental voluntary opportunities	Free training & support via a new Scottish Hub where you can volunteer to become a guardian of our rivers; local groups where you can help/learn to protect the quality of your river, monitor invertebrate life & provide early warnings of any pollution events; training is delivered in 2 stages (6-hours) - Theory (Via Zoom) & Practical (face-to-face at your monitoring site) & once training is completed each volunteer will receive a certificate	<a href="http://www.buglife.org.uk">www.buglife.org.uk</a> or <a href="http://www.buglife.org.uk/projects/guardians-of-our-rivers/">www.buglife.org.uk/projects/guardians-of-our-rivers/</a> link <b>Email</b> <a href="mailto:Rebecca.Lewis@buglife.org.uk">Rebecca.Lewis@buglife.org.uk</a>	<b>National</b>
<b>Self-harm Network Scotland, Penumbra</b> <b>Update (270423)</b>	Portal providing compassionate support, resources & information about self-harm; uses the power of lived experience to work with people to find their own way forward; provide support & information to friends, families & professionals	<a href="http://www.selfharmnetworkscotland.org.uk">www.selfharmnetworkscotland.org.uk</a> <b>Access/contact</b> via website	<b>National</b>



## Fife-wide

Service:	Brief:	Contact/Links:	Other:
<b>Fife Forum</b> <b>Update (070323)</b>	Advice, information & signposting helping adults 16+ to identify services & resources and how to access these; 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>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 & responded to asap  <b>Café Forum@Flo's Café, Leuchars Community Centre:</b> Fri Fortnightly 1030-1230
<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>Castle Furniture Project</b> <b>Update (070323)</b>	Free or low-cost household goods to disadvantaged families & individuals to relieve poverty & indebtedness in Fife; provides transport/labour to collect donations free of charge from people throughout Fife; offers marginalised groups opportunities to work in a safe, supportive, inclusive environment - the furniture which the project collects & redistributes enables individuals to help other people who are facing extreme hardship; also provide befriending & a Tayport Lunch Club for Older People	<a href="http://www.castlefurniture.org">www.castlefurniture.org</a> <b>Tel</b> 01334 654445 Cupar or 01592 501068 Glenrothes <b>Email</b> <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a>	<b>Fife-wide &amp; Other core services based North East Fife</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> info@fifeinternational.uk	<b>Fife-wide</b> Main chatroom & local chatrooms can be accessed Telephone 0930-1300

Service:	Brief:	Contact/Links:	Other:
<b>Citizens Advice &amp; Rights Fife</b> <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> <b>Update (050922)</b>	Befriending for Young Carers aged 12-18; weekly support offered by volunteers for 4-6 months	<a href="http://www.lead.org.uk/fife-befriending-young-carers/">www.lead.org.uk/fife-befriending-young-carers/</a> <b>Tel</b> 0131 228 9441 <b>Email</b> <a href="mailto:fifeyoungcarers@lead.org.uk">fifeyoungcarers@lead.org.uk</a>	<b>Fife-wide</b>
<b>Lead Scotland Learning Project</b> <b>Update (050922)</b>	Learning for individuals 16+; weekly support to learn new skills including literacy, numeracy & digital	<a href="http://www.lead.org.uk/aboutlead/contact-lead-scotland/fife-learning-co-ordinator/">www.lead.org.uk/aboutlead/contact-lead-scotland/fife-learning-co-ordinator/</a> <b>Tel</b> 0131 228 9441 <b>Email</b> <a href="mailto:fifeadultlearning@lead.org.uk">fifeadultlearning@lead.org.uk</a>	<b>Fife-wide</b>
<b>Lead Scotland Befriending (Adults)</b> <b>Update (020323):</b> Reopened waiting list	For adults & older people who feel isolated, lonely or disconnected as a result of their circumstances; weekly support offered by volunteers for 4-6 months	<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> 0131 228 9441 or 07950771875 Eloise Slaven <b>Email</b> <a href="mailto:fifeadultbefriending@lead.org.uk">fifeadultbefriending@lead.org.uk</a>	<b>Fife-wide</b>
<b>Lead Scotland Adult Carers Digital Project</b> <b>Update (050922)</b>	Learning for Adult Carers to develop relevant digital skills, cyber security & confidence to support their caring role	<b>Tel</b> 07733947241 or 0131 228 9441 <b>Email</b> <a href="mailto:jhaw@lead.org.uk">jhaw@lead.org.uk</a>	<b>Fife-wide</b> Drop ins & one-to-one support available
<b>Asda Pharmacy</b>	Call & collect service for vulnerable people or those social distancing – prescriptions can be collected from your car at dedicated bays within car parks	<b>Dunfermline (Halbeath)</b> 01383 843617 <b>Kirkcaldy (Carberry Road)</b> 01592 657210	<b>Fife-wide</b> Call local Asda pharmacy team for more information
<b>The Byre Theatre, St Andrews</b>	Watchlists offer weekly selection of arts & entertainment	<a href="http://www.byretheatre.com/online-watchlists/">www.byretheatre.com/online-watchlists/</a> <b>Tel</b> 01334 475000 Box Office	<b>Fife-wide</b> based in St Andrews, North East Fife

Service:	Brief:	Contact/Links:	Other:
<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 <b>or</b> 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 کر سکتے 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
<b>One Stop Shop Fife, Scottish Autism</b> <b>Update (241122)</b>	For parents & carers of people up to age 26 who have neurodevelopmental differences; emotional support, help to understand an autism diagnosis & transitions; advice/support including other for professionals; dedicated team of advisors who are experienced/knowledgeable in working alongside autistic people to ensure their voice is heard helping to access the right help & support	<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> For national details see p5	<b>Fife-wide (Kirkcaldy-based)</b> Mon-Fri 0930-1700 Tue 1000-1200 Drop-in New Volunteer House Kirkcaldy Thu 1300-1500 Drop-in New Volunteer House Kirkcaldy

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/Burntisland:</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>Friendship Cabin</b> <b>Update (050123):</b> Warm Space from 090123 Woodside Community Hall, no booking necessary & complimentary hot drink & snack	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); £12 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 Warm Space:</b> Mon-Thu 1400-1600 Free, Woodside Community Hall <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>Cosy Kingdom</b> <b>Update (140122):</b> New opening hours	Advice/support helping people stay warm, save energy, money & reduce carbon emissions; free handy service for those eligible for free energy saving measures	<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>Fife Carers Centre</b> <b>Update (310322):</b> New Information Drop-in Tue 1400-1600 CISWO Glenrothes	Centre support (telephone, email & virtual) & 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; & co-ordinating supply of PPE to entitled carers ( <b>see separate entry below</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
<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 (230223):</b> Revised email & opening hours	Independent service 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 online SDS Community & stories from people 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@dphsfife.org.uk">enquiries@dphsfife.org.uk</a>	<b>Fife-wide</b> Mon-Fri 0900-1700

Service:	Brief:	Contact/Links:	Other:
<b>Express Group Fife</b> <b>Update (061022):</b> St Andrews Gardening Group remobilised Thu 0930-1300 Kinburn Park	Peer support & activity groups; adults 18+ affected by mental health issues &/or 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 (including Gardening Group)
<b>Meal Makers, Food Train</b> <b>Update (250123):</b> New contact details 0800 numbers no longer valid	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 <b>Email</b> <a href="mailto:hello@mealmakers.org.uk">hello@mealmakers.org.uk</a> Meal Makers  <b>Malnutrition Advice Helpline (Eat Well Age Well) –</b> <b>Tel</b> 0131 447 8151 <b>Email</b> <a href="mailto:hello@eatwellagewell.org.uk">hello@eatwellagewell.org.uk</a>	<b>Fife-wide</b>
<b>Befriending (Communities Recovery Fund), Fife Shopping &amp; Support Services</b> <b>Update (100522):</b> Limited number of hours	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 including collection, uplift & removal services
<b>Gingerbread Fife</b> <b>Update (121021):</b> ‘Making it Work’ for lone parents in work or seeking employment to plan a positive future & support work/life balance	Lone Parent Helpline; telephone advice; 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



Service:	Brief:	Contact/Links:	Other:
<b>Wells Near Me, Fife Health &amp; Social Care Partnership and Partners</b>	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; professionals can refer via the website referral form	<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> Drop-ins & appointments <b>Virtual</b> Wed & Thu 1000-1200 <b>For in-person drop-in locations follow web link for venues, times &amp; frequency</b>
<b>Libraries Service (On Fife)</b> <b>Update (190422): Mobile library &amp; delivery service available</b>	Completely free eBook, eAudiobook & digital magazine service (RBdigital); register for this free service is your library membership; mobile & home delivery service	<a href="http://www.onfife.com/libraries-archives/">www.onfife.com/libraries-archives/</a> <b>Email</b> <a href="mailto:rbdigital@wfhows.co.uk">rbdigital@wfhows.co.uk</a> if you need additional help with digital service <b>Email</b> <a href="mailto:homedelivery@onfife.com">homedelivery@onfife.com</a> Mobile & Home Delivery <b>Tel</b> 01592 583157 Mobile & Home Delivery	<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)
<b>Fife Bus (previously known as Dial a Ride and Ring &amp; Ride)</b> <b>Update (070622): Changes to services; new brochures available</b>	Free door-to-door transport for people unable to access mainstream public transport due to reduced mobility; the service may prioritise essential 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> To see what days the service is running in each area click 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>Fife Sports &amp; Leisure Trust</b> <b>Update (081122): New Winter Wellness Social Café in centres from 311022</b>	Sports, leisure & health/well-being options; Winter Wellness Social Café at 7 leisure centres - hot drink & biscuit, meet others while enjoying optional, informal, social activities like table tennis, indoor curling, board games & short exercise activities	<a href="http://www.fifeleisure.org.uk/health/">www.fifeleisure.org.uk/health/</a>	<b>Fife-wide</b> Check website for updates including Health & Well Being options
<b>Bums off Seats, Fife Walking Initiative (supported by Active Fife &amp; Paths for All)</b>	Free health walks which are short & local; suitable for most including those with long-term conditions incl dementia; cancer	<a href="http://www.active.fife.scot/about/active-fife">www.active.fife.scot/about/active-fife</a> <b>Email</b> <a href="mailto:hazel.donaldson@fife.gov.uk">hazel.donaldson@fife.gov.uk</a> <b>Tel</b> 03451 55 55 55 Hazel Donaldson	<b>Fife-wide</b> Cupar, Dalgety Bay, Rosyth, Dunfermline, Glenrothes, Kirkcaldy, Lochore, Leven

Service:	Brief:	Contact/Links:	Other:
<b>Restoration Fife Recovery Community</b> <b>Update (050123):</b> Recovery Café return week beginning 090123	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; free haircuts at the Recovery Café last week of each month	<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 - Private message on social media or call, text/whatsapp <b>Facebook</b> @RestorationFife	<b>Fife-wide</b> In person and online social & recovery activities <b>Recovery Café</b> Mon 1100-1300 Salvation Army, Buckhaven Tue 1100-1300 St Margaret's Church, Dunfermline Thu 1100-1300 Sandybrae Community Centre, Kennoway Fri 1100-1300 YMCA, Glenrothes
<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
<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; legal advice on a range of subjects; if unable to help, signposting if they cannot assist; contact by phone/email/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 (020223):</b> AGM 270223 1900 Bridge Centre, Unicorn House, Falkland Way, Glenrothes	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:admin@fifeparkinsons.org">admin@fifeparkinsons.org</a> <b>Tel</b> 01592 713824	<b>Fife-wide (Branch)</b> Parkinson's UK national  <b>Fife Meetings</b> Monthly from Thu 090921 1200-1500 <b>new venue:</b> Baptist Church Bridge Centre, Glenrothes Kingdom Centre



Service:	Brief:	Contact/Links:	Other:
<b>Carers' Self Help Service, Link Living</b> <b>Update (060423):</b> New contact details	6 one-to-one self-help coaching sessions using CBT for Carers of children to 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:carersselfhelp@linkliving.org.uk">carersselfhelp@linkliving.org.uk</a> <b>Tel</b> 01592 644048 <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>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>FRASAC Fife Rape &amp; Sexual Assault Centre</b> <b>Update (010621):</b> support services are currently delivered over the phone/online	Independent; offer 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; & 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
<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>Circles Network Advocacy Service</b> <b>Update (290921)</b>	Free, independent service providing information & advocacy via telephone, email or video call, drop-in meetings within community resources & home visits (or suitable public setting) for individuals who are unable to access their main office in Fife; 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>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>Change Mental Health Fife</b> <b>Update (180423):</b> <b>Formerly Support in Mind</b>	<p>Work across Fife to provide information &amp; support to people who require help with their mental health needs; nationally, whether it is support with finances &amp; mental health or needing direction on where to look services will guide you to the right support needed</p>	<p><a href="http://www.changemh.org/support_areas/fife/">www.changemh.org/support_areas/fife/</a>  <b>Tel</b> 01592 268388 Fife Services  <b>Email</b> <a href="mailto:fifeservices@changemh.org">fifeservices@changemh.org</a> Fife Services  <b>Email</b> <a href="mailto:info@changemh.org">info@changemh.org</a> National Services  <b>Tel</b> 0300 323 1545 National Services</p> <p><b>Fife services include:</b>  <b>Carers Support</b> support &amp; info for people who care for those with mental health challenges (National)  <b>Mental Health &amp; Money Advice</b> helping friends &amp; relatives to help those struggling with severe mental health issues (National)  <b>Information &amp; Resilience</b> early intervention &amp; support to people facing the stresses of everyday life who need help with their mental health needs  <b>Hearing Voices</b> support to people who experience symptoms of psychosis, hear voices &amp; experience sensory disturbances</p>	<p><b>Fife-wide (National Organisation)</b>  Local &amp; national services available</p> <p><b>National Services:</b>  Info &amp; Support Line  Mental Health &amp; Money Advice  Young People's Programme  National Rural Mental Health Forum  Clic Online Support</p>
<b>Relationships Scotland Couple Counselling Fife</b> <b>Update (060721)</b>	<p>A confidential counselling service to couples &amp; individuals struggling with their marriage/relationship (£25 fee - £15 for unemployed - for the intake appointment, payable at time of booking the appointment &amp; the counselling is by donation); sexual relationship therapy for those experiencing sexual difficulties (contribution of £30-50 per session)</p>	<p><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></p>	<p><b>Fife-wide</b>  Online counselling as well as face-to-face</p> <p>For Guidelines &amp; costs follow <a href="http://www.rscf.org.uk/what-does-it-cost">www.rscf.org.uk/what-does-it-cost</a></p>

Service:	Brief:	Contact/Links:	Other:
<b>Food Train Connects (Food Train)</b> <b>Update (250123):</b> Change of contact details 0800 numbers no longer valid	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> 0141 551 8118 <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)
<b>Off the Rails Arthouse (Ladybank Station House, Victoria Street, Ladybank KY15 7JT)</b> <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 (190422):</b> New alternative drop-in service 'KY8' 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>KY8 Drop-in:</b> Fisher Street Community Centre, Methil Fri 1100-1400

Service:	Brief:	Contact/Links:	Other:
<b>Thistle Neurological Wellbeing Service (Thistle Foundation with funding from Scottish Government)</b> <b>Update (070622):</b> 10-week Lifestyle Management Course for people living with neurological health conditions to help self-manage their situation & enjoy better well-being	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>Tel</b> 0131 661 3366 <b>Text</b> 07342035670 Leanne	<b>Fife-wide</b> Aim to see people within 2 weeks of referral – self-referral available
<b>Thistle Wellbeing Service, Thistle Foundation</b> <b>Update (290921):</b> Service now extended to Fife	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):</b> New private Day Care facility	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>Centre for Positive Change (in partnership with Positive Change Yoga)</b>	Free online Zen Yoga offered to Fifiers since January extended to throughout March 2021; see website for booking information	<a href="http://www.positivechange yoga.com">www.positivechange yoga.com</a> <b>Facebook</b> @positivechangeyoga	<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>KASP Kingdom Abuse Survivors Project</b> <b>Update (190422):</b> Currently recruiting volunteer befrienders	Supporting adult survivors of childhood sexual trauma; services include: counselling, younger people 16-25, domestic abuse & befriending	<a href="http://www.kasp.org.uk">www.kasp.org.uk</a> <b>Email</b> <a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a> <b>Tel</b> 01592 644217 <b>Text</b> 07501221909 <b>Facebook</b>	<b>Fife-wide</b> Self or organisational referrals accepted

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>Alzheimer Scotland Fife Resource Centre</b> <b>Update (280422)</b>	Information, support & advice for those living with dementia, their families & carers; friendly supports include social groups, Drop-in Information Cafes & Carer Support Groups; Day Care Provision offered from the Kirkcaldy Resource Centre (Fife-wide, however, transport is not provided); Outreach service aimed at helping people to deal with specific issues; contact the Resource Centre for detail	<a href="http://www.alzscot.org">www.alzscot.org</a> <b>Email</b> <a href="mailto:fifeservice@alzscot.org">fifeservice@alzscot.org</a> <b>Tel</b> 01592 204541 <b>Fife Resource Centre Address</b> Hill Street, Kirkcaldy KY1 1AH <b>Facebook</b> Alzheimer Scotland - Fife	<b>Fife-wide</b> Centre location (Kirkcaldy) with groups held within localities throughout Fife  <b>Dementia Information Cafés (drop-in &amp; monthly)</b> 1 <sup>st</sup> Mon 1030-1130 Larick Centre, Tayport 1 <sup>st</sup> Mon 1430-1530 Dementia Resource Centre, Kirkcaldy 3 <sup>rd</sup> Mon East Neuk Centre, Anstruther Last Wed 1030-1200 CISWO, Glenrothes Last Wed 1430-1530 Erskine Church, Dunfermline  <b>Day Care</b> Thu-Fri am-pm 3-hour sessions £10 per session (travel not provided)



Service:	Brief:	Contact/Links:	Other:
<b>The Big Hoose Project (The Cottage Family Centre)</b> <b>Update (170423): New hours for NEF Hub</b>	Partnership with Amazon which will see multi-million pounds worth of household goods distributed to children & families living in poverty across Fife; 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; if experiencing hardship speak with a professional as they will be able to complete a referral on your behalf	<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:administration@thecottagefamilycentre.org.uk">administration@thecottagefamilycentre.org.uk</a> <b>Tel</b> 01592 269489 or 01592 210189  <b>Hub@Castle Furniture:</b> <a href="http://www.castlefurniture.org/downloads">www.castlefurniture.org/downloads</a> <b>Email</b> <a href="mailto:paulinemcilwraith@castlefurniture.org">paulinemcilwraith@castlefurniture.org</a> Pauline Mcilwraith, Hub Co-ordinator <b>Tel</b> 01334 654445	<b>Fife-wide</b> Referral system in place - this can be a Social Worker, health visitor, child's school or charity/organisation that supports children & families  Mon-Fri 0900-1700  <b>Hub@Castle Furniture Cupar &amp; Glenrothes</b> Tue & Thu 1100-1500 Glenrothes Mon & Wed 1100-1500 Cupar
<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
<b>Fife Private Rental Solutions (Trust in Fife)</b> <b>Update (240122)</b>	Private rented sector advice hub for individuals & landlords; housing options advice & guidance, identifying a suitable property, '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



Service:	Brief:	Contact/Links:	Other:
<b>The Hive LGBT+ Centre</b> <b>Update (241122):</b> New peer discussion group Let it All Out Wed 1800-2000	Dedicated LGBT+ community centre; LGBT+ people, family, friends & allies welcomed; community meeting rooms, exhibitions, studio facilities, Hot Desks hire & café	<a href="http://www.fifelgbtcentre.scot">www.fifelgbtcentre.scot</a> <b>Tel</b> 0800 051 7676 <b>Email</b> <a href="mailto:thehive1@pinksaltire.com">thehive1@pinksaltire.com</a> <b>Facebook</b> @TheHiveLGBTCentre	<b>Fife-wide (Kirkcaldy-based)</b> Mon-Sat 1200-2100 10 Whytescauseway, Kirkcaldy KY1 1XF Wed 1800-2000 Let it All Out Peer Discussion Group
<b>Ace Fife, Enable Group</b> <b>Update (241122):</b> New 18+ monthly group Lomond Centre Glenrothes last Tue of the month	For adults residing in Fife with a Learning Disability; community of 24 groups Scotland-wide who aim to make positive change for people who have a learning disability locally & nationally; opportunity to meet new people & try new things	<a href="http://www.enable.org.uk">www.enable.org.uk</a> <b>Email</b> <a href="mailto:stuart.cumming@enable.org.uk">stuart.cumming@enable.org.uk</a> or <a href="mailto:cjs@enable.org.uk">cjs@enable.org.uk</a> <b>Tel</b> 07889456668  <b>Tel</b> 0300 0200 101 <b>National Helpline</b> Mon-Fri 0900-1700 for further support & information	<b>Fife-wide &amp; National Org</b> Mon 1805-2000 Youth Group, Cupar Youth Café Wed 1900-1955 Youth Group, Lomond Centre Glenrothes Last Tue of the month 1600-1730 18+ Group, Lomond Centre Glenrothes <b>Zoom Sessions:</b> Tue 1800 Workshop Wed 1630 National Youth Group Fri 1530 Karaoke
<b>Tartan Talkers</b> <b>Update (011222):</b> Developing non-profit service	Male suicide support line to support men when at their weakest & wanting to end their life; aim to walk beside any man in crisis & support them through their darkest hours; listening, advice & information to support recovery, refer on to other supports, a daily call from a peer buddy, group support for families affected by suicide & Social Media and online contact	<a href="http://www.tartantalkers.scot">www.tartantalkers.scot</a> <b>Tel</b> 01382 694517 <b>Email</b> <a href="mailto:info@tartantalkers.scot">info@tartantalkers.scot</a> <b>Facebook</b> @tartantalkers	<b>Fife-wide</b> Mon-Thu 1400-0000 Fri 1400-0600 Sat 2200-0600 <b>Online Chat</b> 1800-2100

Service:	Brief:	Contact/Links:	Other:
<b>Warm Space, Fife Council &amp; Partners</b> <b>Update (310123)</b>	Portal for Cost of Living crisis; winter programme run jointly with community groups & partners making warm places available locally with activities provided by local groups in addition to regular Café Inc family food service that runs through the school holidays	<a href="http://www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces">www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces</a> <b>Tel</b> 0800 952 0330 Community Support Line	<b>Fife-wide</b> Mon-Fri 0900-1700 Community Support Line
<b>Seescape (Fife Society for the Blind)</b> <b>Update (081122):</b> New warm space group open to all from 181122	Support for people with a visual impairment; aim to empower visually impaired to live safely, independently & achieve personal goals; one-stop-shop approach info/advice, rehabilitation, assistive technology training, befriending & social groups	<a href="http://www.seescape.org.uk">www.seescape.org.uk</a> <b>Tel</b> 01592 644979 <b>Email</b> <a href="mailto:info@seescape.org.uk">info@seescape.org.uk</a> <b>Facebook</b> Seescape - Fife	<b>Fife-wide</b> Fri 1300-1500 Warm Space – from 181122 open to all; hot drink & chat from Unit H, Newark Road North, Glenrothes
<b>Brag Enterprises</b> <b>Update (020323)</b>	Employability support at all stages of readiness from 1:1 key working to practical help with CVs/job search; consortium geared towards removing barriers to employability; referrals can be made internally across the consortium dependent on needs; training & workshops predominantly to provide opportunities for social interaction, engagement & confidence building, self-employment workshops & sector-based training such as SIA courses	<a href="http://www.brag.co.uk">www.brag.co.uk</a> <b>Tel</b> 0333 320 2258 <b>Facebook</b>	<b>Fife-wide</b> Partner Agencies - CARF, Frontline Fife, Clued Up, Barnardos, FEAT, Kingdom Works, Greener Kirkcaldy & Fife Voluntary Action

Service:	Brief:	Contact/Links:	Other:
<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
<b>Furniture Plus</b> <b>Update (270921)</b>	Furniture re-use, recycling & repair organisation; main aim is to combat poverty & social exclusion, especially homelessness, through core business activity of re-using, recycling & repairing furniture & other household goods which may otherwise go to landfill; operating from two locations in Dysart & Dunfermline; all surpluses generated are re-invested into the Charity, with a significant amount set aside each year to provide furniture & other household items free of charge to people in most need; free Furniture Collection; House Clearances; Furniture Sales; Goodwill Scheme	<a href="http://www.furnitureplus.org.uk">www.furnitureplus.org.uk</a> <b>Tel</b> 01592 654546 Customer Services <b>Email</b> <a href="mailto:enquiries@furnitureplus.org.uk">enquiries@furnitureplus.org.uk</a> <b>Facebook</b> Furniture Plus Ltd	<b>Fife-wide</b> Mon-Fri 0900-1645 Customer Services Mon-Sat 0900-1700 Stores Dysart & Dunfermline

## Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
<b>Link Living, Better Than Well</b> <b>Update (180422): Open to new referrals</b>	Provide up to eight supported self-help sessions to adults 16+ who have experienced childhood trauma to stay safe and stable using a CBT approach; 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): New group Abbeyview Bowling Complex, Dunfermline launches 150222 Tue 1030-1230; for details of other groups fully remobilised see 'local contact'</b>	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>	Bakery/some essentials; card payment or cash on delivery	Tel 01383 860330	<b>Abderdour 10-mile radius</b> Thu-Sat Deliveries
<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 (200222):</b> Glenrothes Club will be relocating Apr 23 to St Columba's Church, Rothes Road	Adults 26-65; socially isolated/lonely; face-to-face groups incl gardening; social activities incl arts/crafts, peer support, personal development & therapeutic <b>Flourish With Nature</b> Socially isolated &/or mild-moderate depression, low mood, anxiety or stress; transport/lunch provided; delivered in blocks to help people connect with nature, others & self <b>FASD Fife</b> 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 Dunfermline (Karen) 07807011951 General Enquiries (Donald) Email <a href="mailto:curnieclubsinfife@gmail.com">curnieclubsinfife@gmail.com</a> Curnie Clubs Facebook @FifeCurnieClubs  Tel/Text 07384514478 Jo, Flourish With Nature Email <a href="mailto:jo.mitchell@fassaction.org.uk">jo.mitchell@fassaction.org.uk</a>  Email <a href="mailto:fasd.fife@fassaction.org.uk">fasd.fife@fassaction.org.uk</a> FASD Fife Facebook @FASDFife	<b>Kirkcaldy, Dunfermline, Levenmouth &amp; Glenrothes</b> Mon Glenrothes Relocating Apr 23 Tues 1100-1400 Bennoch Hub, Kirkcaldy Wed 1000-1300 Gillespie Church, Dunfermline Wed 1000-1300 Buckhaven Community Centre  <b>Fide-wide</b> Thu 1000-1430 <b>Flourish With Nature</b> at/from Kirkcaldy base with field trips <b>FASD</b> (Fetal Alcohol Spectrum Disorder) Fife
<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 (171122):</b> Groups & learning will be online & in-person; new programmes available for 2023	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 080223 in-person <b>Kirkcaldy (St Bryce Kirk Centre)</b> from 120123 <b>Levenmouth (Buckhaven Community Centre)</b> 120123 <b>Cupar (YMCA)</b> from 200223 <b>Fife (online)</b> from 180123
<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 (070323):</b> Fortnightly befriending group in partnership with St Andrews Botanic Garden & weekly befriending group in partnership with Fife Coast & Countryside Trust	Befriending opportunities for adults who are socially isolated & lonely; regular social interaction with a Volunteer Befriender either one-to-one or group setting; new referrals & volunteer enquiries welcome; space may be limited & waiting list may apply	<a href="http://www.crossroadscentral.org">www.crossroadscentral.org</a> <b>Email</b> <a href="mailto:marie@crossroadsg.co.uk">marie@crossroadsg.co.uk</a> <b>Tel</b> 01592 630253 or 07955047757 Marie Lindsey, Co-ordinator	<b>Fife excluding Dunfermline &amp; West Fife</b> <i>Befriending Groups:</i> Tue 1000-1200 St Columba's, Glenrothes Wed Fortnightly Mar-Dec 1330-1530 St Andrews Botanic Garden Thu Mar-Jun 1230-1530 Silverburn Park, Leven
<b>Andys Man Club</b> <b>Update (160622):</b> New group at Central Park, Cowdenbeath	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; group meet Mon 1900 excluding 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, Kirkcaldy, Cowdenbeath &amp; Dalgety Bay</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) Dalgety Bay (That Place in the Bay) Cowdenbeath (Central Park)
<b>Chest Heart &amp; Stroke Scotland (CHSS) Fife Peer Groups</b> <b>Update (070323)</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 &amp; Kirkcaldy</b> Glenrothes (Heart) Exercise - remobilised Thu Fortnightly 1300-1500 Stoke (Social) Kirkcaldy, Linton Lane Centre



Service:	Brief:	Contact/Links:	Other:
<b>Breathe Easy Fife</b> <b>(affiliated to the British Lung Foundation)</b> <b>Update (061022):</b> Dunfermline Group meet Rosyth (Parkgate Community Centre)	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 or 07730436966 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 130423</b> Thu 1300-1530 Methil, Fife Renewable Innovation Centre <b>Next 170423</b> Mon 1300-1500 St Andrews Scoonie Hill Community Centre <b>Next 200423</b> Thu 1300-1530 Kirkcaldy, Templehall Community Centre <b>Next 270423</b> Thu 1300-1530 Parkgate Community Centre Rosyth <b>Glenrothes</b> aiming to launch new group (Feb-Mar 2022)
<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>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



Service:	Brief:	Contact/Links:	Other:
<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>
<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>Raith Fruit Shop</b>	Fruit/Veg & some essentials being delivered	<a href="http://www.raithfruit.com">www.raithfruit.com</a> <b>Tel</b> 01592 653444	<b>Kirkcaldy, Dunfermline &amp; Glenrothes Areas</b>

Service:	Brief:	Contact/Links:	Other:
<b>Evergreen Kirkcaldy &amp; GROW Dunfermline, SAMH</b> <b>Update (071221):</b> Accepting new referrals for 2022	Promoting recovery & wellbeing using horticulture; structured gardening programme to develop 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
<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):</b> New service for children & young people	Early preventative support for people aged 5-26 & their families to avoid deterioration in mental health & equip them for the everyday challenges; 1-to-1 & group support for those with anxiety, low self-esteem, depression, gender identity issues, bereavement, self-harm/injury, trauma, substance use, relationship issues, exam stress & body image issues;	<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> Self-referral encouraged
<b>Indoor Cricket Training for Seniors &amp; Juniors (Glenrothes Cricket Club)</b> <b>Update (080222):</b> Junior & senior sessions	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 Fortnightly 1800-2000 <b>Seniors</b> £5 Discounts available Fri Fortnightly 1800-2000 <b>Juniors</b> £2 <b>Meet:</b> Archery Hall, Cluny Activities KY2 6QU

Service:	Brief:	Contact/Links:	Other:
<b>Falling UP Together</b> <b>Update (050522):</b> Creative to support Mental Wellbeing	Innovative art, mental illness & recovery model based on Gugging system; an art collective for mental wellbeing facilitating socially integrated artistic collaborations for all levels of mental health; qualified artists (researchers in art, mental illness & recovery) artistically mentor participants within art collaborations; artistic mentors will include those with mental illness in recovery lifestyles; short & long-term collaborations to access cultural society through creativity in self-actualised art practices of purpose & meaning; no age restriction or expected prior level of ability or experience; work within informal attendance-grouping, formal groups, families & individuals	<b>Email</b> <a href="mailto:fallinguplivinginart@gmail.com">fallinguplivinginart@gmail.com</a> Rab or Drew <b>Facebook</b> @fallinguptogether	<b>Dunfermline &amp; Silverburn, Leven</b> Studio space in the Fire Station Creative, Dunfermline & at FEAT, Silverburn Park Leven
<b>Shaz's Practical Solutions</b> <b>Update (131022):</b> Privately purchased support	Light domestic, gardening, companionship & shopping/collection services; assemble flat pack furniture & change light bulbs	<b>Email</b> <a href="mailto:sairey_aw@hotmail.com">sairey_aw@hotmail.com</a> <b>Tel</b> 07900301079	<b>Dunfermline &amp; South West Fife (town specific)</b> £16/hour min 30 minutes Service self-indicates staff have PVG membership
<b>Fair Start Scotland</b> <b>Update (201020)</b>	Flexible employment support service to help ready people for work; voluntary participation; tailored; pre-work & in-work support	<a href="http://www.startscotland.scot/fair-start-scotland">www.startscotland.scot/fair-start-scotland</a> <b>Email</b> <a href="mailto:SaraW@triagecentral.co.uk">SaraW@triagecentral.co.uk</a> <b>Tel</b> 07979534027 <b>Facebook</b> Triage Fife	<b>Glenrothes &amp; Leven</b> Criteria applies – Clients must match one (includes: disability; care leaver; refugee)

Service:	Brief:	Contact/Links:	Other:
<b>Kinship Support Groups</b> <b>(Update 081122)</b>	<p>For people who care for a child who is not their own, but is related to them or has a close relationship with the child; Fife Kinship Team facilitate support groups across Fife &amp; you are welcome to attend any group; Men's Group also available</p>	<p>Tel 01592 583554 Mon-Fri 0900-1700</p>	<p><b>Dunfermline, Benarty, Cupar, Glenrothes, Kirkcaldy, Levenmouth, Anstruther, St Andrews</b>          Tue 1000-1130 St Johns Church, Cupar          Tue 1230-1400 Linton Lane Centre Kirkcaldy          Wed 1000-1230 Benarty Primary School Lochore          Wed 1000-1230 St Luke's Church Glenrothes          Wed 1000-1130 Wellesley Parish Church Hall Methil          Alternate Wed 1000-1130 Anstruther Town Hall          Alternate Wed 1300-1430 St David's Community Hub St Andrews          Thu 1000-1130 Peacock Café Pittencrieff Park, Dunfermline          1<sup>st</sup> Wed of month 1800-2000 Men's Group Pitreavie Athletics Centre Dunfermline</p>
<b>Low Impact Dance</b> <b>Update (221222)</b>	<p>Suitable for beginners &amp; mature movers; could help weight loss; variety of dance styles &amp; music; fun way to improve fitness &amp; flexibility</p>	<p>Tel 01592 274769 or 07928371673 Carol  <b>Facebook</b> L.I.Dance</p>	<p><b>Glenrothes &amp; Cupar</b>          Tue 1130-1230 Cupar Y          Wed 1000-1100 St Columba's Church          £5 per session</p>

Service:	Brief:	Contact/Links:	Other:
<b>STAND Dementia Friendly Meeting Centre Spaces</b> <b>Update (230323):</b> Eats Rosyth aiming to be open in Apr 23 – contact Ethan Daish on <a href="mailto:ethan@eatsrosyth.org.uk">ethan@eatsrosyth.org.uk</a> & Jean Mackie Centre from 040423	Meeting spaces led by people living with a diagnosis of dementia & their families; opportunity to meet/chat with others in a similar situation; activities & guidance available; you need to be able to look after yourself or bring someone with you who can support you; Spaces do not need to be registered as they do not provide personal care, support with taking medication or have formal care plans in place for the people who attend	<a href="http://www.dementiavoices.org.uk/group/stand-kirkcaldy/">www.dementiavoices.org.uk/group/stand-kirkcaldy/</a> <b>Email</b> <a href="mailto:STANDinFife@gmail.com">STANDinFife@gmail.com</a> <b>Tel</b> 07341842567 Ruth McCabe  <b>For Centres:</b> <a href="mailto:ga.stokes@btoopenworld.com">ga.stokes@btoopenworld.com</a> or 07502226235 Gill Stokes, Kennoway Shed <a href="mailto:cath@pilgrimcare.org">cath@pilgrimcare.org</a> or 07792941783 Cath Carter NEF Hub <a href="mailto:Pat.Phee@fife.gov.uk">Pat.Phee@fife.gov.uk</a> or 01592 583442 Ostlers House <a href="mailto:STANDinFife@gmail.com">STANDinFife@gmail.com</a> or 07341842567 Ruth McCabe, Kinghorn CC <a href="mailto:Lynsey.Fraser@fife.gov.uk">Lynsey.Fraser@fife.gov.uk</a> or <a href="mailto:Helen.Oliver@fife.gov.uk">Helen.Oliver@fife.gov.uk</a> or 01592 583326 Methilhaven <a href="mailto:Anna.Capon@fife.gov.uk">Anna.Capon@fife.gov.uk</a> or 01383 602357 Jean Mackie Centre	<b>Levenmouth, St Andrews, Kirkcaldy, Dunfermline &amp; Kinghorn</b> Mon 1330-1600 Kennoway Community Shed Tue NEF Community Hub Tue 1330-1530 Jean Mackie Centre Wed 1030-1230 Ostlers House Kirkcaldy Thu 1030-1230 Kinghorn Community Centre Fri 1030-1230 Methilhaven Care Home Free/recommended donation £5/person for 2-hrs
<b>Walking Netball (Netball Scotland &amp; Age Scotland)</b> <b>Update (040523)</b>	For those with fond memories of playing netball when they were younger or who always wanted to play but were worried about the rules or about not keeping up with the game; Walking Netball could very well be the programme for you; also provide guidance to set up new groups	<a href="http://www.netballscotland.com/get-involved/walking-netball-3/">www.netballscotland.com/get-involved/walking-netball-3/</a> <b>Email</b> <a href="mailto:membership@netballscotland.com">membership@netballscotland.com</a>  <b>Tel</b> 07872470567 Jackie Moore, WN Glenrothes <b>Email</b> <a href="mailto:megan.buchanan@fife.gov.uk">megan.buchanan@fife.gov.uk</a> Megan Buchanan, WN Glenrothes	<b>Dunfermline &amp; Glenrothes</b> National network with local groups: Mon 2000-2100 Dunfermline High School £3.50 Wed 1000-1100 Lomond Centre Glenrothes £3.50

## Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
<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> Tel 01333 303210 Email <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>It's Game Time &amp; Talk Time, East Fife Community Football Club, Bayview Stadium, Methil</b> <b>Update (120421):</b> Resumed	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> Tel 07710532424 Alan Lowe Email <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>	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> Tel 07710532424 Alan Lowe Email <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

Service:	Brief:	Contact/Links:	Other:
<b>Sam's Mental Health Café (SAMH), Forth Street Hall, Leven</b> <b>Update (210421):</b> New service from 060521	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):</b> Groups remobilising	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
<b>Renew Forth Street (supported by Renew Wellbeing &amp; Leven Baptist Church)</b> <b>Update (270921)</b>	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, working on 3 principles - being present, prayerful & 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):</b> New from 041121	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
<b>Buckhaven Baptist Church</b> <b>Update (131022):</b> Free soup kitchen every Wed	Weekly food distribution & community café (The Safe Haven Café, formerly the Community Café); free Soup Kitchen Wed	<a href="http://www.buckhavenbaptist.org.uk">www.buckhavenbaptist.org.uk</a> <b>Facebook</b> Buckhaven Baptist Church	<b>Buckhaven</b> Wed 1130-1530 Soup Kitchen Fri 0900-1000 Food Distribution Fri 1000-1300 (hot meals from 1200)



Service:	Brief:	Contact/Links:	Other:
<b>Flagship Coffee &amp; More (Wellesley Centre, Church of Scotland)</b> <b>Update (270622):</b> For people affected by imprisonment	For families/individuals affected by imprisonment; offers friendship, practical help & support to the whole family in a safe & confidential environment; aim is to support people to connect with others & to ensure they have information & access to services that might be needed	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Thu of the month 1000-1130 Free
<b>Rainbow Group (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	For people living with Dementia (need to be accompanied by a relative, friend or carer) who enjoy group singing	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thu of the month 1400-1600 Free
<b>Bereavement Group (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	A friendly environment for people experiencing bereavement; cuppa & chat	<b>Email</b> <a href="mailto:wellesleycentre@outlook.com">wellesleycentre@outlook.com</a> <b>Tel</b> 01383 871937	<b>Methil &amp; Levenmouth</b> 1 <sup>st</sup> Wed of the month 1400-1600 Free
<b>Walk &amp; Talk! (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	Walks, fun & fellowship; group of mixed abilities; different walks weekly; often stop for refreshments	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> Wed 1000 approx 2-hrs Free
<b>St Margaret's Episcopal Church Hall, Social &amp; Knitting Groups</b> <b>Update (110822)</b>	Social Knitting Groups; all welcome; yarn/needles provided (tuition available); centre located corner Victoria Rd/Waggon Rd	<b>Tel</b> 07718990666 For pastoral matters & hall hire <b>Facebook</b>	<b>Leven</b> Wed 1030-1200 Cuppa Chat Thu 1900-2100 Knot Just Knitting
<b>Airlie Cancer Care Association (Airlie Medical Practice)</b> <b>Update (020323):</b> New programme	Monthly group for patients with a recently received cancer diagnosis & their families; reps from local Listening Service, Fife Forum & Health & Social Care Partnership Improving Cancer Journey; friendly get together for chat, refreshments & light lunch	<b>Tel</b> 01333 426083 Tracy Simpson, Business Manager Airlie Medical Practice <b>or</b> 07806776560 Jacqueline Thomson, DCS <b>or</b> 07806776560 Mary Lynch, HSCP Improving Cancer Journey <b>Email</b> <a href="mailto:tracy.simpson@nhs.scot">tracy.simpson@nhs.scot</a> <b>or</b> <a href="mailto:mary.lynch-sw@fife.gov.uk">mary.lynch-sw@fife.gov.uk</a>	<b>Buckhaven &amp; Levenmouth</b> Monthly 1300-1500 Buckhaven Theatre, Lawrence Street)

Service:	Brief:	Contact/Links:	Other:
<b>Bite &amp; Blether, Windygates Bowling Club</b> <b>Update (171122):</b> From 181122	Bite & blether; food, chat & entertainment; free	<b>Facebook</b> @WindygatesBowlingClub <b>Meet:</b> Windygates Bowling Club, Leven Road, Windygates	<b>Windygates</b> Fri 1800-2000 entertainment from 1900
<b>Hame Fae Hame, The Centre</b> <b>Update (231122):</b> From 011222	Homemade food, music & chat in a warm friendly environment	<b>Meet</b> The Centre, Commerical Road, Leven	<b>Leven</b> Thu 1200-1400

## Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
<b>Later Life Choices Glenrothes (formerly Age Concern Glenrothes)</b> <b>Update (150922):</b> From 050922 Day Services moving to Napier House initially as a pilot until year end	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> <b>Tel</b> 01592 756316 <b>Email</b> <a href="mailto:info@laterlifechoicesglenrothes.org">info@laterlifechoicesglenrothes.org</a> <b>Facebook</b>	<b>Glenrothes, Leslie, Markinch, Thornton &amp; Coaltown of Balgonie</b> (including Kinglassie for 'Help to Stay at Home' service) £10/group attendance with 2-course meal & 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 (160223):</b> Free Coffee, Chat & Crochet group Wed 1600-1700	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>Coffee, Chat &amp; Crochet</b> tel 07539150499 or email <a href="mailto:pearlmuir@hotmail.com">pearlmuir@hotmail.com</a> Pearl  <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> Mon-Fri 0900-1645 Community Pantry Wed & Fri 1700-1800 Community Larder (from the Gilvenbank Sports Hub) Wed 1600-1700 Coffee, Chat & Crochet
<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>Glenrothes Art Club</b> <b>Update (160921):</b> <b>Reopened</b>	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)
<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>Step Out With The Strollers</b> <b>Update (171122): From 211122</b>	Walking group for people who enjoy walking & talking; cuppa & biscuit at end; all ages	<b>Tel</b> 07769317710 Sarah <b>Facebook</b>	<b>Glenrothes</b> Mon 1045 at Overstenton Park
<b>Cowden &amp; Glenrothes Strollers Football Fans in Training</b> <b>Update (040521):</b> <b>Commences 120521</b>	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>HeART</b> <b>Update (060921)</b>	Art, sensory & well-being studio where children/young people explore, learn & express; 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>Welcome-In (St Ninian's Parish Church, Cawdor Drive)</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):</b> <b>Dementia friendly group</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

Service:	Brief:	Contact/Links:	Other:
<b>Glenrothes Community Sports &amp; Health Hub, Gilvenbank</b> <b>Update (160223):</b> Free Warmer Wednesday group providing warmth, soup, refreshments & company; Free Adult Basic Education classes every Fri	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; Arts & Crafts; literacy & numeracy groups	<a href="http://www.gilvenbankhub.co.uk">www.gilvenbankhub.co.uk</a> <b>Facebook</b> @GlenrothesCommunitySportsHealthHub  To arrange a free shower time: Contact via Facebook or email <a href="mailto:suzanne.mcroberts@glenrotheshub.co.uk">suzanne.mcroberts@glenrotheshub.co.uk</a>	<b>Glenrothes</b> For programme see website or Facebook Mon-Fri 1000-1600 Showering Facilities Free Tue 1100-1200 Chair Line Dancing £2 Wed & Fri 1400-1600 Community Larder Wed 1200-1600 Warmer Wednesday Free Fri 1530-1700 Crafty Chatters (adults) £3 Fri 1200-1330 Adult Basic Education Free
<b>Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op)</b> <b>Update (220222):</b> Fully remobilised	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
<b>Therapeutic Art, Christ's Kirk in collaboration Brighter Futures Health Hub</b> <b>Update (210322)</b>	Welcoming & creative group; no experience necessary; creative activities to benefit mental health; 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 £5 includes materials
<b>Pitcarin Pensioners Social Group</b> <b>Update (240322)</b>	Friendship, entertainment, weekly raffle, bingo & refreshments; seniors welcome	<b>Tel</b> 01592 742913 Collydean Community Centre <b>Facebook</b> collydeancommunitycentre	<b>Glenrothes</b> Thu 1400-1600 Collydean Community Centre

Service:	Brief:	Contact/Links:	Other:
<b>Brighter Futures Health Hub</b> <b>Update (200223):</b> Mon Warm Space group at Cadham Centre no longer operable	Aim to enhance health inequalities & facilitate groups; committed to the ethos of social prescribing; includes Winter Warmth group providing hot snack, activities & a safe warm space; some activities operate from other locations &/or in partnership with other bodies	<b>Email</b> <a href="mailto:rose@brighterfutureshealthhub.co.uk">rose@brighterfutureshealthhub.co.uk</a> <b>Tel</b> 01592 745175 <b>Facebook</b> Brighter Futures Health Hub  <b>To book place:</b> <b>Tel</b> 07926503923 Winter Warmth Group <b>Email</b> <a href="mailto:KnitandKnatterbfhh@gmail.com">KnitandKnatterbfhh@gmail.com</a> Knit & Knatter Group with Denise <b>Email</b> <a href="mailto:macmouse@hotmail.co.uk">macmouse@hotmail.co.uk</a> Scrapbooking with Blue	<b>Glenrothes</b> <b>37 Peploe Drive:</b> Wed 1515-1715 Winter Warmth Thu 0930-1230 Walk-in Ear Care Assessment Clinic <b>Cadham Neighbourhood Centre:</b> Tue 1100-1200 Knit & Knatter £2 Tue 1100-1300 Scrapbooking with Blue £2 Tue 1930-2015 Line Dancing
<b>Cadham Neighbourhood Centre</b> <b>Update (120123):</b> New Warm Space groups with meals & activities	Community Larder to complement the 2-days per week Larder at the Glenrothes Sports Hub; Warm Space with limited spaces (book in advance) until March 2023	<b>Tel</b> 01592 620141 to book Warm Space <b>Facebook</b> @CadhamCentre	<b>Glenrothes</b> Mon 1745-1845 Community Larder Wed 1600-1800 Warm Space with meal Over 60s Thu 1600-1800 Warm Space with meal Families
<b>Butterfly Bereavement Café</b> <b>Update (210322):</b> New group from mid-April	Bereavement Cafe; welcomes everyone; for company & chat for people experiencing loss	<b>Email</b> <a href="mailto:butterflybereavementcafe22@gmail.com">butterflybereavementcafe22@gmail.com</a>	<b>Glenrothes</b> Mon 1000-1130 Collydean Community Centre Free
<b>The Haven Café</b> <b>(Update 081122)</b>	Free - chat, cuppa & warmth	<b>Facebook</b> TheHavenKingdomCentre	<b>Glenrothes &amp; Markinch</b> Mon 1000-1200 Christ's Kirk, Pitcoudie Avenue Tue 1100-1400 Markinch Church Hall Wed 1130-1400 St Columba's, Roth's Road Fri 1100-1500 St Margaret's Church, Woodside Road

Service:	Brief:	Contact/Links:	Other:
<b>Carea Community Hub</b> <b>Update (081122)</b>	Volunteer-led community hub supporting: Mothers & Toddlers Group, Children & Adult Craft Groups; Pop Up Kitchen (see page 48) & Pantry Store (free food & toiletries)	<a href="http://www.careacommunityhub.wixsite.com">www.careacommunityhub.wixsite.com</a> <b>Email</b> <a href="mailto:cbuist1054@yahoo.co.uk">cbuist1054@yahoo.co.uk</a> <b>Tel</b> 07518435821 <b>Facebook</b> @Careacommunityhub	<b>Glenrothes</b> Meet 50 <sup>th</sup> Scout Hall, Wayside Hall, Woodside: Mon 1000-1130 Mothers & Toddlers Group Mon 1530-1630 Children Art Club Tue 1300-1500 Adult Art Club Sat 1200-1400 Pop Up Kitchen
<b>Exit Community Centre (Glamis Centre, Pitteuchar)</b> <b>Update (160223):</b> Extended opening hours 1430-1700 Mon-Fri Warm Space Group	Community Centre offering activities/groups Mon-Fri & Café Mon-Sat 0930-1345; all ages (some groups 12+ if accompanied by an adult)	<b>Tel</b> 01592 772583 <b>Facebook</b>	<b>Glenrothes</b> Mon-Fri 1430-1700 Warm Space Mon/Wed 0915/0930 Aerobics Mon 1030/Thu 1300 Zumba Mon 1815 Tae Kwon Do Tue/Thu 1000 Elderobics 40+ Tue 1900 Pitteuchar Ladies Club Wed 1300 Toddlers Wed 1830 Youth Club (9-18) Fri 1200 Sunshine Club (Disabled £3/Carers free) Fr 1930 Community Cafe
<b>Markinch Wednesday Club</b> <b>Update (090223):</b> New members warmly welcomed	Social for local older people; entertainment, refreshments (bring your own mug), raffle; celebrate special events with a 3-course meal (Christmas & Burns Night); members bring a small gift for the raffle monthly	<b>Tel</b> 01592 773893 Jan Clark	<b>Markinch</b> Wed 1200-1400 Markinch Town Hall Membership Fee £3 Weekly £3



Service:	Brief:	Contact/Links:	Other:
<b>Star Village Hall</b> <b>Update (040722)</b>	Local hub; Monday Club (chat & cuppa); Scottish Dance Fitness Class (Highland Hustle)	<b>Facebook</b> Highland Hustle with Kim <b>mobile</b> 07766753563	<b>Star</b> Mon 1000-1200 Monday Club Wed 1800-1845 Dance
<b>Kinglassie Miners Welfare Institute</b> <b>Update (050922):</b> <b>Remobilised</b>	Community hub offering a range of activities: Monthly Tea Dance, Line Dancing, Dominoes, Indoor Bowling, Bingo, Country & Western Night, Disco & Karaoke	<a href="http://www.kinglassieminerswelfare.co.uk">www.kinglassieminerswelfare.co.uk</a> Tel 01592 882230	<b>Kinglassie</b> Mon 1930 Line Dancing Tue 1400 Dominoes & 1930 Indoor Bowling Thu 1930 Bingo Every 2 <sup>nd</sup> Wed 1400-1700 Tea Dance Monthly Fri 1930 Country & Western Night If nothing on Sat 2000 Disco & Karaoke
<b>The 252 Memorial Hall, Markinch</b> <b>Update (270323)</b>	Local hub hosting interest groups including Stitch Group (Knitting, embroidery; crochet; tapestry); Markinch Heritage Group; Tai Chi Workshops	<a href="http://www.252hall.co.uk">www.252hall.co.uk</a> <b>Facebook</b> 252 Memorial Hall, Markinch  <b>Tel</b> 01592 754892 <b>or</b> 01592 759761 Stich Group <b>Tel</b> 07770499269 <b>or</b> email <a href="mailto:unseenstream1@gmail.com">unseenstream1@gmail.com</a> Tai Chi, Jackie Smith <b>WhatsApp</b> 077758771144 to register interest in Markinch Youth Project	<b>Markinch</b> Wed 1400-1600 Stich Group <b>Markinch Youth Project:</b> Mon 1800-1930 Arts & Crafts Youth Café with Brooke (term-time) for P6-S6 Fri 1900-2100 Markinch Youth Café S1-21 Free Mon 1800-2000 Monthly Cooking Class S1-21 £2 Mon 1600-1900 Monthly Youth Yoga S1-21 Free Sun Monthly Litter Picking & Tree Planting/Climate Arts Activities & Café
<b>Jayne's Wool &amp; Buttons, 1 Edison House Fullerton Road</b> <b>Update (081122)</b>	Number of weekly clubs – knitting, crochet; all abilities welcome; no annual/term membership fees to join	<a href="http://www.jayneswool.co.uk/about-us">www.jayneswool.co.uk/about-us</a> <b>Tel/Text</b> 07722388124 Jayne	<b>Glenrothes</b> Mon, Wed, Thu, Sat 1100-1300 Tue 1900-2100 £4

Service:	Brief:	Contact/Links:	Other:
<b>Peace 'n' Jam Community Pantry, Kitchen &amp; Hub (St Luke's Episcopal Church)</b> <b>Update (211022): New Wed Club including meal &amp; games</b>	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  For Afternoon Tea please book: <b>Tel</b> 07947321687 Ross Stirling-Young <b>Email</b> <a href="mailto:Ordinand@stlukesglenrothes.onmicrosoft.com">Ordinand@stlukesglenrothes.onmicrosoft.com</a> <b>Or</b> pop in to the Hub	<b>Glenrothes</b> Mon 1200-1400 Afternoon Tea Tue 1215-1500 & Thu 1030-1300 Bite & a Blether Tue 1215-1400 Community Larder Tue 1000-1200 Games Morning Wed 1500-1700 Club & Meal Thu 1000-1200 Friends & Craft
<b>Lomond Centre</b> <b>Update (310123)</b>	Local hub for activities for all ages including a 'Warm Space' group (free lunch & activities; if transport is needed this can be provided free from ADTRA)	<b>Email</b> <a href="mailto:glenrothes.halls-centres@fife.gov.uk">glenrothes.halls-centres@fife.gov.uk</a> <b>Tel</b> 01592 583473  <b>Email:</b> <a href="mailto:Adtra107@hotmail.com">Adtra107@hotmail.com</a> for Warm Space transport	<b>Glenrothes</b> Mon-Sat Activities - programme available from centre Incl.: Wed 1100-1300 Mixed Media Art Class Wed 1330-1530 Portrait Art Class Fri 1000-1100 Nifty Fifties Mon, Wed, Fri 1100-1400 Warm Space
<b>Jayne's Wool &amp; Buttons, 1 Edison House Fullerton Road</b> <b>Update (081122)</b>	Number of weekly clubs – knitting, crochet; all abilities welcome; no annual/term membership fees to join	<a href="http://www.jayneswool.co.uk/about-us">www.jayneswool.co.uk/about-us</a> <b>Tel/Text</b> 07722388124 Jayne	<b>Glenrothes</b> Mon, Wed, Thu, Sat 1100-1300 Tue 1900-2100 £4 per visit - £2 for additional

## North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Auchtermuchty Community Centre</b> <b>Update (060123):</b> New Warm Space group Fri 1200-1400 offering chat & homemade food	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 Foodbank Wed 1730-1830 Foodbank Fri 1200-1400 Warm Space Group (sit in & takeaway) free, donations welcomed
<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)
<b>Ardross Farm, Elie</b> <b>Update (200820):</b> Returning to normal hours daily 0930-1730; deliveries still possible	Food & meals delivery service (£4.50 delivery charge); via Facebook <a href="https://www.facebook.com/ArdrossFarmShop">@ArdrossFarmShop</a> a series of live behind the scene tours with some of their favourite producers (interactive)	<a href="http://www.ardrossfarm.co.uk">www.ardrossfarm.co.uk</a> <b>Tel</b> 01333 331400 <b>Email</b> <a href="mailto:info@ardrossfarm.co.uk">info@ardrossfarm.co.uk</a>	<b>North East Fife</b> Payments are made over the telephone prior to delivery
<b>Community Aid St Andrews (CASA)</b> <b>Update (070323)</b>	Public group established by the community to support others during the pandemic; requests for support can be made & individual connections made	<b>Tel</b> 03000 122014 <b>Email</b> <a href="mailto:hello@communityaidstandrews.co.uk">hello@communityaidstandrews.co.uk</a> <b>Facebook</b> Community Aid St Andrews (CASA) Scotland	<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>Couthie Cuppa (St Ayle Church, Anstruther)</b> <b>Update (241122)</b>	Cuppa & chat	<a href="http://www.stayle.org">www.stayle.org</a>	<b>Anstruther</b> Tue 1100-1230 St Ayle Church, School Green
<b>snappyshopper.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>Cupar Community Fridge, County Buildings (St Catherine Street)</b>	The Community Fridge enables businesses and individuals to waste less through the sharing of good quality food that's within its use by dates – free to use	<b>Email</b> <a href="mailto:Katy.Bald@fife.gov.uk">Katy.Bald@fife.gov.uk</a>	<b>Cupar Area</b> Tues 1100-1200 <b>Note:</b> Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
<b>NE Fife Community Hub, St David's Centre, St Andrews</b> <b>Update (070323)</b>	Clothesline - Free donations of good quality used clothes (adult & children); can be accessed directly by those in need or via referral; clothing for special occasions can potentially be provided; community cafe open; activity groups & Warm Space offerings Mon-Sat	<b>Tel</b> 07584489606 <b>Email</b> <a href="mailto:nefcommunityhub@gmail.com">nefcommunityhub@gmail.com</a> <b>Facebook</b> @CommunityHubNEF <b>Email</b> <a href="mailto:fundingnefcommunityhub@gmail.com">fundingnefcommunityhub@gmail.com</a> For information on the development of The Hub or to become involved	<b>St Andrews/NE Fife</b> Mon 1000-1200 Let's Chat Mon 1100-1200 Pilgrim Care Botanic Garden Walking Group Mon 1215 Pilgrim Care Walking Group Lunch Tue 1300-1430 Knitting & Craft Group Tue 1430-1600 Football Memories Wed 1200 Pilgrim Care Lunch Wed 1315 Pilgrim Care Armchair Exercises Thu 1300-1430 Dominoes Group Fri 1030-1230 Sew, Repair & Recycle Fri 1200-1400 Pilgrim Care Chow & Chat (alternate weeks) Fri 1430 Pilgrim Care Health Walk Mon-Fri 0830-1630 Warm Space Sat 0900-1500 Warm Space

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) & no order too small	<b>Facebook</b> J.B Penman Butchers <b>Tel</b> 01333 450218 <b>Email</b> <a href="mailto:jbpenman01@btconnect.com">jbpenman01@btconnect.com</a>	<b>East Neuk, St Andrews &amp; surrounding area</b>
<b>Death Café, The Byre Theatre, St Andrews</b> <b>Update (170123):</b> New dates on website Jan-Mar 2023	Held across the UK, Death Cafés are welcoming, safe & 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 with open hearts, open minds & respect for all; free but tickets should be booked via the Byre Theatre	<a href="https://byretheatre.com/upcoming/wellbeing/">https://byretheatre.com/upcoming/wellbeing/</a> (ctrl & click to follow link) to find dates and to book a free ticket; main website <a href="http://www.byretheatre.com">www.byretheatre.com</a>  <b>Tel</b> 01334 475000 Box Office  <a href="http://www.deathcafe.com">www.deathcafe.com</a> General Information	<b>St Andrews – National Initiative</b> Free ticketed event  For future events contact the Box Office
<b>#Food2o, 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
<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	<b>Email</b> <a href="mailto:info@bramblecatering.co.uk">info@bramblecatering.co.uk</a> Christine Dormund <b>Tel</b> 07983547399	<b>Balmullo</b>
<b>Cosy Café, East Neuk Centre Anstruther</b> <b>Update (081122):</b> From 241022	Free hot lunch & chat; all welcome	<b>Email</b> <a href="mailto:heather.whyte@fife.gov.uk">heather.whyte@fife.gov.uk</a> <b>Tel</b> 07873616027	<b>Anstruther</b> Mon 1200-1330 No booking required

Service:	Brief:	Contact/Links:	Other:
<b>St Andrews Ladies Friendship Club</b> <b>Update (070323):</b> Private group open to members (476 current members)	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 anyone who fancies a bit of company or a friend can be involved; no long-term firm commitments & if you struggle with anxiety getting out the group states they have all been there & embrace all people; 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 Friendship Club (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 &/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>
<b>Y Singing, YMCA</b> <b>Update (070921)</b>	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	<b>Email</b> <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

Service:	Brief:	Contact/Links:	Other:
<b>Tayside Institute, Newburgh</b> <b>Update (241122)</b>	Community hub, including social café groups; Heating Hub open to all for warmth & company to help combat energy crisis; cyber café open for public use Mon-Fri 0900-1700	<a href="http://www.taysideinstitute.org.uk">www.taysideinstitute.org.uk</a> <b>Tel</b> 01337 840709	<b>Newburgh</b> Tue & Thu 0900-1100 Café Club Mon-Thu 1200-1900 Heat Hub Thu 1400-1600 Thursday Club Fri 1200-1800 Heat Hub
<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> <b>Tel</b> 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	<b>Email</b> <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>Dairsie Community Singers, Dairsie Church Hall</b> <b>Update (070921)</b>	Community singing group; weekly from 2109-0712	<b>Email</b> <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	<b>Email</b> <a href="mailto:nbchoir3@gmail.com">nbchoir3@gmail.com</a>	<b>Newburgh</b> Wed 1400-1530 remobilising from 150921
<b>Coffee Morning &amp; Afternoon, The Coach House Centre (Church of Scotland)</b>	Weekly; drop-in	<b>Tel</b> 01334 870038 <b>Facebook</b> @stathernasechurchnews	<b>Leuchars</b> Tue 1000-1400 Coach House Centre, Main St



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>Scoot About Toon</b> <b>Update (190422):</b> Now weekly & new meeting place	Originally for people affected by stroke/mobility issues, extending to those at home alone or who just want to go out to meet new people & to reconnect	<b>Meet:</b> Baptist Church Hall, 79 Bonnygate <b>Tel</b> 07776440699 Liz Laing	<b>Cupar</b> Wed 1300-1500 £3 to cover costs, activities & refreshments

Service:	Brief:	Contact/Links:	Other:
<b>Colinsburgh Community Cinema</b> <b>Update (120922):</b> <b>Season 14 started</b>	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 website for film detail, time & dates School playground can no longer be used for parking
<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 <b>Ladybank Library</b> Tue 1400-1500 & Thu 1000-1200 <b>Newport Church Hall</b> Wed & Fri 0930-1130 <b>St Andrews NEF Community Hub (St David's Centre)</b> Mon 1230-1430 & Thu 1300-1500
<b>Tayport Lunch Club for Older People (Castle Furniture)</b> <b>Update (110822):</b> <b>Spaces currently available</b>	Social lunch club for older people in the Taybridgehead Area; group based in Tayport; £9.50 to cover costs of meal & transport (latter within Tayport & Newport)	<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 <b>or</b> <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a> <b>Tel</b> 01334 654445 Cupar Office <b>or</b> 01592 501068 Glenrothes Office	<b>Tayport-based</b> Tue 1000-1230 £9.50 per session
<b>Aqua Move, Clayton Caravan Park</b> <b>Update (061221): From 241121</b>	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

Service:	Brief:	Contact/Links:	Other:
<b>Haydays</b> <b>Update (170123):</b> Revamped website	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>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 (070722):</b> Free summer programme available	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 all ages & abilities	<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>Tel</b> 01382 542062	<b>Newport-on-Tay (based in)</b> Located in the old Leng Centre
<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
<b>Falkland Lunch Club</b> <b>Update (280422):</b> Aim to remobilise 020522	Friendly volunteer-led lunch club for older people; 2 course lunch, refreshments & entertainment; a waiting list might apply as space is limited	<b>Contact in writing</b> The Lunch Club c/o Community Hall, Back Wynd, Falkland, Fife KY15 7BX	<b>Falkland, Freuchie &amp; Dunshelt</b> Mon 0930-1330 £5 per session (transport provided – pick up from 0930)

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>Include Me Citizen Advocacy North East Fife</b> <b>Update (170322):</b> New contact details as service staff will now be working from home	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
<b>St Andrews Memory Café (St Mark's Church, St Mary's Place)</b> <b>Update (260522)</b>	Group for all adults with memory issues & carers/companions; varied entertainment programme & refreshments	<b>Tel</b> 07518345187 Sylvia <b>Email</b> <a href="mailto:standrewsmemorycafe@gmail.com">standrewsmemorycafe@gmail.com</a>	<b>St Andrews</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month 1400-1530 Opposite Bus Station
<b>Dementia Friendly Outdoor Activity Group, Sensory Trust</b> <b>Update (230522)</b>	Operating from the NEF Community Hub; fortnightly outdoor group; suitable for people living with mild-moderate dementia & their carers	<b>Tel</b> 07419356464 Karen Marnie to book a place	<b>St Andrews</b> Must be pre-booked Fortnightly Tue 1330-1500 Meet NEF Community Hub, St David's
<b>The Walkie Talkies</b> <b>Update (090622)</b>	Walk, chat & coffee; all welcome; start from Town Hall	<b>Email</b> <a href="mailto:spotjewijd@gmail.com">spotjewijd@gmail.com</a>	<b>St Monans</b> Thu 0915 Start Town Hall

Service:	Brief:	Contact/Links:	Other:
<b>Footprint East Neuk</b> <b>Update (090622)</b>	Aim to encourage sustainable living, reduce the carbon footprint of local communities & reconnect people with the natural world; voluntary tree-planting late winter-early spring with tools/equipment provided	<a href="http://www.footprinteastneuk.com">www.footprinteastneuk.com</a> <b>Email</b> <a href="mailto:footprinteastneuk@gmail.com">footprinteastneuk@gmail.com</a> <b>Tel</b> 07939147150 Sonja	<b>East Neuk</b>
<b>East Neuk Eats! Community Fridge (East Neuk Centre Trust)</b> <b>Update (090622):</b> Volunteers needed to collect food from local shops Tue-Wed 0900-1000 (own transport required)	Free foodstuff to help reduce food waste; Community Wardrobe providing free clothes available; free cup of tea or coffee & biscuit	<a href="http://www.eastneukcentre.org.uk">www.eastneukcentre.org.uk</a> <b>Email</b> <a href="mailto:info@eastneukcentre.org.uk">info@eastneukcentre.org.uk</a> <b>Tel</b> 01333 311977 <b>Facebook</b> @eastneukcentre.trust	<b>Anstruther</b> East Neuk Centre: Thu 1300-1500 Fridge Drop-in Mon-Fri 1000-1500 Community Wardrobe
<b>Continuing Care North East Fife</b> <b>Update (230622)</b>	Affordable transportation for medical/associated appointments for residents in North East Fife who do not have ready access to personal/public transport; strive to cater for non-emergency transportation for the elderly, disabled & vulnerable	<a href="http://www.continuingcarenef.org.uk">www.continuingcarenef.org.uk</a> <b>Tel</b> 01334 880743	<b>North East Fife Residents</b> Travel can be arranged for appointments out with Fife (for example: Ninewells Hospital)  Services are provided by volunteers & to cover costs a donation is requested (the costs/level of donation can be agreed when travel is booked)
<b>St Monans Community Larder (Town Hall)</b> <b>Update (090622)</b>	Community Larder; food & other goods that would otherwise be wasted; free refreshments; clothes & books swap	<b>Facebook</b>	<b>St Monans</b> Fri 1100-1200 Town Hall

Service:	Brief:	Contact/Links:	Other:
<b>Age Concern Cupar</b> <b>Update (040722):</b> Open to referrals; waiting list might operate; cost under review owing to fuel increases	Day Service for elderly, frail & disabled people who may be lonely & need some outside stimulation; social activities with tea & coffee 1000-1200 & a 2-course lunch served at 1230	<a href="http://www.ageconcerncupar.org">www.ageconcerncupar.org</a> <b>Email</b> <a href="mailto:ageconcerncupar@btconnect.com">ageconcerncupar@btconnect.com</a> <b>Tel</b> 01334 653597 Anne Ronaldson	<b>Cupar (based)</b> <b>Serves Freuchie, Falkland, Letham, Ladybank, Kingskettle, Pitlessie, Springfield, Ceres, Craigrothie &amp; Dairsie</b> Mon-Fri 0900-1500 £8.50 per visit
<b>Cupar St John's &amp; Dairsie United Parish Church</b> <b>Update (170123):</b> New Warm Space group Cupar	Church activities & Friendship Circle (all welcome); Warm Space Group Cupar	<a href="http://www.cuparstjohnsanddairsie.org/worship-and-church-activities/">www.cuparstjohnsanddairsie.org/worship-and-church-activities/</a> <b>Facebook</b> @StJohnsAndDairsieUnitedParishChurch	<b>Cupar &amp; Dairsie</b> Wed 1030-1330 Warm Space Group, St John's Bonnygate, Cupar 2 <sup>nd</sup> & 4 <sup>th</sup> Mon of the month 1400-1530 Friendship Circle, Church Hall, Dairsie
<b>Ceres Village Café Good Companions Lunches</b> <b>Update (280722)</b>	Community tearoom and takeaway which provides a free weekly lunch to help tackle isolation & loneliness for people within the local & surrounding area	<b>Facebook</b> @thevillagecafeceres <b>Meet</b> 38 Main Street, Ceres	<b>Ceres</b> Mon 1200-1400 Good Companions Lunches
<b>Falkland Tuesday Club</b> <b>Update (050922):</b> Resumes 060922	Whist & Dominoes with tea & biscuits at half time	<b>Tel</b> 01337 858451 Bill Graves or 01337 857846/07379878006 Henry Normand	<b>Falkland</b> Tue 1300 Falkland Community Hall £2 Annual Membership & £2 weekly
<b>Planting For Your Piece, St Andrews Botanic Garden</b> <b>Update (100223)</b>	Supporting people in NE Fife to improve mental health through gardening sessions, exploring process of growing & creating food from patch to plate	<a href="http://www.standrewsbotanic.org">www.standrewsbotanic.org</a> <b>Email</b> <a href="mailto:rduncan@standrewsbotanic.org">rduncan@standrewsbotanic.org</a> Rebecca <b>Facebook</b>	<b>North East Fife (based St Andrews)</b> Wed 1330-1530 Fortnightly from 010323
<b>Falkland Chess Club</b>	Chess club with all ages & skills welcomed	<b>Tel</b> 07864329258 Chris	<b>Falkland</b> Thu 1845 Community Hall

Service:	Brief:	Contact/Links:	Other:
<b>Old Parish Centre</b> <b>Update (170123)</b>	Hub for community groups; interest, peer & Warm Space groups	<a href="http://www.cuparold.org.uk/pages/old-parish-centre">www.cuparold.org.uk/pages/old-parish-centre</a>  <b>Group Contacts:</b> <a href="mailto:jandance1010@hotmail.com">jandance1010@hotmail.com</a> or 07478329864 Jan Knight U3A Ladies Dance/Exercise  01334 650301 Keith McIntosh Cupar Forum  <a href="mailto:help@cic.scot">help@cic.scot</a> or 07726959777 Community Café  <a href="mailto:cuparhardofhearinggroup@gmail.com">cuparhardofhearinggroup@gmail.com</a> Cupar Hard of Hearing Group  <a href="mailto:shenaporteous@hotmail.com">shenaporteous@hotmail.com</a> Shena Porteous Memory Café  01334 828521 Lesley Marr Cupar Quilters  <a href="mailto:help@cic.scot">help@cic.scot</a> or 07942369874 LGBTQ+ Hub	<b>Cupar</b> Mon 1345-1445 U3A Ladies Dance/Exercise Mon 1030-1130 Cupar Forum Keep Fit 50+ Mon 1000-1400 & Thu 1000- 1130 Warm Safe Spaces Sat 1200-1600 Community Café (free) Last Mon of the month (excl July/Aug) 1400-1600 Hard of Hearing Group 3 <sup>rd</sup> Tue of the month 1400- 1530 Memory Café 1 <sup>st</sup> Wed of the month 1900 Cupar Quilters 3 <sup>rd</sup> Fri of the month 1800- 2000 North East Fife LGBTQ+ Hub Last Fri of the month 1400- 1600 Cupar Forum 50+



## Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
<b>Care &amp; Share Companionship</b> <b>Update (040722):</b> Waiting list in place	Adults 60+ who are living in isolation &/or living alone; early onset dementia; 1-1 visit either weekly/fortnightly 1-2 hours	<a href="http://www.careandsharecompanionship.org">www.careandsharecompanionship.org</a> Tel 07494129112 Teresa Naylor Facebook 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 & 'shop' in the pantry once a week; weekly fee £2; members receive points which can be used to 'spend' on fresh, frozen & store-cupboard ingredients; also, a 'pick and mix' refill station to top up basic essentials such as flour, tea, coffee, rice & pasta; Greener Kirkcaldy provides members with a shopping bag, a cool bag, & refill containers to use each week; Community Meal also available to takeaway (once per week – free, donations)	<a href="http://www.greenerkirkcaldy.org.uk">www.greenerkirkcaldy.org.uk</a> Tel 01592 858458 Email <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 kids	Private message their Facebook 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 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> Email <a href="mailto:info@thecottagefamilycentre.org.uk">info@thecottagefamilycentre.org.uk</a> Tel 01592 269489 or 01592 210189 Or contact via Facebook	<b>Kirkcaldy Area</b> Mon-Fri 0900-1700 <b>The Big Hoose Project is Fife-wide</b>
<b>Chess Club</b> <b>(Update 081122)</b>	Chess for all ages & abilities		<b>Kirkcaldy</b> Wed 1800-1900 St Bryce Kirk

Service:	Brief:	Contact/Links:	Other:
<b>Linton Lane Centre, Kirkcaldy</b> <b>Update (120123):</b> New free Soup 'n' Talk & Walk 'n' Talk groups from 230123	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="http://www.lintonlanecentre.com/adapt">www.lintonlanecentre.com/adapt</a> <b>Lunch Group:</b> <b>Email</b> <a href="mailto:bebetterconnected@gmail.com">bebetterconnected@gmail.com</a> <b>Tel</b> 07581813545 Mark	<b>Templehall Area, Kirkcaldy</b> Mon & Wed 1230 Soup 'n' Talk Thu 1200 Lunch Group Thu 1000 Walk 'n' Talk Sun 1900-2100 A Veterans Best Friend Group
<b>Supper @ The Sally, Burntisland Community Development Trust</b> <b>Update (230223)</b>	2-course meal every Sat evening; donation	<b>Facebook</b> Burntisland Community Development Trust	<b>Burntisland</b> Sat 1700-1830 Salvation Army Hall Suggested Donation 20p-£2pp
<b>Grey Panthers, Linton Lane Centre, Kirkcaldy</b> <b>Update (270921):</b> Remobilised	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 (220422):</b> There is no 'Food2Go' at Hayfield Community Centre Fridays until further notice due to a lack of response - Cafe remains open Wed 1200-1400 & children eat free	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	<b>#Food2Go@TollCommunityCentre/Hub</b> <b>#Food2Go@Hayfield</b> <b>#Food2Go@LintonLane</b> <b>#Food2Go@LinktownCommunityAid</b>	<b>Kirkcaldy &amp; Burntisland</b> Available Tue & Fri 1145-1300 from: <b>Toll Community Hub, Burntisland</b> <b>Linton Lane Centre, Kirkcaldy</b> <b>Hayfield Community Centre, Kirkcaldy</b> <b>Linktown Community Aid, Kirkcaldy</b>
<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>Cornerstone Café</b> <b>Update (230223)</b>	Free hot food & friendship, every Wed in the Church Halls	<a href="http://www.burntislandparishchurch.org/community/">www.burntislandparishchurch.org/community/</a> <b>Facebook</b> Cornerstone Café	<b>Burntisland</b> Wed 1200-1400 Burntisland Parish Church Halls Free

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 (220422): No 'Food2Go' Fri until further notice - fresh inexpensive meals with children eating free remains Wed</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
<b>Create With Catherine for Adults with ASN</b> <b>Update (270323)</b>	Art class; no experience necessary; friendly & social helping to develop creative skills & to try out different arts & crafts techniques	<b>Tel</b> 07530314636 Catherine Mills to book a place	<b>Kirkcaldy</b> Wed 1015-1145 £8 incl art materials; refreshments

Service:	Brief:	Contact/Links:	Other:
<b>Women's Social (Raith Rovers Foundation)</b> <b>Update (040822):</b> New group starts 160822	Women's peer & fitness group; for those keen to be active, connect & support one another; led by a fitness instructor	<b>Email</b> <a href="mailto:community@raithrovers.net">community@raithrovers.net</a>	<b>Kirkcaldy</b> Tue Stark's Park - 30 mins peer support followed by 30 mins fitness (contact to book)
<b>Knitter Natter Craft &amp; Chatter (Grain &amp; Sustain)</b> <b>Update (220922)</b>	Informal meet up of knitters, crocheters, makers & crafters; bring your own product to work on; no booking required	<b>Address</b> Grain & Sustain, 6 Tolbooth Street, Kirkcaldy (next to Mercat Car Park)	<b>Kirkcaldy</b> Tue 1000-1200 Cost £2; £4 with refreshments & biscuits; £5 with refreshments & cake
<b>BEK Youth Club</b> <b>Update (230922)</b>	Burntisland Parish, Erskine United Free & Kinghorn Parish Churches have entered a formal partnership agreement to form the BEK church partnership; new Youth Club to enable churches to reach out & draw in children/families	<a href="http://www.burntislandparishchurch.org/bek/">www.burntislandparishchurch.org/bek/</a> <b>Contact</b> Adrian Minnie	<b>Burntisland &amp; Kinghorn</b> Fri Starts 240223
<b>Sporting Memories Foundation Scotland Weekly Programme</b> <b>Update (061022):</b> Local partnership initiative offering sport-linked social activities suitable for older people	In conjunction with Active Fife, Raith Rovers Community Foundation & Age Scotland inclusive activity & dementia friendly	<a href="http://www.thesmf.co.uk">www.thesmf.co.uk</a> <b>Walk &amp; Talk with Raith Rovers &amp; Walking Football:</b> <b>Email</b> <a href="mailto:paul.greig@raithrovers.net">paul.greig@raithrovers.net</a> <b>Tel</b> 07981197318 <b>Bite &amp; Blether:</b> <b>Email</b> <a href="mailto:stuart.oliver11@btinternet.com">stuart.oliver11@btinternet.com</a> <b>Walking Basketball:</b> <b>Email</b> <a href="mailto:fifesteelbasketball@htomail.com">fifesteelbasketball@htomail.com</a> <b>Tel</b> 07982641975 Ross <b>Sporting Memories:</b> <b>Email</b> <a href="mailto:gary@thesmf.co.uk">gary@thesmf.co.uk</a> <b>Tel</b> 07941123278 <b>Bums off Seats:</b> <b>Email</b> <a href="mailto:bumsoffseats.project@fife.gov.uk">bumsoffseats.project@fife.gov.uk</a>	<b>Kirkcaldy</b> Mon 1030-1200 Starks Park <b>Walk &amp; Talk with Raith Rovers</b> Every 2 <sup>nd</sup> Tue 1200-1400 Rugby Club <b>Bite &amp; Blether</b> Tue 1830-1930 <b>Walking Basketball</b> Wed 1030-1200 <b>Sporting Memories</b> Wed 1315-1415 <b>Bums of Seats Walks</b> Every 2nd Thu 1100-1300 Starks Park <b>Reminiscing Raith</b> Fri 1330-1430 Starks Park <b>Walking Football</b>

Service:	Brief:	Contact/Links:	Other:
<b>Templehall Community Centre</b> <b>Update (060423)</b>	Community hub	Tel 01592 583363	<b>Kirkcaldy</b> Tue 1800 Dancefit £4
<b>Flexercise</b> <b>Update (060423)</b>	Fusion of exercise dance, fitness & music for active retired & 60+; at St Bryce Kirk Centre	<a href="http://www.fl-exercise.com">www.fl-exercise.com</a> Tel 0131 4672984 or 07759714199 Rhona Facebook @FLexercise.uk	<b>Kirkcaldy</b> Mon 1400 Seniors 60+ Mon 1500 Active Retired
<b>St Bryce Kirk Centre</b> <b>Update (060423)</b>	Community hub & café	<a href="http://www.stbrycekirk.org">www.stbrycekirk.org</a> Tel 01592 640016 Facebook St Bryce Kirk Centre & Café Tel 07484145416 Nicotine Anonymous, Reuben Tel 07834328821 or email <a href="mailto:katie.cook@peoplefirstscotland.org">katie.cook@peoplefirstscotland.org</a> People First, Katie Cook	<b>Kirkcaldy</b> Mon-Thu 0900-1700 Open Mon-Thu 1000-1400 Café Tue 1830-1930 Nicotine Anonymous Meeting 2 <sup>nd</sup> Thu of the month 1300-1430 People First Fife Women's Group
<b>YMCA Gallatown Hub</b> <b>Update (270423)</b>	Local hub & cafe for groups Mon-Sat covering a variety of interests & activities from Hendry Crescent	<a href="http://www.ymcakirkcaldy.co.uk">www.ymcakirkcaldy.co.uk</a> Tel 01592 645530 Email <a href="mailto:enquiries.gallatown@ymcakirkcaldy.co.uk">enquiries.gallatown@ymcakirkcaldy.co.uk</a> Facebook Ymca Kirkcaldy	<b>Kirkcaldy</b> <b>Includes:</b> Mon/Thu 1100-1300 Talking Café (16+ low level mental health) Tue 1000-1500 Darn Good Yarn, Craft & Lunch Group Tue 1530-1830 LGBTQ Talking Café (12-17) Wed 1500-1630 Kids Teas (free) Thu 1000-1200 Talking Café (non-English speaking Women's Group) Thu 1100-1400 Gallatown Over 65s Social Group Fri 1100-1300 Burds on Bikes (women's cycle group) Sat 1000-1500 Bike Hub (free repairs)



## 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</b> <b>Update (240620): new dedicated line</b>	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 & hygiene rules will be observed
<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



Service:	Brief:	Contact/Links:	Other:
<b>Benarty Walk &amp; Talks Group</b> <b>Update (070622):</b> <b>Starts 160522</b>	Local routes discussing the area & mental health; finish with a hot drink & chat at the community centre; no equipment needed - water bottles provided; suitable for all ages & abilities; dogs & children welcome but are the responsibility of the walker	<b>Tel</b> 07563380172	<b>Benarty</b> Monthly 1330 Meet at the Benarty Centre
<b>Fife Day Care Services</b> <b>Update (070622):</b> 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.oliversarmyassistancedogs.com">www.oliversarmyassistancedogs.com</a> <b>Email</b> <a href="mailto:management@oliversarmyassistancedogs.org">management@oliversarmyassistancedogs.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> <b>Groups remobilised</b>	Christian-led Community Space; 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 maintain social distancing; if attending 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
<b>The Whispering Women, Cowdenbeath</b>	Free packed lunches & baby food	<b>Facebook &amp; Messenger</b> <a href="https://www.facebook.com/TheWhisperingWomen/">www.facebook.com/TheWhisperingWomen/</a>	<b>Cowdenbeath Area</b> Deliveries once a week
<b>Knit &amp; Natter, Bowhill Community Centre</b> <b>Update (170522):</b> <b>From 250522</b>	Peer led crafts & social group	<b>Tel</b> 01592 583471 Margaret King to book a place or drop-in <b>Facebook</b> @BowhillCentre	<b>Cardenden</b> Wed 1300-1500

Service:	Brief:	Contact/Links:	Other:
<b>Wanna Talk Groups</b> <b>Update (160622)</b>	Monthly separate men & women groups to support mental health & well-being held at The Kings, Kelty	<b>Tel</b> 07563380172 Kirsty, CEW <b>Facebook</b> message Mandy @The Kings	<b>Kelty</b> Monthly 2 <sup>nd</sup> Tue 1830-2030 Women only Monthly 4 <sup>th</sup> Tue 1930-2030 Men only
<b>Max's Light Bites, Maxwell Centre</b> <b>Update (241022):</b> <b>From 241022</b>	Soup, stovies & chat	<b>Tel</b> 01383 602470	<b>Cowdenbeath</b> Mon 1300-1430

## City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
<b>Abbeyview Day Care</b> <b>Update (040822):</b> New outreach service for older people	Day service provider for older people; KIT Club social group Tue am/pm & Fri am/pm; Dementia Café Mon & Thu 1030-1330 (must attend with a carer); Day Care 5 days/week & open to new referrals; Outreach for visits, shopping & walks	<b>Tel</b> 01383 621738 for information or to refer to groups & supports	<b>Dunfermline or surrounding area</b> Mon-Fri Day Services Mon-Thu 1430-1700 Outreach Mon & Thu 1030-1330 Dementia Café Tue & Fri am/pm KIT Club
<b>Food for Future - Community Pantry, Tryst Centre, Dunfermline</b> <b>Update (210521):</b> Centre change	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members £2 per week & 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, Dulloch Park, Central Dunfermline &amp; surrounding areas</b> (up to 3.5 miles from store) Mon-Sat 12pm-4pm
<b>RC Ferguson Florists</b>	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	<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 Write to 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:ian@parsfoundation.co.uk">ian@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
<b>Bereavement Group, The Abbey Church of Dunfermline</b> <b>Update (250722)</b>	Open to anyone who have been bereaved, and will offer tea, coffee & the opportunity to talk to others; offers a listening ear	<a href="http://www.dunfermlineabbey.com">www.dunfermlineabbey.com</a> <b>Meets:</b> Dunfermline Abbey Church Halls, 6 Abbey Park Place, Dunfermline	<b>Dunfermline</b> Last Thu of the month 1100-1230
<b>Crossgates Welfare Group Warm Space</b> <b>Update (101122)</b>	Free group for cuppa, chat & heat running from the Kirk Hall – donations welcome; table/activity space for children	<b>Facebook</b> Crossgates Welfare Group	<b>Crossgates</b> Tue 1030-1200 Kirk Hall
<b>Warm Space Group St Ninians Church</b> <b>Update (171122): From 181122</b>	Free warm space for all; refreshments, snacks & chat	<b>Meets:</b> St Ninians Church, Allan Crescent, Dunfermline	<b>Dunfermline</b> Fri 1100-1500 Free
<b>Dunfermline North Parish Church</b> <b>Update (210323)</b>	Local community hub	<b>Meet:</b> Golfdrum Street, Dunfermline KY12 8DG	<b>Dunfermline</b> 1 <sup>st</sup> Tue of the month 1830 Golfdrum Street Residents Group Wed 1900-2100 Recovery Group 3 <sup>rd</sup> Thu of the month 1400-1600 Friendship Group Fri 1530-1830 Starlet Dance Group Sat Fortnightly 1000-1200 Golfdrum Community Garden Group Sun 1100 Morning Worship followed by Tea/Coffee
<b>Chow &amp; Chat, James Allan Community Centre</b>	Free community group with chat & a cuppa	<b>Tel</b> 07956145999 Jo Cairns <b>Email</b> Jo.Carins@fife.gov.uk	<b>Dunfermline</b> Fri 1100-1300

Service:	Brief:	Contact/Links:	Other:
<b>Townhill Community Centre</b> <b>Update (060423)</b>	Local community hub & cafe	<b>Tel</b> 01383 602341  <b>Email</b> <a href="mailto:aapete19@gmail.com">aapete19@gmail.com</a> Bridge, Sandra Peters	<b>Dunfermline</b> Mon Fortnightly 1000-1200 Townhill Together Café Wed 1300-1600 Bridge



## 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 Orchid (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):</b> Open Wednesday (previously Tue & Thu)	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 (201022):</b> New free Lunch Club providing homemade soups & cakes	Community vegetable garden based 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> Fri 1000-1200 Lunch Club – Free/donations welcomed
<b>Inverkeithing Craft Group</b> <b>Update (181021):</b> Remobilised	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	<b>Tel</b> 07742519851 Irene Halliday	<b>Oakley</b> Thu 1300-1500
<b>Quilting &amp; Craft Group, The Manse</b> <b>Update (180422)</b>	Sewing, quilting, knitting & embroidery; all levels of skills & beginners welcome; contact for details	<b>Tel</b> 01383 722186 Kate or 01383 881379 Dot	<b>Cairneyhill &amp; Crossford</b> Wed 1300-1500 The Manse, by the Church
<b>BLOOM</b> <b>Update (060123):</b> From 100123	School term baby & toddler group; bring a snack & drink for child & refreshments provided for adults	<b>Facebook</b> see post on Rosyth Billboard (private group – request to join) <b>Meet (term time):</b> Rosyth Baptist Church	<b>Rosyth</b> Tue 1030-1215 during term time £2 per child & £1 per additional child (group maximum 20 children)

## Contact Information:

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Funded with the support of  
Fife Health & Social Care  
Partnership  
Scottish Charity No.  
SC022596

