



Fife Forum

Making Community Connections

8/10/2023

Resource & Support List

Covering Fife

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WAYNE MATHIESON

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Foreword

As we entered the Covid-19 pandemic, the team at Fife Forum began to think about how they might be able to continue providing support to people and organisations throughout Fife. To assist our role, and ourselves in this, we began to gather detail relating to what supports were available for people during what was and is unprecedented times.

Fife Forum started to collate a Resource & Support List which the staff went on to distribute among their work contacts. Since then the list has grown and we are now attempting to better present the information to assist the reader. As many of the provisions scribed provide more than one support over a variety of areas we intend to now present the information by geographical area rather than service type.

The list will remain far from comprehensive but hopefully it continues to capture at least some of the primary supports we at Fife Forum are aware of. Beyond the pandemic, many of the contacts listed should remain valid as services remobilise, albeit the provisions offered will inevitably evolve as restrictions ease.

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

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

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

National

Service:	Brief:	Contact/Links:	Other:
Age Scotland Update (051120)	Free helpline for the over 50s & online support	www.ageuk.org.uk/scotland/ Tel 0800 12 44 222	National Mon-Fri 0900-1700
Breathing Space Update (031220)	Free helpline for people experiencing mental health issues	www.breathingspace.scot (for info & to download 'The Little Book of Caring Ways') Tel 0800 83 85 87	National Mon-Thurs 1800-0200 Fri-Mon 1800-0600
Re-engage Update (131022): 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)	www.reengage.org.uk/refer/ Tel 0800 716 543 Email Sarah.McKean@reengage.org.uk Sarah McKean, Engagement Officer Scotland	National Tea Parties are held in localities including areas within Fife
Operation Connect, RAFA	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	www.rafa.org.uk/operation-connect/ Tel 0800 018 2361	National
Samaritans Scotland Helpline	Telephone helpline, listening ear	Tel 116 123 Email jo@samaritans.org	National
Frank Helpline	Helpline if someone wants to speak about drugs in confidence	www.talktofrank.com Tel 0300 123 3393	National 24-hour helpline
SCLD (Scottish Consortium for Learning Disabilities)	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	www.sclد.org.uk Tel 0141 248 3733	National

Service:	Brief:	Contact/Links:	Other:
One Parent Families Scotland Update (070323)	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	www.opfs.org.uk Tel 0808 801 0323 Lone Parent Helpline Email advice@opfs.org.uk	National Mon-Fri 0930-1600
Scottish Women's Aid	Covid-19 advice & information for women, children & young people experiencing domestic abuse	www.womensaid.scot/covid-19/	National The helpline is as SDAFMH
Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)	Helpline for all people experiencing domestic abuse or forced marriages	www.sdafmh.org.uk Tel 0800 027 1234 Email helpline@sdafmh.org.uk	National 24-hour helpline Translation service available
LGBT Helpline Scotland & Telefriending Update (010222): Older people telebefriending available	Helpline or a friendly voice for LGBT+ people; telephone befriending for LGBT+ adults 50+	www.lgbthealth.org.uk Tel 0300 123 2523 Helpline Email helpline@lgbthealth.org.uk Helpline Tel 0131 564 3972 Telebefriending Email tele@lgbthealth.org.uk Telebefriending	National Tues, Wed 1200-2100 Thurs, Sun 1300-1800 Messages can be left for telebefriending
National LGBT+ Domestic Abuse Helpline	Helpline for LGBT+ people experiencing domestic abuse	www.galop.org.uk Tel 0800 999 0327	National Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
Respect Men's Advice Line	Helpline for men experiencing domestic abuse	Tel 0808 8010327	National Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700
Citizens Advice Scotland	Online advice	www.cas.org.uk Coronavirus advice - what it means to you	National

Service:	Brief:	Contact/Links:	Other:
Shelter Scotland	Housing advice & homelessness	www.scotland.shelter.org.uk Tel 0808 800 4444	National Mon-Fri Office Hours
Scottish Fire Service Update (061221): 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	www.firescotland.gov.uk Tel 0800 0731 999 www.firescotland.gov.uk/your-safety/hfsv-form.aspx for Home Fire Safety Portal	National & Fife-wide The Fire Service Community Action Team have some capacity to take on voluntary roles within the community due to work being limited by the coronavirus situation; requests are required to be formal and in writing to e.fifecse@firescotland.gov.uk
Alzheimer Scotland	Scotland's dementia charity providing advice, information & signposting, including to local resources; training provider; campaigner for dementia	www.alzscot.org Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Facebook Alzheimer Scotland	National 24-hour helpline
National LGBT+ Carers Group, Alzheimer Scotland Update (060721): Launches 040821	Online lunchtime group held on Microsoft Teams; safe space to come together, share experiences & offer support & advice	For info or to request a link: Tel 07584373396 Faye (Wed-Fri) or 07734289400 Janine (Mon-Thu) Email fsmart@alzscot.org or jadair@alzscot.org	National 1 st Wed of the month 1230-1330
Advice Line Plus, Scottish Autism Update (040822): Opening times for advice line	Advice line & web-based chat providing reassurance, guidance & support for autistic people & their families	www.scottishautism.org Tel 01259 222022 Email advice@scottishautism.org	National Tue-Fri 1000-1600 Advice Line & Live Chat online
Find Business Support Helpline (Scottish Government)	Official helpline for businesses relating to covid financial support & essential advice	Tel 0300 303 0660	National
Co-operate (Co-op) Update (070323)	Co-operate is an online community centre; find things to do in the community	www.co-operate.coop.co.uk	National

Service:	Brief:	Contact/Links:	Other:
AbilityNet (Technology Support)	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	www.abilitynet.org.uk Tel 0800 269 545	National UK Office Hours
Care Home FaNs	Care Home Friends and Neighbours (Care Home FaNs) is a national project that is helping care homes to connect meaningfully with their local community to enhance the quality of life of older people & those that support them; go online for 3 easy-to-take steps	www.carehomefans.org	National
Chest Heart & Stroke Scotland	Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries	www.chss.org.uk Tel 0808 801 0899	National
Dance For Life, Strathearn Arts, Crieff Update (160222)	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 megan@strathearnarts.org For further information or to sign up contact Janice Fraser: Tel 07921771486	Based in Crieff – Currently open to anyone Mon, Tue, Thu 1400 via Zoom

Service:	Brief:	Contact/Links:	Other:
Scotland Cycle Repair Scheme (supported by Scottish Government & administered by Cycle UK) Update (150421): 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	www.cyclinguk.org/ScotCycleRepair Email (for Bike Shops) scrs@cyclinguk.org If a Bike Shop would like to participate in the scheme contact by email Check the web link for exemptions & participating Bike Shops	National 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
The Good Care Group Scotland Limited (Live-in Respite Provider) Update (300523): New part time live-in care package from £995/4 days of care/week	Regulated & dedicated privately purchased live-in care provider rated outstanding by the CQC & excellent by the Care Inspectorate; in addition to 10 or 12hr packages full-time live-in care from £1295/week 6hrs/day or £1545/week 8hrs/day	www.thegoodcaregroup.com/live-in-care/locations-we-cover/scotland/ Tel 0203 728 7577 Dedicated Client Services or 0808 2581 672 Email clientservices@thegoodcaregroup.com TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl & click to follow link)	National 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 Please Check with Provider for Current Pricing
Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220	Source & share tips that assist daily living for people living with dementia; all tips contributed by those living with dementia	www.dementiatip-share.org.uk Email philly@myid.org.uk for further information	National
Vegetarian for Life Update (190821): For vegans, vegetarians & meat reducers	Virtual Vegan Lunch Club via Zoom (65+); 6-week cookery courses; Pen & Phone Pals Scheme (50+)	www.vegetarianforlife.org.uk Email ellie@vegetarianforlife.org.uk for Virtual Lunch Club Tel 0161 257 0887	National 4 th Tue of the month 1300-1400

Service:	Brief:	Contact/Links:	Other:
Ask for ANI, Home Office & partners (Domestic Abuse Sector, Police, Pharmacy Associations)	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	National Participating pharmacies will display posters – all victims of domestic abuse can approach staff & ask for ANI or help
Home Energy Scotland (funded by Scottish Government) Update (200521)	Energy & heating advice; identify eligibility for free energy saving home improvements through the Warmer Homes Scotland programme	www.homeenergyscotland.org Tel 0800 808 2282	National Mon-Fri 0800-2000 Sat 0900-1700 Calls are free
SHOUT, UK Text Messaging Helpline	24/7 text messaging service for when people feel they need immediate support & are experiencing a challenging time with their mental health; available to anyone, anywhere, at any time; free & anonymous (information may be shared if someone is at risk)	www.giveusashout.org Text SHOUT to 85258 Text STOP to stop conversation Text START to 85258 to re-start conversation Text LOOFAH following your conversation to remove/scrub data from system Email info@giveusashout.org if contacting from a network listed & the service not working (include mobile phone number & network provider)	National 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
Young Dementia Network (merged with Dementia UK Nov 2020)	Movement of people committed to improving the lives of those affected by young onset dementia	www.youngdementiauk.org Tel 0800 888 6678 Email helpline@dementiauk.org Support Related Enquiry (follow link) www.youngdementiauk.org/need-advice	National
WAY Widowed & Young Update (240221)	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	www.widowedandyoung.org.uk	National 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:
British Red Cross	The British Red Cross can link people with local supports, provide information & guidance, & offer someone to chat with	General Public: National Support Line – Tel 0808 196 3651 Partner Agencies: Call Centre for Referrals (Dalkeith) – Tel 0131 654 0340	National National Telephone Support Line 1000-1800 daily Edinburgh, Lothians & Fife Call Centre for Referrals Mon-Fri 0900-1630
ABC (Anorexia & Bulimia Care) Update (260221)	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	www.anorexiabulimiare.org.uk Tel 03000 11 12 13 Option 1 Support Line Option 2 Family & Friends Support by appointment Skype Video Call; Telephone Chat; Online Chat - follow link www.picktime.com/ABCsupport Email support@anorexiabulimiare.org.uk or familyandfriends@anorexiabulimiare.org.uk	National Support Line Wed-Fri 0900-1300/1400-1700 Support by Appointment Wed-Fri 1400-1600
Priority Services Register Scotland (Extra Help with Electricity & Water) Update (180521)	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	www.psrscotland.com to find out more or to join the scheme For people with no access to the internet: Scottish and Southern Energy Customers - Tel 0800 294 3259 SP Energy Networks Customers - Tel 0800 092 9290 Scottish Water Customer Helpline – Tel 0800 0778 778 Power Cuts - Tel 105	National

Service:	Brief:	Contact/Links:	Other:
The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us) Update (200821)	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	www.meeplelikeus.co.uk/the-spotlight/	National (links to active groups in Fife)
Cruse Scotland Bereavement Support Update (090522): 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; Step-by-Step are support groups for bereaved adults (Fife) offering a safe, relaxed & friendly environment	www.crusescotland.org.uk Tel 0808 802 6161 Free Helpline For people unable to self refer the following portal may be used: www.eu.jotform.com/build/200914641867358 Make clear the reason why you are referring on their behalf & clarify who should be liaised with to arrange support Tel 07432635406 Step-by-Step Email stepbystep@crusescotland.org.uk	National Mon-Fri 0900-2000 Sat-Sun 1300-1600 Multiple Localities (Fife) Currently 6 Step-by-Step groups operating across Fife, 5 in-person groups in Kirkcaldy, Glenrothes, Methil & Dunfermline , 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
PPE for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government Update (070323): PPE related	Helpline will advise you of your nearest PPE hub; all sectors in relation to Care Staff	Tel 0300 303 3020 PPE Helpline	National
Glaucoma UK Update (070322): 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	www.glaucoma.uk Email helpline@glaucoma.uk Tel 01233 648170 or	National Mon-Fri 0930-1700 Local Support Groups (Kirkcaldy & Dunfermline)

Service:	Brief:	Contact/Links:	Other:
Home Instead (regulated home care services) Update (170621)	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	www.homeinstead.co.uk/perthshire/ Tel 01738 505360 Email contact@pk.homeinstead.co.uk Address Home Instead Senior Care Perthshire, Suite A Moncreiffe Business Centre, Friarton Road, Perth PH2 8DG Home Instead Senior Care E-Brochure (ctrl & click to follow link)	Fife-wide (national network) Support SDS options & can facilitate rapid hospital discharge Specialise in dementia & Parkinson's care Caregivers are employed (not agency) Please Check with Provider for Current Pricing
Luminate Update (070323)	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	www.luminatescotland.org Tel 0131 668 8066 Email info@luminatescotland.org Write to: Luminate First Floor Causewayside House 160 Causewayside Edinburgh EH9 1PR	National
Virtual Village Hall (supported by Royal Voluntary Service) Update (181021)	Programme of themed online sessions led by tutors, RVS & volunteers; designed to do at home to enjoy & learn new skill	Facebook @VirtualVillageHall	National Online content

Service:	Brief:	Contact/Links:	Other:
Living Life (managed & delivered by NHS 24) Update (160721)	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	www.breathingspace.scot/living-life/ Tel 0800 328 9655	National (Scotland only) Mon-Fri 1300-2100
Family Fund Update (090821)	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	www.familyfund.org.uk/grants-scotland Tel 01904 55 00 55	National Eligibility criteria applies
Hourglass Scotland (formerly Action on Elder Abuse) Update (230322): 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	www.wearehourglass.org Email helpline@wearehourglass.org Tel 0808 808 8141 Helpline 24/7 Free Text 07860052906	National Community Response Service based in Fife 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:
Fares4Free Update (180422): 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	www.fares4free.org Email leon@fares4free.org Tel 0141 266 6000 www.fares4free.org/contact Online Partners Booking Form	National Mon-Fri 0900-1700
VoiceAbility Update (250222): 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	www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland For alternative languages or formats contact: Tel 0300 303 1600 Free Email socialsecurityscotland@voiceability.org Referrals can be made via the website (self or by a third party) You can also get advocacy support by contacting Social Security Scotland directly: Tel 0800 182 2222 Free - ask to be referred to the Independent Advocacy Service	National Benefits an advocate can support you with include: <ul style="list-style-type: none"> ○ Best Start Grant Pregnancy & Baby Payment ○ Best Start Grant Early Learning Payment ○ Best Start Grant School Age Payment ○ Best Start Foods ○ Carer's Allowance Supplement ○ Job Start Payment ○ Child Disability Payment ○ Child Winter Heating Assistance ○ Funeral Support Payment ○ Scottish Child Payment ○ Young Carer Grant ○ Adult Disability Payment

Service:	Brief:	Contact/Links:	Other:
SAMH Update (190422): 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	www.samh.org.uk Email communications@samh.org.uk Media Enquiries Email info@samh.org.uk SAMH Information Service Tel 0141 530 1000 General Enquiries Tel 0344 800 0550 SAMH Information Service	National Telephones & emails are monitored Mon-Fri 0900-1700 unless otherwise stated
@BuglifeScotland Guardians of our Rivers Project Update (190423): 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	www.buglife.org.uk or www.buglife.org.uk/projects/guardians-of-our-rivers/ link Email Rebecca.Lewis@buglife.org.uk	National
Self-harm Network Scotland, Penumbra Update (270423)	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	www.selfharmnetworkscotland.org.uk Access/contact via website	National

Fife-wide

Service:	Brief:	Contact/Links:	Other:
Fife Forum Update (290623): New Group Walks pending	Advice, information & signposting helping adults 16+ to identify services & resources and how to access these; weekly social health walks alternating; advocacy for people in care or hospital settings; older people fora & User Panels	www.fifeforum.org.uk Tel 01592 643743 Email info@fifeforum.org.uk Facebook Fife Forum Group & Health Walks Contact your Fife Forum link worker for information & localities	Fife-wide Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member & responded to asap Café Forum@Flo's Café, Leuchars Community Centre: Fri Fortnightly 1030-1230
Helping Hand, Fife Voluntary Action Update (140121): 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	www.fva.org/helping_hand.asp Tel 0800 389 6046	Fife-wide Mon-Fri 0900-1700
Prescription Delivery Service, Fife Voluntary Action Update (240720): 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	www.fva.org/prescription.asp Tel 0800 389 6046	Fife-wide Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions & have no one who can collect them on their behalf. Methadon/Subutex: Unable to collect or deliver these drugs. Please contact addiction services on 01592 716446 if help is required
Kirkcaldy Central Mosque	Free Food Packs	www.kirkcaldymosque.org.uk 01592 641057	Fife-wide deliveries

Service:	Brief:	Contact/Links:	Other:
Castle Furniture Project Update (130723): Spaces currently available at the Tayport Lunch Club	Free or low-cost household goods for 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 the project collects/redistributes enables individuals to help others who are facing hardship; provide befriending & a Tayport Lunch Club for Older People	www.castlefurniture.org Tel 01334 654445 Cupar or 01592 501068 Glenrothes Email enquiries@castlefurniture.org	Fife-wide & Other core services based North East Fife <ul style="list-style-type: none"> ○ Free/Low Cost Household Goods ○ Befriending ○ Tayport Lunch Club Older People
Fife Council	Local Authority services	Council Services: 03451 55 00 99 Homelessness: 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) Scottish Welfare Fund: 0300 555 02 65 (Mon-Fri 0900-1430) Social Work & Social Care: 03451 55 15 03 Covid Community Helpline: 0800 952 0330 (Mon-Fri 0900-1700) or email covid.communityhelpline@fife.gov.uk	Fife-wide
Fife International Forum Update (270723): New housing advice service	Support for the international community living within Fife; Virtual Conversational Cafes to combat isolation & improve English; new Housing Advice Service	www.fifemigrantsforum.org.uk Tel 01592 642927 Facebook @fife.migrants Email info@fifeinternational.uk Housing Advice Service: Tel 07852225826 Monica Amujo-Akomolafe Email Monica.Amujo-Akomolafe@fifeinternational.uk	Fife-wide Main chatroom & local chatrooms can be accessed Telephone 0930-1300

Service:	Brief:	Contact/Links:	Other:
Citizens Advice & Rights Fife Update (130723):	Information, advice & assistance; webchat; general & specialist advice available; services can be accessed online, by telephone or via CARF advice locations (appointment might be required)	www.cabfife.org.uk General Advice 0345 1400 095 Debt Advice 0345 1400 094 Universal Credit 0800 023 2581 Macmillan Service (people affected by Cancer) 0345 1400 092 Text Service for the Deaf Community 0787 2677 904	Fife-wide Mon-Fri 0830-1600 CARF advice locations: <ul style="list-style-type: none">○ Cowdenbeath○ Cupar○ Dunfermline○ Glenrothes○ Kirkcaldy○ Leven
Lead Scotland Befriending for Young Carers Update (050922)	Befriending for Young Carers aged 12-18; weekly support offered by volunteers for 4-6 months	www.lead.org.uk/fife-befriending-young-carers/ Tel 0131 228 9441 Email fifeyoungcarers@lead.org.uk	Fife-wide
Lead Scotland Learning Project Update (050922)	Learning for individuals 16+; weekly support, learn new skills including literacy/numeracy/digital	www.lead.org.uk/aboutlead/contact-lead-scotland/fife-learning-co-ordinator/ Tel 0131 228 9441 Email fifeadultlearning@lead.org.uk	Fife-wide
Lead Scotland Befriending (Adults) Update (020323): Reopened waiting list	For adults/older people who feel isolated/lonely/disconnected as a result of their circumstances; weekly support via volunteers for 4-6 months	www.lead.org.uk/aboutlead/contact-lead-scotland/fife-befriending-co-ordinator/ Tel 0131 228 9441 or 07950771875 Eloise Slaven Email fifeadultbefriending@lead.org.uk	Fife-wide
Lead Scotland Adult Carers Digital Project Update (050922)	Learning for Adult Carers to develop relevant digital skills, cyber security & confidence to support their caring role	Tel 07733947241 or 0131 228 9441 Email jhaw@lead.org.uk	Fife-wide Drop ins & one-to-one support available
Asda Pharmacy	Call & collect service for vulnerable people or those social distancing – prescriptions can be collected from your car at dedicated bays within car parks	Dunfermline (Halbeath) 01383 843617 Kirkcaldy (Carberry Road) 01592 657210	Fife-wide Call local Asda pharmacy team for more information
The Byre Theatre, St Andrews	Watchlists offer weekly selection of arts & entertainment	www.byretheatre.com/online-watchlists/ Tel 01334 475000 Box Office	Fife-wide based in St Andrews, North East Fife

Service:	Brief:	Contact/Links:	Other:
Fife Centre for Equalities – 60+ Minority Ethnic Older People Project Update (160921): 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/signposting	www.centreforequalities.org.uk Tel 01592 645310 Centre or 07826753539 Otilia Palea (Operational Assistant) Email info@centreforequalities.org.uk or Otilia@centreforequalities.org.uk Cantonese 07881 925301 Romanian 07826 753539 Hungarian/Bulgarian 07796 418917 Urdu 07827 405915 Vârșnicii etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice 少數民族長者現在可透過我們的服務獲得公共服務的資訊 فائف کے اقلیتی بزرگ اب ہماری مدد سے پبلک سروسز کی رسائی حاصل کر سکتے ہیں Other language interpreters will be identified	Fife-wide Alongside the aforementioned service the Centre's vision is to enable everyone they work with to take action that makes Fife a more equal, fairer place to live, work & study providing a collective voice to champion equality, diversity, inclusion & social justice
One Stop Shop Fife, Scottish Autism Update (241122)	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	www.scottishautism.org/services-support/family-support/fife-one-stop-shop Tel 01592 645350 Email fifeoss@scottishautism.org For national details see p5	Fife-wide (Kirkcaldy-based) 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:
Foodbanks Update (070322): 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	Cupar: 07474453153 email info@cupar.foodbank.org.uk Dunfermline: 01383 432483 or 07730751895 email info@dunfermline.foodbank.org.uk East Neuk: Anstruther Church - Tue 1200-1600; Thu 1600-1800 Glenrothes: 01592 631088 email info@glenrothes.foodbank.org.uk Kirkcaldy/Burntisland: Various locations, website www.kirkcaldyfoodbank.org.uk Levenmouth: 07966502854 Delivery only St Andrews: 01334 474940 (option 2) email storehouse@kingdomvineyard.com Taybridgehead: 07840957039 (emergencies only)	Owing to Covid-19 there may be local variations so please contact the relevant Foodbank For referrals in the following towns and their surrounding areas, tel: South West Villages 07985739452 Ballingry 07515290119 Kelty 01383 650273 Cowdenbeath 07828564232
Friendship Cabin Update (050123): Warm Space from 090123 Woodside Community Hall, no booking necessary & complimentary hot drink & snack	Caring, friendly & stimulating environment allowing vulnerable adults 18+ to socialise & enjoy a variety of activities; offer entertainment, talks, quizzes/games, gentle exercise, arts/crafts, day trips; members served a light breakfast, 2-course meal & light refreshments; Tea Party 'Fun Friday' with Karaoke & Disco; places limited per group session (contact Pearl in advance); £12 per session	www.thefriendshipcabin.com Tel 07423154632 Pearl Weepers Email info@thefriendshipcabin.com Facebook	Fife-wide & Glenrothes Warm Space: Mon-Thu 1400-1600 Free, Woodside Community Hall Lunch Clubs (Glenrothes): Tue-Thu 1000-1400 Woodside Community Hall Mon 1000-1400 Gilvenbank Community Sports Hub Tea Party (Glenrothes): Fri 1630-1900 Woodside Community Hall Virtual Zoom Group (Fife): Sun 1400-1600
Cosy Kingdom Update (140122): 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	Tel 01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk	Fife-wide Mon-Fri 1000-1500

Service:	Brief:	Contact/Links:	Other:
Fife Carers Centre Update (270723): Free locality dementia awareness training sessions available Aug-Nov 2023	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; in-person male carers group; Dementia Workshops for Carers; & co-ordinating supply of PPE to entitled carers (see separate entry below)	www.fifecarerscentre.org Tel 01592 205472 Email centre@fifecarers.co.uk For Befriending (one-to-one & group befriending) contact Sylwia Nadolny Email sylwia.nadolny@fifecarers.co.uk Tel 07736909692 For Polska Grupa (Polish Group) contact as above or Bogusia Doyle: Email bogumila.doyle@fifecarers.co.uk Tel 07736909692	Fife-wide Referrals can be made via the telephone or the online portal For meeting places see website or contact Centre Wed 1800-1930 Polska Group, Bennoch House 2 nd 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
Personal Protective Equipment (PPE) for Unpaid Carers	Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for	To request PPE contact Fife Carers: Tel 01592 205472 Email centre@fifecarers.co.uk	Fife-wide
SDS Options Fife (Disabled Person's Housing Service Fife) Update (230223): 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	www.sdsoptionsfife.org.uk Tel 01592 803280 Email enquiries@dphsfife.org.uk	Fife-wide Mon-Fri 0900-1700

Service:	Brief:	Contact/Links:	Other:
Express Group Fife Update (210623): New group Dickson Hall Tayport Open Day 100823 1000-1300	Peer support & activity groups; adults 18+ affected by mental health issues &/or isolation; lunch provided; support individual recovery plans	www.expressgroupfife.org.uk Tel 01592 645331 Email info@expressgroupfife.org.uk Facebook Express Group Fife	Fife-wide Groups in 9 towns within all 7 localities from St Andrews to Inverkeithing – see website
Meal Makers, Food Train Update (250123): 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; ‘Eat Well Age Well’ freephone Malnutrition Advice Helpline with a focus on people 65+ launched	www.mealmakers.org.uk for information, to sign up as a cook or suggest a diner Tel 0141 551 8118 Email hello@mealmakers.org.uk Meal Makers Malnutrition Advice Helpline (Eat Well Age Well) – Tel 0131 447 8151 Email hello@eatwellagewell.org.uk	Fife-wide
Befriending (Communities Recovery Fund), Fife Shopping & Support Services Update (080623): Keysafe fitting available	For elderly, disabled & vulnerable people who are feeling isolated as a result of the pandemic and would benefit from having a little company; open referral process	www.fifeshoppingandsupportservices.co.uk Tel 01592 653344 Email lynne@fifeshoppingandsupportservices.co.uk Facebook	Fife-wide Other privately purchased provisions available incl collection, uplift, removal services & Keysafe supply &/or fitting £35-55
Gingerbread Fife Update (121021): ‘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	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Fife-wide with Local Projects Helpline: Mon-Thurs 0900-1700 Fri 0900-1530

Service:	Brief:	Contact/Links:	Other:
Wells Near Me, Fife Health & Social Care Partnership and Partners	Advisors aim to help people with enquiries to find solutions to health & well-being issues, including helping identify available supports; for virtual Wells participants enter a virtual waiting room or can pre-book an appointment; professionals can refer via the website	www.fifehealthandsocialcare.org/the-well Email TheWell@fife.gov.uk or Aleksandra.Atanasova@fife.gov.uk Tel 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live BSL People requiring an interpreter should request this when booking an appointment (available from 091220)	Fife-wide Drop-ins & appointments Virtual Wed & Thu 1000-1200 For in-person drop-in locations follow web link for venues, times & frequency
Libraries Service (On Fife) Update (190422): Mobile library & delivery service available	Completely free eBook, eAudiobook & digital magazine service (RBDigital); register for this free service is your library membership; mobile & home delivery service	www.onfife.com/libraries-archives/ Email rbdigital@wfhows.co.uk if you need additional help with digital service Email homedelivery@onfife.com Mobile & Home Delivery Tel 01592 583157 Mobile & Home Delivery	Fife-wide Join by either clicking here (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible)
Fife Bus (previously known as Dial a Ride and Ring & Ride) Update (070622)	Free door-to-door transport for people unable to access mainstream public transport due to reduced mobility; the service may prioritise essential trips	www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport To see what days the service is running in each area click on Fifebus Service by Town Tel 03451 55 11 88 to register/book journeys	Fife-wide Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday
Fife Sports & Leisure Trust Update (140723)	Sports, leisure & health/well-being options; qualified instructors deliver health classes supporting the health & wellbeing benefits of being active; way to meet others living with a long-term health condition; variety of programmes to meet people's needs	www.fifeleisure.org.uk/health/	Fife-wide Check website for updates including Health & Well Being options
Bums off Seats, Fife Walking Initiative (supported by Active Fife & Paths for All)	Free health walks which are short & local; suitable for most including those with long-term conditions incl dementia; cancer	www.active.fife.scot/about/active-fife Email hazel.donaldson@fife.gov.uk Tel 03451 55 55 55 Hazel Donaldson	Fife-wide Cupar, Dalgety Bay, Rosyth, Dunfermline, Glenrothes, Kirkcaldy, Lochore, Leven

Service:	Brief:	Contact/Links:	Other:
Restoration Fife Recovery Community Update (310723)	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	Email admin@restorationfife.org.uk Tel 07734408498 Active Bookings Tel 07501176234 Jade Whyte, Community Co-ordinator or 07307197963 Nikki - Private message on social media or call, text/whatsapp Facebook @RestorationFife	Fife-wide In person and online social & recovery activities Recovery Café 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
Crossroads Fife Update (230321)	Supporting people who care for someone with an illness or disability; services include Core Service (Respite & Palliative Care), Self-Directed Support & Privately Purchased Support	www.crossroadscentral.org Email info@crossroadsg.co.uk Tel 01592 610540 Kirsten Docherty, Manager	Fife-wide Open to new referrals and self-referrals
Fife Law Centre Update (240221)	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	www.fifelawcentre.co.uk Email info@fifelawcentre.co.uk Tel 01592 786710 Facebook Fife Law Centre	Fife-wide Mon-Fri 0900-1700
Fife Parkinson's UK Branch Update (020223): AGM 270223 1900 Bridge Centre, Unicorn House, Falkland Way, Glenrothes	A range of interest & 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	www.fifeparkinsons.org Email via 'Contact Us' on website Tel 0808 800 0303 National Helpline (including local signposting) Locally for monthly meetings contact Charles Small: Email admin@fifeparkinsons.org Tel 01592 713824	Fife-wide (Branch) Parkinson's UK national Fife Meetings Monthly from Thu 090921 1200-1500 new venue: Baptist Church Bridge Centre, Glenrothes Kingdom Centre

Service:	Brief:	Contact/Links:	Other:
Carers' Self Help Service, Link Living Update (060423): 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)	www.linkliving.org.uk Email carersselfhelp@linkliving.org.uk Tel 01592 644048 Write to Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE	Fife-wide Free & open to both self-referral & professional referral
Reporting Anti-social Behaviour, Fife Council Update (200521)	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 101 if the antisocial behaviour is happening right now or in an emergency call 999 immediately & ask for the police	www.fife.gov.uk/services/form-pages/report-antisocial-behaviour If anti-social behaviour is current - Tel 101 Police If the behaviour presents an emergency - Tel 999 Police	Fife-wide Online reporting
FRASAC Fife Rape & Sexual Assault Centre Update (010621): 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	www.frasac.org.uk Tel 01592 642336 Email info@frasac.org.uk	Fife-wide Based in Kirkcaldy
CHARIS Foundation (formerly Fife Christian Counselling Centre) Update (191021)	Non-profit organisation offering free professional counselling, training & retreats; inter-denominational Christian agency	www.charisfoundation.co.uk Email enquiries@charisfoundation.co.uk Tel 01592 744632	Fife-wide

Service:	Brief:	Contact/Links:	Other:
Circles Network Advocacy Service Update (290921)	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	www.circlesnetwork.org.uk Tel 01592 645360 or 07909002582 (call or text) Email info.fife@circlesnetwork.org.uk	Fife-wide For adults 16+ experiencing one or more of the following conditions: <ul style="list-style-type: none"> ○ mental ill health ○ dementia ○ learning, physical or sensory impairments ○ acquired brain injury ○ chronic/long term illness ○ autistic spectrum diagnosis ○ people with lived experience of drug or alcohol dependency ○ personality disorder ○ people receiving self-directed support budget ○ children 16 years & under subject to compulsory measures Mental Health (Care & Treatment) (Scotland) Act 2003
Carers Advice Project, DEAFBLIND Scotland Update (260721)	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	www.dbscotland.org.uk Tel 0795036114 Maureen Macpherson, Project Worker Email carersadvice@dbscotland.org.uk	Fife-wide (Project) & National Organisation
Embracing Life Update (251121)	Community Interest Group providing life coaching sessions & workshops to help build good self-esteem & positive mental health	www.embracinglife.co.uk Email info@embracinglife.co.uk Tel 07876026445 Facebook @embracinglifeforgood	Fife-wide (based Dunfermline) Not for profit; however, sessions are costed (see booking process)

Service:	Brief:	Contact/Links:	Other:
Change Mental Health Fife Update (180423): Formerly Support in Mind	<p>Work across Fife to provide information & support to people who require help with their mental health needs; nationally, whether it is support with finances & mental health or needing direction on where to look services will guide you to the right support needed</p>	<p>www.changemh.org/support_areas/fife/ Tel 01592 268388 Fife Services Email fifeservices@changemh.org Fife Services Email info@changemh.org National Services Tel 0300 323 1545 National Services</p> <p>Fife services include: Carers Support support & info for people who care for those with mental health challenges (National) Mental Health & Money Advice helping friends & relatives to help those struggling with severe mental health issues (National) Information & Resilience early intervention & support to people facing the stresses of everyday life who need help with their mental health needs Hearing Voices support to people who experience symptoms of psychosis, hear voices & experience sensory disturbances</p>	<p>Fife-wide (National Organisation) Local & national services available</p> <p>National Services: Info & Support Line Mental Health & Money Advice Young People's Programme National Rural Mental Health Forum Clic Online Support</p>
Relationships Scotland Couple Counselling Fife Update (060721)	<p>A confidential counselling service to couples & individuals struggling with their marriage/relationship (£25 fee - £15 for unemployed - for the intake appointment, payable at time of booking the appointment & the counselling is by donation); sexual relationship therapy for those experiencing sexual difficulties (contribution of £30-50 per session)</p>	<p>www.rscf.org.uk Tel 01592 597444 Email info.rscf@gmail.com</p>	<p>Fife-wide Online counselling as well as face-to-face</p> <p>For Guidelines & costs follow www.rscf.org.uk/what-does-it-cost</p>

Service:	Brief:	Contact/Links:	Other:
Food Train Connects (Food Train) Update (250123): 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	www.foodtrainconnects.org.uk Tel 0141 551 8118 Email connects@foodtrainconnects.org.uk	Fife-wide Annual membership £1 & £5 per shopping delivery (registration required)
Off the Rails Arthouse (Ladybank Station House, Victoria Street, Ladybank KY15 7JT) Update (050821)	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	www.offtherailsarthouse.com	Fife-wide Entry has restricted access (steps to front door) Activities are individually priced
Scottish Veterans' Rosendael Residence, Broughty Ferry (Scottish Veterans Residences) Update (090821)	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	www.svronline.org Tel 01382 477078 ask for Carol, Darren or Andy Email info@svronline.org add 'Reaching Out to Veterans' in subject header	Fife-wide (support also extends to Angus & Tayside)
FASS ADAPT Substance Recovery Update (190422): 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	www.fassaction.org.uk/adapt-home/ Tel 01592 321521 Write to: FASS ADAPT Recovery Support 17 Tolbooth Street Kirkcaldy KY1 1RW For clinic details follow: www.fassaction.org.uk/adapt-where/	Fife-wide Clinics: Kirkcaldy, Glenrothes & Dunfermline 'Know the Script' Drop-in: The Centre, Leven Thu 1000-1500 KY8 Drop-in: Fisher Street Community Centre, Methil Fri 1100-1400

Service:	Brief:	Contact/Links:	Other:
Thistle Neurological Wellbeing Service (Thistle Foundation with funding from Scottish Government) Update (070622): 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	www.thistle.org.uk Email referrals@thistle.org.uk Tel 0131 661 3366 Text 07342035670 Leanne	Fife-wide Aim to see people within 2 weeks of referral – self-referral available
Thistle Wellbeing Service, Thistle Foundation Update (290921): 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	www.thistle.org.uk Email referrals@thistle.org.uk Tel 0131 661 3366	Fife-wide Only able to accept self-referrals at this time
Careoligy Day Centre (Hayfield Clinic, Dunnikier Road, Kirkcaldy) Update (191021): 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-Thur	www.careoligy.co.uk Email Anne.Ciarletta@careoligy.co.uk Tel 01592 210212 or 07934877463	Fife-wide Wed-Thur £50-90 per session Transport not provided
Centre for Positive Change (in partnership with Positive Change Yoga)	Free online Zen Yoga offered to Fifiers since January extended to throughout March 2021; see website for booking information	www.positivechange yoga.com Facebook @positivechangeyoga	Fife-wide

Service:	Brief:	Contact/Links:	Other:
Link Living Befriending (Older Person's Service) Update (091121): 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	www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048	Fife-wide Service delivery & volunteering
Moodcafe 'Promoting Mental Health from Fife' Update (081121): Relunched website	Online portal for information & resources to help you understand and improve your mental health; practitioner resources also available	www.moodcafe.co.uk	Fife-wide
Rock Trust Housing Support & Housing First for Youth (in partnership with Fife Council) Update (151121)	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	www.rocktrust.org Email alison.liddell@rocktrust.org Alison Liddell, Fife Team Leader Email hello@rocktrust.org Tel 0345 222 1425 Facebook Or Fife Council (partner) Contact: Email housing.first@fife.gov.uk	Fife-wide National organisation with local services
KASP Kingdom Abuse Survivors Project Update (190422): Currently recruiting volunteer befrienders	Supporting adult survivors of childhood sexual trauma; services include: counselling, younger people 16-25, domestic abuse & befriending	www.kasp.org.uk Email info@kasp.org.uk Tel 01592 644217 Text 07501221909 Facebook	Fife-wide Self or organisational referrals accepted

Service:	Brief:	Contact/Links:	Other:
Alzheimer Scotland Fife Brain Health & Dementia Resource Centre (FRC) Update (210623)	<p>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 or for Monthly Activities & Events Calendar; note: groups held in FRC where not stated</p>	<p>www.alzscot.org Email fifeservice@alzscot.org Tel 01592 204541 Fife Resource Centre Address Hill Street, Kirkcaldy KY1 1AH Facebook Alzheimer Scotland – Fife</p> <p>Tel Central Groups 07795507072 Claire French or 07771718538 Natalie Higgins or 07734289400 Janine Adair or 07827992313 Shirley Richardson or 07818402729 Shirley Heeps Tel West Groups 07824377548 Michelle Hodgson Tel NEF Groups 07979950887 Anne Haskell</p> <p>Online Groups contact FRC</p>	<p>Fife-wide Groups Central Kirkcaldy Mon 1st 1430 Info Café <i>Mon/Wed 1st alternate</i> 1230 Carers Lunch Club 1100 Snooker Styx 1400 Social Tue 1030 Golf Dunniker GC 1000 Social Torbain Church 1300 Healthy Hearts & Hips Wed 1030 Love 2 Bake 1330 Last Life Story Group 1430 Football Memories Thu 1st 1330 Jukebox Day</p> <p>Groups Central Glenrothes Mon 1330 Social Gilmour Crt Tue 1115 Brunch Club Anderson Hall Leslie 1330 Blether Together Glenrothes Stollers Wed 1st & 3rd 1330 Social Cadham Centre <i>Last</i> 1030 Info Café CISWO Thu 1330 Musical Memories St Ninians Church</p> <p>Groups Central Methil Thu 3rd 1400 Info Café Wellesley Church</p> <p>Groups West Dunfermline Mon 2nd 1330 Choir Erskine Church Tue 1330 Walking Loch Café <i>Last</i> 1400 Singing St Margaret's Church</p>
Continued/...			

Service:	Brief:	Contact/Links:	Other:
Alzheimer Scotland Fife Brain Health & Dementia Resource Centre (FRC) Continued/...			Wed 1415 Memory Lane Erskine Church 2 nd 1330 Football Memories East End Park Last 1430 Info Café Erskine Church Thu 1030-1200 Blether & Walk Lochore Meadows Café Groups West Rosyth Tue 1000 Garden Park Road Thu 1000 Movement to Music Walter Hay Court 1230 Snooker Townhill Centre Groups NEF Tayport Mon 1 st 1030 Info Café Larick Centre Wed 1030 Garden Gathering Scout Hall Groups NEF Anstruther Mon 3 rd Info Café East Neuk Centre Groups NEF St Andrews Fri 1 st 1030 Football Memories St Andrews Utd Day Care Thu-Fri am-pm 3-hour sessions £10/session
The Hive LGBT+ Centre Update (241122): 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	www.fifelgbtcentre.scot Tel 0800 051 7676 Email thehive1@pinksaltire.com Facebook @TheHiveLGBTCentre	Fife-wide (Kirkcaldy-based) Mon-Sat 1200-2100 10 Whytescauseway, Kirkcaldy KY1 1XF Wed 1800-2000 Let it All Out Peer Discussion Group

Service:	Brief:	Contact/Links:	Other:
Pillars of Hercules Organic Farm Shop & Café Update (290322)	Veg box delivery; allocated route days throughout Fife; £15/week; delivery breaks can be requested; add-ons i.e. ½ dozen eggs, extra fruit or veg selection	www.pillars.co.uk Email box@pillars.co.uk Facebook pillarsofherculesfife	Fife-wide For delivery routes & days see website
Fife Private Rental Solutions (Trust in Fife) Update (240122)	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	www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/ Email info@frps.co.uk Tel 01592 201849 Facebook @TIF.TrustInFife	Fife-wide Access can be direct or via Fife Council's Housing Assessment Team or Prevention First Service
Ace Fife & Multiply Making Numbers Matter, Enable Update (250523)	Ace For adults residing in Fife with a Learning Disability; community of 24 groups Scotland-wide aiming to make positive change for people with a learning disability; opportunity to meet people & try new things Multiply Government-funded programme to help adults improve numeracy; 19+ & don't have maths GCSE grade C (or equivalent); free course to build confidence/gain qualification SVQ 5	www.enable.org.uk Email stuart.cumming@enable.org.uk or cjs@enable.org.uk Tel 07889456668 Tel 0300 0200 101 National Helpline Mon-Fri 0900-1700 for further support & information Multiply Email neil.philip@enable.org.uk Tel 07743557637	Fife-wide & National Org 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 Zoom Sessions: Tue 1800 Workshop Wed 1630 National Youth Group Fri 1530 Karaoke
Tartan Talkers Update (011222): Developing non-profit service	Male suicide support line; support in crisis & their darkest hours; listening, advice & info supporting recovery; refer to other supports; daily call from a peer buddy; group support for families affected; Social Media & online content	www.tartantalkers.scot Tel 01382 694517 Email info@tartantalkers.scot Facebook @tartantalkers	Fife-wide Mon-Thu 1400-0000 Fri 1400-0600 Sat 2200-0600 Online Chat 1800-2100

Service:	Brief:	Contact/Links:	Other:
Warm Space, Fife Council & Partners Update (310123)	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	www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces Tel 0800 952 0330 Community Support Line	Fife-wide Mon-Fri 0900-1700 Community Support Line
Seescape (Fife Society for the Blind) Update (081122): 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	www.seescape.org.uk Tel 01592 644979 Email info@seescape.org.uk Facebook Seescape - Fife	Fife-wide Fri 1300-1500 Warm Space – from 181122 open to all; hot drink & chat from Unit H, Newark Road North, Glenrothes
Togetherall Update (061221)	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	www.togetherall.com	Fife-wide
With You in Fife Update (270921)	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; support for people worried about someone else's drinking or drug use; needle & syringe exchange service	www.wearewithyou.org.uk/services/fife/ Tel 01333 433636 Based The Grieg Institute, Forth Street, Leven KY8 4PF	Fife-wide For over 16s living in Fife

Service:	Brief:	Contact/Links:	Other:
Brag Enterprises Update (020323)	Employability support at all stages of readiness; 1:1 key working to practical help with CVs/job search; consortium geared towards removing barriers to employability; referrals can be made across the consortium dependent on needs; training & workshops to provide opportunities for social interaction, engagement & confidence building, self-employment workshops & sector-based training such as SIA courses	www.brag.co.uk Tel 0333 320 2258 Facebook	Fife-wide Partner Agencies - CARF, Frontline Fife, Clued Up, Barnardos, FEAT, Kingdom Works, Greener Kirkcaldy & Fife Voluntary Action
Furniture Plus Update (270921)	Furniture re-use, recycling & repair; combat poverty & social exclusion via re-using, recycling, repairing furniture/other household goods; operating from locations in Dysart & Dunfermline; surpluses re-invested & annual amount set aside to provide furniture & other household items free of charge to most in need; free Collection; Clearances; Sales; Goodwill Scheme	www.furnitureplus.org.uk Tel 01592 654546 Customer Services Email enquiries@furnitureplus.org.uk Facebook Furniture Plus Ltd	Fife-wide Mon-Fri 0900-1645 Customer Services Mon-Sat 0900-1700 Stores Dysart & Dunfermline
Fife Workplace Team, Fife Health & Social Care Partnership Update (071221)	Assisting Fife's workforce with health, safety & wellbeing outcomes; training available for employers seeking to support workers with a long Covid experience to return to work	www.nhsfife.org/workplace/ Email fife.hwl@nhs.scot Tel 01592 226526	Fife-wide The workplace is identified as a key area for the improvement of health, safety & wellbeing by the WHO

Service:	Brief:	Contact/Links:	Other:
Access Therapies Fife, Fife HSCP Psychology Service Update (300523): New June 2023 Step on Stress programme available - 3x1.5hr sessions which focus on learning evidence-based methods of dealing with stress	Part of Fife's Health & Social Care Partnership's Psychology Service; free NHS service offering a range of psychological therapies to adults in Fife; take time to look at the information on the website which will guide you to the right therapy; info on self-help & a range of activities/support locally & online including a range of therapies	www.accesstherapiesfife.scot.nhs.uk Email fife.atfife@nhs.scot Tel 01383 565427 Write to us: Access Therapies Fife Admin Team Psychology Department, Lynebank Hospital Halbeath Road Dunfermline KY11 4UW	Fife-wide In-person & Online
Wellbeing Toolkit NHS Fife Update (150623)	For anyone wanting to improve their mental & physical wellbeing; interactive pages; tools to help you think about what you are good at and how you can use this; a range of health & wellbeing apps, websites, courses & contacts	www.nhsfife.org/services/all-services/health-promotion-service/mental-health-improvement/wellbeing-toolkit/	Fife-wide Online resource
The Big Hoose Project (The Cottage Family Centre) Update (170423): New hours for NEF Hub	Partnership with Amazon distributing household goods to children & families living in poverty; will work in partnership with charities, Social Workers, health visitors & organisations to enable access 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	www.thecottagefamilycentre.org.uk/news/big-hoose-fife-project Email administration@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 Hub@Castle Furniture: www.castlefurniture.org/downloads Email paulinemcilwraith@castlefurniture.org Pauline Mcilwraith, Hub Co-ordinator Tel 01334 654445	Fife-wide Referral system in place - via a Social Worker, health visitor, child's school or charity/organisation that supports children & families Mon-Fri 0900-1700 Hub@Castle Furniture Cupar & Glenrothes Tue & Thu 1100-1500 Glenrothes Mon & Wed 1100-1500 Cupar

Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
Link Living, Better Than Well Update (180422): Open to new referrals	Up to 8 supported self-help sessions adults 16+ whom experienced childhood trauma to stay safe/stable using CBT approach; aim to help participants understand impact of trauma, identify outcomes & how to work towards these & connect to other supports; available by telephone or video call; approximately 4-6 weeks waiting period for a coach; referrals can be self or on behalf of (with consent)	Tel 01592 644048 Email selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy Participants must live in the abovementioned localities North East Fife & South West Fife Sessions will always only be available via telephone or video call
Sporting Memories Update (270723): Spaces available Glenrothes	Aim to demonstrate the health, wellbeing & social benefits of talking about sport; local groups ideal for people 50+ who want to make new friends & enjoy sport & local history conversations; provide a supportive session for those living with dementia & other long-term conditions	www.sportingmemories.uk Local Contact Gary Wadell Tel 07941123278 Email gary.wadell@sportingmemories.uk	Kirkcaldy, Glenrothes, Methil & Dunfermline Mon 1400-1530 Methil Bayview Stadium Tue 1030-1200 Dunfermline Abbeyview Bowling Club Wed 1030-1200 Kirkcaldy Rugby Club Balwearie Road Wed 1330-1530 Glenrothes St Columba's Church Thu 1030-1200 Glenrothes Community Sports & Health Hub
Scotland Hourglass (Action on Elder Abuse)	Free shopping bag delivery for older people in isolation.	Tel 07496323801 Email colinscott@wearehourglass.org	Dunfermline & West Fife
Dunfermline Central Mosque	Shopping/essential deliveries including halal; free food parcels for those 60+ in need	Telephone or SMS 07946636913	Dunfermline to Rosyth

Service:	Brief:	Contact/Links:	Other:
Aberdour Bakery, Aberdour	Bakery/some essentials; card payment or cash on delivery	Tel 01383 860330	Aberdour 10-mile radius Thu-Sat Deliveries
F3 Food for Families, Gillespie Memorial Church, Dunfermline	Free fresh food during summer school holidays for families struggling to feed the family	www.gillespiechurch.org/mission-outreach/f3-food-for-families/ Tel 07518902602 Leave a message or text & you will get a call back Email f3gillespiechurch@gmail.com Facebook F3 or foodforfamiliesdunfermline	Dunfermline & West Fife Service commences from 060720
Benarty Fruits, Lochore	Fruit/Veg deliveries	www.benartyfruits.co.uk/shop Tel 07786025233	Oakley to Glenrothes Mon-Fri 0900-1500 & Sat 0900-1200
Fife Curnie Clubs Update (200222): 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, arts/crafts, peer support, personal development & therapeutic Flourish With Nature 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 FASD Fife for those who care for & work with FASD or are suspected of having been exposed to alcohol pre-birth	www.fifecurnieclubs.org 07384514478 Kirkcaldy (Jo) 07384514479 Dunfermline (Karen) 07807011951 General Enquiries (Donald) Email curnieclubsinfife@gmail.com Curnie Clubs Facebook @FifeCurnieClubs Tel/Text 07384514478 Jo, Flourish With Nature Email jo.mitchell@fassaction.org.uk Email fasd.fife@fassaction.org.uk FASD Fife Facebook @FASDFife	Kirkcaldy, Dunfermline, Levenmouth & Glenrothes Mon Glenrothes Relocating Apr 23 Tues 1100-1400 Bennoch Hub, Kirkcaldy Wed 1000-1300 Gillespie Church, Dunfermline Wed 1000-1300 Buckhaven Community Centre Fide-wide Thu 1000-1430 Flourish With Nature at/from Kirkcaldy base with field trips FASD (Fetal Alcohol Spectrum Disorder) Fife
Employment Plus, Salvation Army Update (241120)	Free & confidential help with employability, training, in-work support & well-being & life skills	www.salvationarmy.org.uk/employability Tel 0800 652 4276 Email employmentplus@salvationarmy.org.uk Local Contact 07827037013 Dawn Hinton Email dawn.hinton@salvationarmy.org.uk	Levenmouth, Glenrothes, Kirkcaldy, Lochgelly & Cowdenbeath

Service:	Brief:	Contact/Links:	Other:
Womens Wellbeing Club Update (110821): In-person peer groups at Glenrothes & St Andrews	Female only mental health peer group – online & in-person resource	www.womenswellbeingclub.co.uk Email glenrothes@womenswellbeingclub.co.uk standrews@womenswellbeingclub.co.uk dunfermline@womenswellbeingclub.co.uk Facebook	Glenrothes, St Andrews & Dunfermline Glenrothes – Collydean Community Centre, Tue 1830 St Andrews – 3a St Marys Place, Tue 1830 Dunfermline - Online
Pain Association Update (171122): 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 & cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event	www.painassociation.co.uk Tel 0800 783 6059 Email info@painassociation.com To join a zoom meeting – include a contact telephone number and which locality group you wish to join) Email awaugh@painassociation.com For information or a programme	Dunfermline (Townhill Community Centre) from 080223 in-person Kirkcaldy (St Bryce Kirk Centre) from 120123 Levenmouth (Buckhaven Community Centre) 120123 Cupar (YMCA) from 200223 Fife (online) from 180123
Walking Netball (Netball Scotland & Age Scotland) Update (040523)	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	www.netballscotland.com/get-involved/walking-netball-3/ Email membership@netballscotland.com Tel 07872470567 Jackie Moore, WN Glenrothes Email megan.buchanan@fife.gov.uk Megan Buchanan, WN Glenrothes	Dunfermline & Glenrothes National network with local groups: Mon 2000-2100 Dunfermline High School £3.50 Wed 1000-1100 Lomond Centre Glenrothes £3.50
Best Foot Forwards (Walking Groups), Fife Council Community Sports Leader-led Update (040521)	Gentle walks for all abilities meeting at local locations in Dunfermline & Rosyth; daytime & evening walking groups; walks are 1.5 or 3 miles	Tel 07496053380 Facebook	Dunfermline & Rosyth

Service:	Brief:	Contact/Links:	Other:
Crossroads Befriending Service Update (080623): Waiting list/referral process closed for Kirkcaldy & Levenmouth until further notice	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	www.crossroadscentral.org Email marie@crossroadsg.co.uk Tel 01592 630253 or 07955047757 Marie Lindsey, Co-ordinator	Fife excluding Dunfermline & West Fife <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
Andys Man Club Update (060723): Groups in Glenrothes South & North	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	www.andysmanclub.co.uk Email info@andysmanclub.co.uk Facebook search 'Andys Man Club' followed by the town	Glenrothes, St Andrews, Dunfermline, Kirkcaldy, Cowdenbeath & Dalgety Bay Mon 1900-2100: Glenrothes (Collydean Community Centre & Glenrothes Strollers FC) 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)
Chest Heart & Stroke Scotland (CHSS) Fife Peer Groups Update (070323)	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	Email peersupportteam@chss.org.uk for information/to refer (referral from available)	Glenrothes & Kirkcaldy Glenrothes (Heart) Exercise - remobilised Thu Fortnightly 1300-1500 Stoke (Social) Kirkcaldy, Linton Lane Centre

Service:	Brief:	Contact/Links:	Other:
Breathe Easy Fife (affiliated to the British Lung Foundation) Update (040723): July meetings set	Monthly support & social groups which bring people together who are living with or who care for people with lung conditions	www.blf.org.uk Tel 01333 426544 or 07730436966 Agnes Whyte (Chairperson) or 01334 650914 Ray/Janice for North East Fife Email breatheeasyfife@yahoo.com Facebook @breatheeasyfife Or, National Helpline Asthma & Lung UK: Tel 03000 030 555 Mon-Fri 0900-1700	Levenmouth, St Andrews, Kirkcaldy & Dunfermline Next 130723 Thu 1300-1530 Methil, Fife Renewable Innovation Centre Next 170723 Mon 1300-1500 St Andrews Scoonie Hill Community Centre Next 200723 Thu 1300-1530 Kirkcaldy, Templehall Community Centre Next 270723 Thu 1300-1530 Parkgate Community Centre Rosyth Glenrothes aiming to launch new group (Feb-Mar 2022)
Making it Work for Lone Parents (Fife Gingerbread & CARF) Update (170621)	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)	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth
East Fife Community Transport & Good Neighbours (RVS Community Transport) Update (230921)	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	www.royalvoluntaryservice.org.uk Email fifegnhs@royalvoluntaryservice.org.uk Tel 01592 269654	East Fife Mon-Fri 0830-1600

Service:	Brief:	Contact/Links:	Other:
Largo Links 'Online Local Directory of Events' Update (181121)	Hosted on Largo Communities Together detail of activities in Largo & further afield	www.largocommunitiestogether.org.uk Click on the 'Largo Links' and look for Online Directory	Upper Largo & wider area (Includes activities Cupar & East Neuk)
Link Living Social Café Update (210322): New group Tayport	Free social café for socially isolated adults 65+; refreshments & activities; aims to help tackle loneliness & social isolation in carers & 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	www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048	Torryburn, Cowdenbeath, North Queensferry & Tayport 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
Contact Point (Wheatley Care – previously Barony Housing Association) Update (221121): New opening times	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	www.wheatley-care.com Tel 01592 571873	Kirkcaldy & Levenmouth
Raith Fruit Shop	Fruit/Veg & some essentials being delivered	www.raithfruit.com Tel 01592 653444	Kirkcaldy, Dunfermline & Glenrothes Areas

Service:	Brief:	Contact/Links:	Other:
Evergreen Kirkcaldy & GROW Dunfermline, SAMH Update (071221): Accepting new referrals for 2022	Promoting recovery & wellbeing using horticulture; structured gardening programme to develop coping strategies, enhance employability providing education/training in horticulture	www.samh.org.uk Email dave.ross@samh.org.uk Tel 01592 260534 or 07595244753 David Ross, Senior Horticulture Practitioner	Kirkcaldy & Dunfermline Contact for referral form
Sunflower Hub (SAMH) Update (270122)	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	www.samh.org.uk Email sams.cafe@samh.org.uk Tel 01383 623179 SAMH Fife	Lochgelly, Cupar & St Andrews Mon 1200-1600 Lochgelly Centre, Lochgelly Wed 0900-1230 YMCA-YWCA, Cupar Thu 1200-1600 Cosmos Centre, St Andrews
Wellbeing in Fife (Barnardo's) Update (030222): 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;	www.barnardos.org.uk/scotland Email fifeservices@barnardos.org.uk Tel 01592 651482	Kirkcaldy, Glenrothes, Cowdenbeath, Leven & North East Fife Self-referral encouraged
Indoor Cricket Training for Seniors & Juniors (Glenrothes Cricket Club) Update (080222): 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	www.glenrothescc.co.uk Facebook @GlenrothesCC or @GlenrothesGladiators	Glenrothes & Kirkcaldy Tue Fortnightly 1800-2000 Seniors £5 Discounts available Fri Fortnightly 1800-2000 Juniors £2 Meet: Archery Hall, Cluny Activities KY2 6QU

Service:	Brief:	Contact/Links:	Other:
Falling UP Together Update (050522): 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	Email fallinguplivinginart@gmail.com Rab or Drew Facebook @fallinguptogether	Dunfermline & Silverburn, Leven Studio space in the Fire Station Creative, Dunfermline & at FEAT, Silverburn Park Leven
Shaz's Practical Solutions Update (131022): Privately purchased support	Light domestic, gardening, companionship & shopping/collection services; assemble flat pack furniture & change light bulbs	Email sairey_aw@hotmail.com Tel 07900301079	Dunfermline & South West Fife (town specific) £16/hour min 30 minutes Service self-indicates staff have PVG membership
Fair Start Scotland Update (201020)	Flexible employment support service to help ready people for work; voluntary participation; tailored; pre-work & in-work support	www.startscotland.scot/fair-start-scotland Email SaraW@triagecentral.co.uk Tel 07979534027 Facebook Triage Fife	Glenrothes & Leven Criteria applies – Clients must match one (includes: disability; care leaver; refugee)

Service:	Brief:	Contact/Links:	Other:
Kinship Support Groups (Update 081122)	<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 & you are welcome to attend any group; Men's Group also available</p>	<p>Tel 01592 583554 Mon-Fri 0900-1700</p>	<p>Dunfermline, Benarty, Cupar, Glenrothes, Kirkcaldy, Levenmouth, Anstruther, St Andrews 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 1st Wed of month 1800-2000 Men's Group Pitreavie Athletics Centre Dunfermline</p>
Low Impact Dance Update (270723): Spaces available Cupar & limited spaces Cupar; 1st session free	<p>Suitable for beginners & mature movers; could help weight loss; variety of dance styles & music; fun way to improve fitness & flexibility</p>	<p>Tel 01592 274769 or 07928371673 Carol Facebook L.I.Dance</p>	<p>Glenrothes & Cupar Tue 1130-1230 Cupar Y Wed 1000-1100 St Columba's Church £5 per session</p>

Service:	Brief:	Contact/Links:	Other:
STAND Dementia Friendly Meeting Centre Spaces Update (230323): Eats Rosyth aiming to be open in Apr 23 – contact Ethan Daish on ethan@eatsrosyth.org.uk & 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	www.dementiavoices.org.uk/group/stand-kirkcaldy/ Email STANDinFife@gmail.com Tel 07341842567 Ruth McCabe For Centres: ga.stokes@btopenworld.com or 07502226235 Gill Stokes, Kennoway Shed cath@pilgrimcare.org or 07792941783 Cath Carter NEF Hub Pat.Phee@fife.gov.uk or 01592 583442 Ostlers House STANDinFife@gmail.com or 07341842567 Ruth McCabe, Kinghorn CC Lynsey.Fraser@fife.gov.uk or Helen.Oliver@fife.gov.uk or 01592 583326 Methilhaven Anna.Capon@fife.gov.uk or 01383 602357 Jean Mackie Centre	Levenmouth, St Andrews, Kirkcaldy, Dunfermline & Kinghorn Mon 1330-1600 Kennoway Community Shed Tue 1000-1500 NEF Community Hub St Andrews 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

Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
Arden House Projects, Leven Update (060122): 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	www.ardenproject.org.uk Tel 01333 303210 Email ardenhp@googlemail.com	Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; & Largo Villages Mon-Fri 0900-1700 Messages can be left and will be responded to asap
Monday Lunch Club, St Agatha's & St Giles RC Church, 160 Methil Brae, Methil Update (171120): Closed until restrictions are eased; contact via social media for updates	Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall	Facebook @stagthas	Methil (Levenmouth) Mon 1200-1330
It's Game Time & Talk Time, East Fife Community Football Club, Bayview Stadium, Methil Update (120421): Resumed	All fitness levels welcome; opportunity to meet new people; discuss all things mental health & well-being; grab a drink & a blether before & after the game	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information	Levenmouth Mon 1800-1900; Thu 1030-1230 Bayview Stadium, Free (no need to book)
Walking Football, East Fife Community Football Club, Bayview Stadium, Methil	The beautiful game at a slower pace; 45+; due to restrictions contact Alan Lowe in the first instance	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information and how to book	Levenmouth Book online or contact for information

Service:	Brief:	Contact/Links:	Other:
Sam's Mental Health Café (SAMH), Forth Street Hall, Leven Update (210421): New service from 060521	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 07568127735 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Leven (Fife-wide with enquiries or for those able to access) Tue, Wed, Sat 1200-2000
Buckhaven Community Centre (Kinneir Street) Update (230921): Groups remobilising	Social & activity groups; badminton courts available for hire (telephone centre)	Tel 01592 583472 Email buckhaven.centre@fife.gov.uk Facebook	Buckhaven Mon Zumba 1800-1900; Pipe Band 1800-2100 Tue Tai Chi 1400-1500, Writing Group 1400-1600 Thu Pensioners Group 1300-1600; Pipe Band 1800-2100; Line Dancing 1830-2000 Fri Art Class 1330-1530
Renew Forth Street (supported by Renew Wellbeing & Leven Baptist Church) Update (270921)	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	www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife Tel 01333 421566 Email levenbaptist@gmail.com	Leven Mon 1000-1200 Forth Street Hall, Forth Street, Leven Baptist Church
Tea & Technology (Fife Council) Update (271021): New from 041121	Weekly learning assisting people to use smart phones, tablets, iPads & computers; online safety; places must be booked in advance	Tel 01592 583472 Nic	Kennoway Thu 1230-1400 Sandybrae Community Centre, Kennoway
Buckhaven Baptist Church Update (131022): Free soup kitchen every Wed	Weekly food distribution & community café (The Safe Haven Café, formerly the Community Café); free Soup Kitchen Wed	www.buckhavenbaptist.org.uk Facebook Buckhaven Baptist Church	Buckhaven Wed 1130-1530 Soup Kitchen Fri 0900-1000 Food Distribution Fri 1000-1300 (hot meals from 1200)

Service:	Brief:	Contact/Links:	Other:
Flagship Coffee & More (Wellesley Centre, Church of Scotland) Update (270622): 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	Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr	Methil & Levenmouth 2 nd & 4 th Thu of the month 1000-1130 Free
Rainbow Group (Wellesley Centre, Church of Scotland) Update (270622)	For people living with Dementia (need to be accompanied by a relative, friend or carer) who enjoy group singing	Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr	Methil & Levenmouth 1 st & 3 rd Thu of the month 1400-1600 Free
Bereavement Group (Wellesley Centre, Church of Scotland) Update (270622)	A friendly environment for people experiencing bereavement; cuppa & chat	Email wellesleycentre@outlook.com Tel 01383 871937	Methil & Levenmouth 1 st Wed of the month 1400- 1600 Free
Walk & Talk! (Wellesley Centre, Church of Scotland) Update (270622)	Walks, fun & fellowship; group of mixed abilities; different walks weekly; often stop for refreshments	Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr	Methil & Levenmouth Wed 1000 approx 2-hrs Free
Bibs & Burps (Wellesley Centre, Church of Scotland) Update (250523)	Parent & Baby Group; tea, coffee & breakfast in a calm relaxed environment; enjoy the company of others	Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr	Methil & Levenmouth Mon 1000-1130 Free
Little Stars (Wellesley Centre, Church of Scotland) Update (250523)	Carers & children 1-2 years; relaxed & friendly	Email FKerr@churchofscotland.org.uk Tel 07581342245 Fiona Kerr	Methil & Levenmouth Mon 1030-1130 Free (donations welcome)
Scoonie Bowling Pavilion Update (250523)	Community hub offering chat, food, refreshments, warm space, WiFi & cooking/baking opportunities; families with children welcome	www.mybusct.org.uk	Leven Mon, Wed, Thu 1000-1200 Tue, Fri, Sat 1000-1400 Warm Space

Service:	Brief:	Contact/Links:	Other:
Bite & Blether, Windygates Bowling Club Update (171122): From 181122	Bite & blether; food, chat & entertainment; free	Facebook @WindygatesBowlingClub Meet: Windygates Bowling Club, Leven Road, Windygates	Windygates Fri 1800-2000 entertainment from 1900
Hame Fae Hame, The Centre Update (231122): From 011222	Homemade food, music & chat in a warm friendly environment	Meet The Centre, Commerical Road, Leven	Leven Thu 1200-1400
PlayFit Kids, Sport Scotland Active Schools Fife Update (250523)	Free parent & child multi-sport club for 3-5 year; older siblings welcome	Email Emily.Alexander@fife.gov.uk	Methil Fri 1600-1700 & 1700-1800 Methil Community Education Centre
Fit For Life, Active Fife Update (180523)	Get active & have fun with activities like badminton, table tennis, fitness stations & carpet bowls	Email Emily.Alexander@fife.gov.uk	Methil Mon/Tue 1000-1200 Savoy Sports Centre
Scoonie Man Chat Update (220523)	Men's group; no pressure, no agenda, just chat; refreshments	Tel 07936962597 Email ian.tinkler@icloud.com Facebook Scoonie Man Chat	Leven Thu 1900-2100 Scoonie Bowling Pavilion, Scoonie Crescent
Living Fierce Yoga Update (250523)	Yoga specific to user groups	Tel 07385189317 Lesley Facebook LivingFierceyoga	Leven Wed 0930-1030 Mother & Baby Wed 1330-1430 Chair Yoga @ The Studio, Den Walk
Wemyss Warm Welcome Inn Update (250523)	Warm space; free with homemade soup & cuppa; all welcome	Where: Coaltown of Wemyss Bowling Club	Coaltown of Wemyss Thu 1200-1400 Until Dec 2023
St Margaret's Episcopal Church Hall, Social & Knitting Groups Update (110822)	Social Knitting Groups; all welcome; yarn/needles provided (tuition available); centre located corner Victoria Rd/Waggon Rd	Tel 07718990666 For pastoral matters & hall hire Facebook	Leven Wed 1030-1200 Cuppa Chat Thu 1900-2100 Knot Just Knitting

Service:	Brief:	Contact/Links:	Other:
Airlie Cancer Care Association (Airlie Medical Practice) Update (020323): 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	Tel 01333 426083 Tracy Simpson, Business Manager Airlie Medical Practice or 07806776560 Jacqueline Thomson, DCS or 07806776560 Mary Lynch, HSCP Improving Cancer Journey Email tracy.simpson@nhs.scot or mary.lynch-sw@fife.gov.uk	Buckhaven & Levenmouth Monthly 1300-1500 Buckhaven Theatre, Lawrence Street)
The Drop In (Partnership Initiative) Update (040723)	Offers young people 16-26 access to a range of organisations in an informal setting; partnership team consists of Clued Up, Barnardos, The Well, Frontline Fife, Link Life Fife & Community Learning & Development; weekly drop-in where young people can access support & info covering Mental Health, Substance Use/Harm Reduction, Physical Health, Housing/Homelessness, Benefits/Money, Employability/Learning & Sexual health	Email debbie@cluedup-project.org.uk or jennifer.knight@fife.gov.uk for info	Levenmouth Thu 1300-1500 Methil Community Centre (Bowling Green Street, Methil KY8 3DH)
Craft & Natter, Balmaise Community Centre Update (100823): Commencing 170823	Bring your own craft or learn a new craft; meet new friends, refreshments & chat	Tel 01334 659384 Balmaise Centre	Leven Thu 1300-1500 £2

Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
Later Life Choices Glenrothes (formerly Age Concern Glenrothes) Update (150922): 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-hours community support; 1-hour home visiting support; main day care provider within the Glenrothes Locality	www.laterlifechoicesglenrothes.org Tel 01592 756316 Email info@laterlifechoicesglenrothes.org Facebook	Glenrothes, Leslie, Markinch, Thornton & Coaltown of Balgonie (including Kinglassie for 'Help to Stay at Home' service) £10/group attendance with 2-course meal & transport (£7 without transport)
Leslie Community Pantry	Stocked food pantry free to the local community located at the back of the Station Hotel (277 High Street); if you are struggling to get out & need a parcel, delivery can be arranged	Telephone or text 07730789255 Facebook Leslie Community Pantry	Leslie Food Pantry closes 1700
Collydean Community Centre, Glenrothes – Community Supports Update (160223): 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	Free food parcels, shopping, prescriptions, etc 01592 359012 Disbursement of Funds 01592 742913 Digital Connectivity 01592 359022 Telephone Befriending 01592 359040 Coffee, Chat & Crochet tel 07539150499 or email pearlmuir@hotmail.com Pearl Further information please contact Rose Duncan, Centre Manager on 01592 742913 or 07926503923 Email rose@collydeancommunitycentre.co.uk	North Glenrothes (including Cadham & Leslie) Mon-Fri 0900-1645 Community Pantry Wed & Fri 1700-1800 Community Larder (from the Gilvenbank Sports Hub) Wed 1600-1700 Coffee, Chat & Crochet
Leslie Baptist Church	Assisting those struggling with loneliness or providing food for their family	Email community@lesliebaptistchurch.org.uk	Leslie

Service:	Brief:	Contact/Links:	Other:
Glenrothes Art Club Update (160921): Reopened	Non-members welcome to come along & try; membership (equivalent to £1.15/week)	www.glenrothesartclub.org.uk Email secretary@glenrothesartclub.org.uk Contact via web link	Glenrothes Non-members can visit Mon-Fri 1300-1500 (Tue Crafts)
Pop Up Community Kitchen (sponsored by 50th Scouts & CAREA) Update (300121)	Free meal including vegetarian option & kids treat bag; every Saturday 1200-1400 beginning 300121	Tel 07518435821 Facebook CAREA Community Hub Glenrothes	Glenrothes Sat 1200-1400 Scout Hall/Woodside Hall, Balbirnie Road, Glenrothes
Glenrothes Strollers Mens Lets Talk Tactics in Life Update (040521)	Inclusive football for men 18+ to help improve fitness & well-being	Email strollersletstalktactics@gmail.com Facebook	Glenrothes Tue 1830-1930 Overstenton Park, Glenrothes KY6 2NG
Step Out With The Strollers Update (171122): From 211122	Walking group for people who enjoy walking & talking; cuppa & biscuit at end; all ages	Tel 07769317710 Sarah Facebook	Glenrothes Mon 1045 at Overstenton Park
Cowden & Glenrothes Strollers Football Fans in Training Update (040521): Commences 120521	Uses football to help weight loss & improve lifestyle in a friendly environment; free 12-week programme; must be male 35-65 with a waist line 38 inches+; group meets at Overstenton Park (KY6 2NG)	www.glenrothesstrollersfc.co.uk/news/2838 Tel 07949315276 Ask for Ross Email dev@gsfc.org.uk	Glenrothes Wed 1930-2100 from 120521
HeART Update (060921)	Art, sensory & well-being studio where children/young people explore, learn & express; focus on process of making & doing rather than the finished product	www.heartstudiofife.co.uk Tel 07889808569 Email heartstudio@yahoo.com	Glenrothes (based) Book sessions via website (cost applied)
Welcome-In (St Ninian's Parish Church, Cawdor Drive)	Social & activities group; open to all	www.stninians.co.uk/adults/welcome-in/ Tel 01592 610560 Facebook @StNiniansParishChurch	Glenrothes Wed 1330
MAGiiC Project Coffee Morning Update (221121): Dementia friendly group	Coffee morning; all welcome; dementia friendly	Tel 07566768285 Susan Arnott	Leslie Thu 1000-1200 Masonic Hall, Leslie Adults £2 & Children £1

Service:	Brief:	Contact/Links:	Other:
Glenrothes Community Sports & Health Hub, Gilvenbank Update (160223): 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 & 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	www.gilvenbankhub.co.uk Facebook @GlenrothesCommunitySportsHealthHub To arrange a free shower time: Contact via Facebook or email suzanne.mcroberts@glenrotheshub.co.uk	Glenrothes 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
Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op) Update (220222): 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	www.theglenrothesmensshed.org.uk Email glenrothesmensshed@outlook.com Tel 01592 769271 During opening hours Facebook @glenrothesmensshed	Glenrothes Mon 1000-1300 Tue 1000-1600 Wed 1000-1300 Thu 1000-1300 & 1900-2200 Fri 1000-1300
Therapeutic Art, Christ's Kirk in collaboration Brighter Futures Health Hub Update (210322)	Welcoming & creative group; no experience necessary; creative activities to benefit mental health; gifted placements may be available	Tel 07530314636 Catherine Mills Facebook Brighter Futures Health Hub	Glenrothes Thu 1030-1130 Christ's Kirk, Cadham £5 includes materials
Pitcarin Pensioners Social Group Update (240322)	Friendship, entertainment, weekly raffle, bingo & refreshments; seniors welcome	Tel 01592 742913 Collydean Community Centre Facebook collydeancommunitycentre	Glenrothes Thu 1400-1600 Collydean Community Centre

Service:	Brief:	Contact/Links:	Other:
Brighter Futures Health Hub Update (200223): 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	Email rose@brighterfutureshealthhub.co.uk Tel 01592 745175 Facebook Brighter Futures Health Hub To book place: Tel 07926503923 Winter Warmth Group Email KnitandKnatterbfhh@gmail.com Knit & Knatter Group with Denise Email macmouse@hotmail.co.uk Scrapbooking with Blue	Glenrothes 37 Peploe Drive: Wed 1515-1715 Winter Warmth Thu 0930-1230 Walk-in Ear Care Assessment Clinic Cadham Neighbourhood Centre: Tue 1100-1200 Knit & Knatter £2 Tue 1100-1300 Scrapbooking with Blue £2 Tue 1930-2015 Line Dancing
Cadham Neighbourhood Centre Update (120123): 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	Tel 01592 620141 to book Warm Space Facebook @CadhamCentre	Glenrothes Mon 1745-1845 Community Larder Wed 1600-1800 Warm Space with meal Over 60s Thu 1600-1800 Warm Space with meal Families
Butterfly Bereavement Café Update (130723): New evening group from 250723	Bereavement Cafe; welcomes everyone; for company & chat for people experiencing loss; tea & coffee	Tel 07706209018 Email butterflybereavementcafe22@gmail.com	Glenrothes Mon 1000-1130 Collydean Community Centre Last Tue 1900-2030 Morrison's Community Room
The Haven Café (Update 081122)	Free - chat, cuppa & warmth	Facebook TheHavenKingdomCentre	Glenrothes & Markinch Mon 1000-1200 Christ's Kirk, Pitcoudie Avenue Tue 1100-1400 Markinch Church Hall Wed 1130-1400 St Columba's, Rothes Road Fri 1100-1500 St Margaret's Church, Woodside Road

Service:	Brief:	Contact/Links:	Other:
Carea Community Hub Update (081122)	Volunteer-led community hub supporting: Mothers & Toddlers Group, Children & Adult Craft Groups; Pop Up Kitchen (see page 48) & Pantry Store (free food & toiletries)	www.careacommunityhub.wixsite.com Email cbuist1054@yahoo.co.uk Tel 07518435821 Facebook @Careacommunityhub	Glenrothes Meet 50 th 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
Exit Community Centre (Glamis Centre, Pitteuchar) Update (160223): 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)	Tel 01592 772583 Facebook	Glenrothes 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
Markinch Wednesday Club Update (090223): 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	Tel 01592 773893 Jan Clark	Markinch Wed 1200-1400 Markinch Town Hall Membership Fee £3 Weekly £3

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

Service:	Brief:	Contact/Links:	Other:
Peace 'n' Jam Community Pantry, Kitchen & Hub (St Luke's Episcopal Church) Update (211022): New Wed Club including meal & games	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	Email enquiries@peacenjam.org.uk Tel 01592 754206 Facebook peacenjamproject For Afternoon Tea please book: Tel 07947321687 Ross Stirling-Young Email Ordinand@stlukesglenrothes.onmicrosoft.com Or pop in to the Hub	Glenrothes 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
Lomond Centre Update (310123)	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)	Email glenrothes.halls-centres@fife.gov.uk Tel 01592 583473 Email: Adtra107@hotmail.com for Warm Space transport	Glenrothes 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
Jayne's Wool & Buttons, 1 Edison House Fullerton Road Update (081122)	Number of weekly clubs – knitting, crochet; all abilities welcome; no annual/term membership fees to join	www.jayneswool.co.uk/about-us Tel/Text 07722388124 Jayne	Glenrothes Mon, Wed, Thu, Sat 1100-1300 Tue 1900-2100 £4 per visit - £2 for additional

North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
Auchtermuchty Community Centre Update (060123): New Warm Space group Fri 1200-1400 offering chat & homemade food	Hot meal deliveries; Foodbank; free packed lunches during school breaks	Tel 01337 827068 Facebook PM for free packed lunches @AuchtermuchtyCommunityCentre	Auchtermuchty & Dunshalt Mon 1400-1500 Foodbank Wed 1730-1830 Foodbank Fri 1200-1400 Warm Space Group (sit in & takeaway) free, donations welcomed
Health Walks (Health Walks, Paths for All & Pilgrim Care) Update (150321): 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	Tel 07792941783 Cath Carter (Pilgrim Care, Parish Nurse) Email cath@pilgrimcare-standrews.org	St Andrews Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)
Ardross Farm, Elie Update (200820): Returning to normal hours daily 0930-1730; deliveries still possible	Food & meals delivery service (£4.50 delivery charge); via Facebook @ArdrossFarmShop a series of live behind the scene tours with some of their favourite producers (interactive)	www.ardrossfarm.co.uk Tel 01333 331400 Email info@ardrossfarm.co.uk	North East Fife Payments are made over the telephone prior to delivery
Community Aid St Andrews (CASA) Update (070323)	Public group established by the community to support others during the pandemic; requests for support can be made & individual connections made	Tel 03000 122014 Email hello@communityaidstandrews.co.uk Facebook Community Aid St Andrews (CASA) Scotland	St Andrews The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other
Couthie Cuppa (St Ayle Church, Anstruther) Update (241122)	Cuppa & chat	www.stayle.org	Anstruther Tue 1100-1230 St Ayle Church, School Green
snappyshopper.co.uk	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	Check App Premier in Cupar are part of this service

Service:	Brief:	Contact/Links:	Other:
Cinema Club Update (240523)	Free cinema club; choice of film/classic/musical; popcorn & ice-cream	Tel 07792941783 Cath Carter Email cath@pilgrimcare.org	St Andrews Thu 1430 West Wing NE Fife Community Hub (St David's)
NE Fife Community Hub, St David's Centre, St Andrews Update (240523): New Meeting Centre for those living with a diagnosis of dementia or cognitive impairment, their families & friends; new Cinema Group from 220623	Primary objective is to create a sustainable community facility, hosting a wide variety of activities designed to reduce loneliness, enhance mental & physical well-being & promote social inclusion; 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; Meeting Centre (dementia-linked); Cinema Club	Tel 07584489606 Email nefcommunityhub@gmail.com Facebook @CommunityHubNEF Email fundingnefcommunityhub@gmail.com For information on the development of The Hub or to become involved	St Andrews/NE Fife Mon 1000-1200 Let's Chat Mon 1100-1200 Botanic Garden Walking Group Mon 1215 Walking Group Lunch Tue 1000-1500 Meeting Centre (dementia-linked) Tue 1300-1430 Knitting & Craft Group Tue 1430-1600 Football Memories Wed 1200 Lunch Wed 1315 Armchair Exercises Thu 1300-1430 Dominoes Group Club Fri 1030-1230 Sew, Repair & Recycle Fri 1200-1400 Chow & Chat (alternate weeks) Fri 1430 Health Walk Mon-Fri 0830-1630 Warm Space Sat 0900-1500 Warm Space
Menopause Support Group Update (290623): Plan to next meet Sept 2023	A small group developing an informal peer support where women can come together & share strategies for living with symptoms, support & encourage each other; occasional social	Email janeehsmith28@gmail.com for further info	St Andrews Meet at NEF Community Hub St David's Centre

Service:	Brief:	Contact/Links:	Other:
J B Penmans Butchers, Crail Update (200820): Deliveries still possible	Food & meals delivery service (no charge for delivery) & no order too small	Facebook J.B Penman Butchers Tel 01333 450218 Email jpenman01@btconnect.com	East Neuk, St Andrews & surrounding area
Cupar Community Fridge, County Buildings (St Catherine Street)	The Community Fridge enables businesses & individuals to waste less through the sharing of good quality food that's within its use by dates – free to use	Email Katy.Bald@fife.gov.uk	Cupar Area Tues 1100-1200 Note: Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
Death Café, The Byre Theatre, St Andrews Update (170123): 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	https://byretheatre.com/upcoming/wellbeing/ (ctrl & click to follow link) to find dates and to book a free ticket; main website www.byretheatre.com Tel 01334 475000 Box Office www.deathcafe.com General Information	St Andrews – National Initiative Free ticketed event For future events contact the Box Office
#Food2o, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews) Update (040321): From 030321	Top up with items such as cupboard essentials & toiletries at no cost	For information: Tel 077852711797 Vicki Blair, Com Ed Worker Email Claire.Fisher@fife.gov.uk Claire Fisher, Lead Officer	St Andrews Wed 1600-1730
Cosy Café, East Neuk Centre Anstruther	Free hot lunch & chat; all welcome	Email heather.whyte@fife.gov.uk Tel 07873616027	Anstruther Mon 1200-1330 No booking required

Service:	Brief:	Contact/Links:	Other:
Community Café Burnside Hall, Balmullo Update (060921)	Weekly friendly community café (dementia friendly); soup, sandwiches & home baking at reasonable prices	Email info@bramblecatering.co.uk Christine Dormund Tel 07983547399	Balmullo Wed 1115-1400
St Andrews Ladies Friendship Club Update (070323): 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)	Facebook St Andrews Ladies Friendship Club (must apply to join group in order to view/post)	St Andrews & Surrounding Area
ENeRGI Update (290621): 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 & 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	www.energi.org.uk Tel 01333 730477 or 07377354654 for Groups Email energirecovery@btconnect.com	East Neuk

Service:	Brief:	Contact/Links:	Other:
Y Singing, YMCA Update (070921)	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	Email merigoad@gmail.com to book a place contact Meri	Cupar Thu (seasonal) 1915-2045 £4 suggested donation per session
Tayside Institute, Newburgh Update (241122)	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	www.taysideinstitute.org.uk Tel 01337 840709	Newburgh Tue & Thu 0900-1100 Café Club Mon-Thu 1200-1900 Heat Hub Thu 1400-1600 Thursday Club Fri 1200-1800 Heat Hub
St Andrews Men's Shed Update (110821): 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	www.standrewsmensshed.org.uk Tel 07977131635	St Andrews In the Botanic Gardens at the rear entrance beneath the viaduct Mon-Tue 0930-1230 & 1300-1600 Thu 0930-1330
Reading Round (community initiative supported by the Royal Literary Fund) Update (190821)	Read & discuss writing with a local published author – no pens, paper, no advance reading, like a book club without the homework	Email geoff.barker@rifeducation.org.uk To reserve a free place	Cellardyke Wed 1030-1200 Sun Tavern, Scottish Fisheries Museum (reserve place and spaces limited)
Dairsie Community Singers, Dairsie Church Hall Update (070921)	Community singing group; weekly from 2109-0712	Email merigoad@gmail.com to book a place contact Meri	Dairsie Tue (seasonal) 1915-2045
Newburgh Wellbeing Choir, TICC Update (070921)	Community choir, all welcome; music, refreshments, cakes & chat; optional donation	Email nbchoir3@gmail.com	Newburgh Wed 1400-1530 remobilising from 150921

Service:	Brief:	Contact/Links:	Other:
Coffee Morning & Afternoon, The Coach House Centre (Church of Scotland)	Weekly; drop-in	Tel 01334 870038 Facebook @stathernasechurchnews	Leuchars Tue 1000-1400 Coach House Centre, Main St
Lucky Ewe (Work Placements in the Countryside) Update (210921)	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	www.luckyewe.org.uk Tel 07817278630 Email contact.luckyewe@gmail.com Facebook	North East Fife (based at Bonnyton Farm)
Coastline Friendship Club, Coastline Community Church Update (151121): New group Crail from 291021 (every 2 nd Fri)	Weekly Pittenweem 'Drop-in'; tea/coffee/a chat/prayer 1100-1400 in the cafe & Sanctuary; Friendship Club at Crail Community Hall every 2 nd Friday 1130-1330 from 291021	www.coastlinecommunitychurch.org.uk Email info_coastline@btinternet.com Tel 01333 312041 Facebook @coastlinecommunitychurch	Pittenweem & Crail Fri 1100-1400 Pittenweem Coastline Church, Session Street Fri 1130-1330 (every 2 nd Fri) Crail Community Hall, St Andrews Road
Let's Chat! (Chatty Café Scheme - Friendship Café) Update (220921): 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	St Andrews (for people in North East Fife) Mon 1000-1200 NEF Community Hub (St David's Centre, Albany Park) Thu 1700-1900 Zest Café (95 South Street)

Service:	Brief:	Contact/Links:	Other:
Scoot About Toon Update (190422): 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	Meet: Baptist Church Hall, 79 Bonnygate Tel 07776440699 Liz Laing	Cupar Wed 1300-1500 £3 to cover costs, activities & refreshments
Colinsburgh Community Cinema Update (120922): Season 14 started	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	www.colinsburghcommunitycinema.co.uk Tel 01333 340360 Pete Marshall or 01333 340275 Doug Grant	Colinsburgh-based See website for film detail, time & dates School playground can no longer be used for parking
Pop-up Post Office, Dairsie Mini Mart Update (281021): New service	Pop-up Post Office services in a variety of locations within North East Fife with staged start dates	Facebook @dairsieminiart For Balmullo Tel 07763890145 Lynn Murray is happy to be contacted regarding the Pop-up Post Office, Community Café or any other activities supported within the Hall	Balmullo, Strathkinnes, Ladybank, Newport & St Andrews Balmullo Burnside Hall Thu 1230-1430 aiming to change to Wed 1230-1430 from 101121 Strathkinnes Village Hall Mon 1230-1430 & Fri 1300-1445 Ladybank Library Tue 1400-1500 & Thu 1000-1200 Newport Church Hall Wed & Fri 0930-1130 St Andrews NEF Community Hub (St David's Centre) Mon 1230-1430 & Thu 1300-1500
Tayport Lunch Club for Older People (Castle Furniture) Update (110822): Spaces currently available	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)	www.castlefurniture.org Email samingram@castlefurniture.org Sam Ingram or enquiries@castlefurniture.org Tel 01334 654445 Cupar Office or 01592 501068 Glenrothes Office	Tayport-based Tue 1000-1230 £9.50 per session

Service:	Brief:	Contact/Links:	Other:
Aqua Move, Clayton Caravan Park Update (061221): From 241121	Low impact water exercises; all abilities; Wed (excluding school holidays)	Tel 01334 870242 Option 3 to book	Clayton (based) Wed 1145 £5.50 per 40min session
Haydays Update (170123): 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)	www.haydaysfife.co.uk Email haydays@outlook.com Tel 01334 477402 Facebook Haydays Fife	St Andrews (based in) 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
Auchtermuchty Seniors Lunch Clubs & Other Centre Activities Update (071221): 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)	www.auchtermuchtycommunitycentre.org.uk Tel 01337 827068 to book & for transport or for Centre information Facebook	Auchtermuchty Small charges apply for lunch & transport
Forgan Arts Centre Update (180523): Spring 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	www.forganartscentre.co.uk Email info@forганartscentre.co.uk Tel 01382 542062	Newport-on-Tay (based in) Located in the old Leng Centre
Larick Centre, Tayport Update (100222): Community Hub & Café	Daily activities & community resources including free legal advice & Community Fridge	www.tayport.org.uk Email larickcentre@tayportct.org.uk Tel 01382 549727 Facebook	Tayport Mon-Sun 1000-1600 Café

Service:	Brief:	Contact/Links:	Other:
Falkland Lunch Club Update (280422): 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	Contact in writing The Lunch Club c/o Community Hall, Back Wynd, Falkland, Fife KY15 7BX	Falkland, Freuchie & Dunshelt Mon 0930-1330 £5 per session (transport provided – pick up from 0930)
PLANT (People Learning About Nature in Tayport) Update (100222)	Works on projects which bring people together to grow food & flowers, reducing carbon emissions & enhancing Tayport's natural environment; opportunities to get involved with 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	www.tayportgarden.org Email admin@tayportgarden.org or volunteer@tayportgarden.org Facebook @plantgroup	Tayport
Include Me Citizen Advocacy North East Fife Update (170322): 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	www.includeme.org.uk Email contact@includeme.org.uk Tel 07487 566 442 Mon-Wed Tel 07487 566 937 Tue-Thu	North East Fife Open Mon-Thu
St Andrews Memory Café (St Mark's Church, St Mary's Place) Update (260522)	Group for all adults with memory issues & carers/companions; varied entertainment programme & refreshments	Tel 07518345187 Sylvia Email standrewsmemorycafe@gmail.com	St Andrews 1 st & 3 rd Wed of the month 1400-1530 St Mark's Opposite Bus Station
Coffee Cup Update (290623)	Free refreshments & biscuits; friendly warm space; toys & baby facilities available	Email standrewsmemorycafe@gmail.com	St Andrews Fri 1000-1130 St Mark's Opposite Bus Station

Service:	Brief:	Contact/Links:	Other:
Dementia Friendly Outdoor Activity Group, Sensory Trust Update (230522)	Operating from the NEF Community Hub; fortnightly outdoor group; suitable for people living with mild-moderate dementia & their carers	Tel 07419356464 Karen Marnie to book a place	St Andrews Must be pre-booked Fortnightly Tue 1330-1500 Meet NEF Community Hub, St David's
Footprint East Neuk Update (090622)	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	www.footprinteastneuk.com Email footprinteastneuk@gmail.com Tel 07939147150 Sonja	East Neuk
East Neuk Eats! Community Fridge (East Neuk Centre Trust) Update (090622): 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	www.eastneukcentre.org.uk Email info@eastneukcentre.org.uk Tel 01333 311977 Facebook @eastneukcentre.trust	Anstruther East Neuk Centre: Thu 1300-1500 Fridge Drop-in Mon-Fri 1000-1500 Community Wardrobe
Continuing Care North East Fife Update (230622)	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	www.continuingcarenef.org.uk Tel 01334 880743	North East Fife Residents 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)

Service:	Brief:	Contact/Links:	Other:
St Monans Community Larder (Town Hall) Update (090622)	Community Larder; food & other goods that would otherwise be wasted; free refreshments; clothes & books swap	Facebook	St Monans Fri 1100-1200 Town Hall
Age Concern Cupar Update (040722): 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	www.ageconcerncupar.org Email ageconcerncupar@btconnect.com Tel 01334 653597 Anne Ronaldson	Cupar (based) Serves Freuchie, Falkland, Letham, Ladybank, Kingskettle, Pitlessie, Springfield, Ceres, Craigrothie & Dairsie Mon-Fri 0900-1500 £8.50 per visit
Cupar St John's & Dairsie United Parish Church Update (170123): New Warm Space group Cupar	Church activities & Friendship Circle (all welcome); Warm Space Group Cupar	www.cuparstjohnsanddairsie.org/worship-and-church-activities/ Facebook @StJohnsAndDairsieUnitedParishChurch	Cupar & Dairsie Wed 1030-1330 Warm Space Group, St John's Bonnygate, Cupar 2 nd & 4 th Mon of the month 1400-1530 Friendship Circle, Church Hall, Dairsie
Ceres Village Café Good Companions Lunches Update (280722)	Community tearoom & takeaway which provides a free weekly lunch to help tackle isolation & loneliness for people within the local & surrounding area	Facebook @thevillagecafeceres Meet 38 Main Street, Ceres	Ceres Mon 1200-1400 Good Companions Lunches
Falkland Tuesday Club Update (050922): Resumes 060922	Whist & Dominoes with tea & biscuits at half time	Tel 01337 858451 Bill Graves or 01337 857846/07379878006 Henry Normand	Falkland Tue 1300 Falkland Community Hall £2 Annual Membership & £2 weekly
Falkland Chess Club	Chess club with all ages & skills welcomed	Tel 07864329258 Chris	Falkland Thu 1845 Community Hall
The Walkie Talkies Update (090622)	Walk, chat & coffee; all welcome; start from Town Hall	Email spotjewijd@gmail.com	St Monans Thu 0915 Start Town Hall

Service:	Brief:	Contact/Links:	Other:
Planting For Your Piece, St Andrews Botanic Garden Update (100223)	Aim to improve mental health through gardening sessions, exploring process of growing & creating food from patch to plate	www.standrewsbotanic.org Email rduncan@standrewsbotanic.org Rebecca Facebook	North East Fife (based St Andrews) Wed 1330-1530 Fortnightly from 010323
Old Parish Centre Update (170123)	Hub for community groups; interest, peer & Warm Space groups	www.cuparold.org.uk/pages/old-parish-centre Group Contacts: jandance1010@hotmail.com or 07478329864 Jan Knight U3A Ladies Dance/Exercise 01334 650301 Keith McIntosh Cupar Forum help@cic.scot or 07726959777 Community Café cuparhardofhearinggroup@gmail.com Cupar Hard of Hearing Group shenaporteous@hotmail.com Shena Porteous Memory Café 01334 828521 Lesley Marr Cupar Quilters help@cic.scot or 07942369874 LGBTQ+ Hub	Cupar 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 rd Tue of the month 1400-1530 Memory Café 1 st Wed of the month 1900 Cupar Quilters 3 rd Fri of the month 1800-2000 North East Fife LGBTQ+ Hub Last Fri of the month 1400-1600 Cupar Forum 50+
Square Start Cupar (BRAG enterprises) Update (270723): Launches 170823	Consortium offering mindfulness, arts/crafts, buggy walks, weekly family nights, homework club, bookbug sessions, family wellbeing support, health eating/cooking on a budget, online safety sessions & first aid training; tea/coffee/snack provided	www.brag.co.uk Tel 01592 860296 Email SquareStart@brag.co.uk	Cupar Thu 1630-1830 YMCA, 93 Bonnygate, Cupar

Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
Care & Share Companionship Update (040722): 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	www.careandsharecompanionship.org Tel 07494129112 Teresa Naylor Facebook care and share companionship	Kirkcaldy Area Directed by Scottish Government guidelines on a weekly basis
Lang Toun Larder (Community Pantry) & Community Meals, Greener Kirkcaldy Update (290421): 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)	www.greenerkirkcaldy.org.uk Tel 01592 858458 Email communitymeals@greenerkirkcaldy.org.uk	Kirkcaldy & Dysart People can self-refer or be registered by an agency Thu 1100-1400 Lang Toun Larder , 8 East Fergus Place (must apply for membership first) Wed 1530-1730 Community Meal (Takeaway – bring a bag and mask), 8 East Fergus Place
Linktown Tenants & Residents Association	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school kids	Private message their Facebook page	Kirkcaldy Area Mon-Fri
The Cottage Family Centre Update (080222): 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)	www.thecottagefamilycentre.org.uk Email info@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 Or contact via Facebook	Kirkcaldy Area Mon-Fri 0900-1700 The Big Hoose Project is Fife-wide
Chess Club (Update 081122)	Chess for all ages & abilities		Kirkcaldy Wed 1800-1900 St Bryce Kirk

Service:	Brief:	Contact/Links:	Other:
Linton Lane Centre, Kirkcaldy Update (120123): 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	www.lintonlanecentre.com Tel 01592 643816 Or contact via Facebook Podcasts 'Down the Lane With...' follow www.lintonlanecentre.com/adapt Lunch Group: Email bebetterconnected@gmail.com Tel 07581813545 Mark	Templehall Area, Kirkcaldy Mon & Wed 1230 Soup 'n' Talk Thu 1200 Lunch Group Thu 1000 Walk 'n' Talk Sun 1900-2100 A Veterans Best Friend Group
Supper @ The Sally, Burntisland Community Development Trust Update (230223)	2-course meal every Sat evening; donation	Facebook Burntisland Community Development Trust	Burntisland Sat 1700-1830 Salvation Army Hall Suggested Donation 20p-£2pp
Grey Panthers, Linton Lane Centre, Kirkcaldy Update (270921): Remobilised	Social, activities & lunch club for over 60s; activity after lunch; small charge to cover costs	To book a place contact Mandy Henderson (Manager): Tel 01592 643816 Email mandyhenderson75@hotmail.com Facebook Grey Panthers at Linton Lane	Templehall Area, Kirkcaldy Wed 1200-1415
#Food2Go Update (220422): 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 & must be adhered to	#Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane #Food2Go@LinktownCommunityAid	Kirkcaldy & Burntisland Available Tue & Fri 1145-1300 from: Toll Community Hub, Burntisland Linton Lane Centre, Kirkcaldy Hayfield Community Centre, Kirkcaldy Linktown Community Aid, Kirkcaldy
Kirkcaldy Day Care Services Update (270921): 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	www.kirkcaldydaycentres.org.uk Tel 01592 642875 Anne Smith, Manager Email kirkcaldydaycentres@gmail.com	Kirkcaldy, Burntisland & Kinghorn Mon, Wed, Thu Day Care Tue-Fri Outreach

Service:	Brief:	Contact/Links:	Other:
Sam's Mental Health Café (SAMH), Greener Kirkcaldy, Kirkcaldy Update (060521): new time & venue	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 07971892886 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Kirkcaldy (Fife-wide with enquiries or for those able to access) Mon, Fri 1200-2000 Meet Greener Kirkcaldy 8 East Fergus Place
The Ecology Centre, Kinghorn Loch Update (140222): Lochsiders Dementia Groups - pm placements currently available	Set up by people from the local community & residents of Craigencalt Farm to develop & 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	www.theecologycentre.org Tel 01592 891567 Email admin@theecologycentre.org Email liz@theecologycentre.org Dementia Friendly Sessions	Based Kinghorn Loch 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
The Olive Branch Café, Bennoch Parish Church Update (070921): Café remobilising 090921 Thu 1100-1400	Aims of the cafe are to support people into volunteering; support loneliness with companionship; support individuals on low income by offering low-cost meals/refreshments; all welcome; volunteering opps; internet access/WiFi	www.bennochparishchurch.org.uk	Kirkcaldy Community Café open every Thu 1100-1400 Looking to remobilise various activities as before - tai chi, yoga, computer support
Cornerstone Café Update (230223)	Free hot food & friendship, every Wed in the Church Halls	www.burntislandparishchurch.org/community/ Facebook Cornerstone Café	Burntisland Wed 1200-1400 Burntisland Parish Church Halls Free
Mental Wellbeing Group Update (150623): Starts Wed 280623	Try new activities in a supportive environment; chance to connect with others	Email communitysocialwork@fife.gov.uk Tel 03451 555 555 Ext 430155	Burntisland Wed 1400-1600 Meet at Burntisland Library

Service:	Brief:	Contact/Links:	Other:
Let's Connect @ Kirkcaldy Salvation Army Update (110821)	Social group with optional crafts, books, board games, music & thought for the day; open to all	www.salvationarmy.org.uk/kirkcaldy Tel 01592 265621 Church Office or 07776965943 Corps Officer Facebook	Kirkcaldy Church of Christ Building, Hayfield Road
Cultural Connections at Kirkcaldy Galleries (supported by Life Changes Trust) Update (121021): New dementia friendly group	Cuppa & exploring local history for people with dementia; free; must be able to attend independently or be accompanied; monthly Thu 1400-1500	Tel 01592 583206 Email Kirkcaldy.galleries@onfife.com	Kirkcaldy-based Date of next meetings: 281021; 251121; 161221; 270122; 240222; 310322 Thu 1400-1500
Hayfield Community Centre (Hayfield Road) Update (220422): No 'Food2Go' Fri until further notice - fresh inexpensive meals with children eating free remains Wed	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)	www.hayfieldcommunitycentre.org.uk Email hayfieldcc@gmail.com Tel 01592 328687 Facebook @HayfieldCommunity	Kirkcaldy Office open 0900-1200 Mon, Wed & Fri Out-of-hours contact by email or message on Facebook
Morrisons 'Make Good Things Happen' (Period Poverty initiative - free sanitary products) Update (240222)	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	www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/	Kirkcaldy Esplanade store (this is a nation-wide initiative)
Toll Community Centre Burntisland Update (230322)	Home to Playgroup, Burntisland Out of School Service, Youth Clubs, Over 50s Club, Tai Chi and & Sittersize exercise group	Tel 01592 872854 Email communitycouncil91@gmail.com Facebook TollCommunityCentre	Burntisland Mon 1230-1330 Sittersize Group £4
Create With Catherine for Adults with ASN Update (270323)	Art class; no experience necessary; friendly & social helping to develop creative skills & to try out different arts & crafts techniques	Tel 07530314636 Catherine Mills to book a place	Kirkcaldy Wed 1015-1145 £8 incl art materials; refreshments

Service:	Brief:	Contact/Links:	Other:
Women's Social (Raith Rovers Foundation) Update (040822): New group starts 160822	Women's peer & fitness group; for those keen to be active, connect & support one another; led by a fitness instructor	Email community@raithrovers.net	Kirkcaldy Tue Stark's Park - 30 mins peer support followed by 30 mins fitness (contact to book)
Grain & Sustain, 135 High Street Update (310723): No longer operating Knit & Natter Group Kirkcaldy; store only Burntisland	Zero waste store -food, household & bathroom	www.grainandsustain.co.uk Tel 01592 372152 Email grainandsustain@outlook.com Facebook Grain & Sustain - Zero Waste Life in Fife	Burntisland Mon-Fri 1200-1600 Sat 1000-1600
BEK Youth Club Update (230922)	Burntisland Parish, Erskine United Free & Kinghorn Parish Churches partnership agreement to form BEK church partnership; new Youth Club to enable churches to reach out & draw in children/families	www.burntislandparishchurch.org/bek/ Contact Adrian Minnie	Burntisland & Kinghorn Fri Starts 240223
Sporting Memories Foundation Scotland Weekly Programme Update (061022): 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	www.thesmf.co.uk Walk & Talk with Raith Rovers & Walking Football: Email paul.greig@raithrovers.net Tel 07981197318 Bite & Blether: Email stuart.oliver11@btinternet.com Walking Basketball: Email fifesteelbasketball@htomail.com Tel 07982641975 Ross Sporting Memories: Email gary@thesmf.co.uk Tel 07941123278 Bums off Seats: Email bumsoffseats.project@fife.gov.uk	Kirkcaldy Mon 1030-1200 Starks Park Walk & Talk with Raith Rovers Every 2 nd Tue 1200-1400 Rugby Club Bite & Blether Tue 1830-1930 Walking Basketball Wed 1030-1200 Sporting Memories Wed 1315-1415 Bums of Seats Walks Every 2nd Thu 1100-1300 Starks Park Reminiscing Raith Fri 1330-1430 Starks Park Walking Football

Service:	Brief:	Contact/Links:	Other:
Templehall Community Centre Update (060423)	Community hub	Tel 01592 583363	Kirkcaldy Tue 1800 Dancefit £4
Flexercise Update (060423)	Fusion of exercise dance, fitness & music for active retired & 60+; at St Bryce Kirk Centre	www.fl-exercise.com Tel 0131 4672984 or 07759714199 Rhona Facebook @FLexercise.uk	Kirkcaldy Mon 1400 Seniors 60+ Mon 1500 Active Retired
St Bryce Kirk Centre Update (060423)	Community hub & café	www.stbrycekirk.org Tel 01592 640016 Facebook St Bryce Kirk Centre & Café Tel 07484145416 Nicotine Anonymous, Reuben Tel 07834328821 or email katie.cook@peoplefirstscotland.org People First, Katie Cook	Kirkcaldy Mon-Thu 0900-1700 Open Mon-Thu 1000-1400 Café Tue 1830-1930 Nicotine Anonymous Meeting 2 nd Thu of the month 1300-1430 People First Fife Women's Group
YMCA Gallatown Hub Update (270423)	Local hub & cafe for groups Mon-Sat covering a variety of interests & activities from Hendry Crescent	www.ymcakirkcaldy.co.uk Tel 01592 645530 Email enquiries.gallatown@ymcakirkcaldy.co.uk Facebook Ymca Kirkcaldy	Kirkcaldy Includes: 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:
Benarty Peoples Pantry BRAG Enterprise, Benarty	Food Bank type service to receive essential Food Packages for the most vulnerable families & individuals	Tel 01592 860296	Benarty Area; Glenraig, Crosshill, Lochore and Ballingry Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery
Cowdenbeath Salvation Army Update (030823): New church leader & contact details for area	Emergency food parcels can be accessed Tue only (1000-1200)	Email isabel.flanagan@salvationarmy.org.uk Tel 01383 513384 Facebook Cowdenbeath Salvation Army	Cowdenbeath Area Food support is available Tue 1000-1200 Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only)
Fife Council Cowdenbeath Area, Befriending	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	Tel 07925397314	Cowdenbeath Area
Our Cowdenbeath	Information regarding work going on across the locality including supports available	www.our.fife.scot/cowdenbeatharea/ Facebook @ourcowdenbeath	Cowdenbeath Locality
Benarty Food Angels Update (090221): From 080221	Free packed lunches every Monday 1200-1330; no booking required	Email benartyfoodangels@gmail.com Facebook	Benarty Collect from Benarty Community Centre
Cardenden Community Fridge, Bowhill Community Centre Update (240620): new dedicated line	Free fresh produce as well as tinned & packaged items to help reduce food waste	Tel 07767047957	Cardenden Area Mon 1300-1500 Fri 1400-1600 Note: Access by side door; social distancing & hygiene rules will be observed
Lo'Gelly Lunches, Lochgelly	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	Lochgelly Area Attend Friday 1100-1300

Service:	Brief:	Contact/Links:	Other:
Benarty Walk & Talks Group Update (070622): Starts 160522	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	Tel 07563380172	Benarty Monthly 1330 Meet at the Benarty Centre
Fife Day Care Services Update (070622): New referrals accepted	Day Service provider for people aged 65+; accepting referrals by telephone/email whereupon eligibility will be explored	www.fifedaycareservices.org.uk Tel 01592 782889 Email fifedaycare@gmail.com	Cowdenbeath Area Messages can be left & will be responded to
Oliver's Army Assistance & Therapy Dogs Drop-in Update (261021)	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	www.oliversarmyassistancedogs.com Email management@oliversarmyassistancedogs.org Tel 01592 869484 or 07546940232 Facebook Private Group	Crosshill/Lochgelly (National Organisation with local base & drop-in) Fri 0930-1400 Drop-in Entrance Q, Unit 19, Crosshill Business Centre
The Clearing Update (140222): Groups remobilised	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	Email theclearing@btinternet.com Tel 07802 414418 Facebook @streetpastorbase	Cowdenbeath 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
The Whispering Women, Cowdenbeath	Free packed lunches & baby food	Facebook & Messenger www.facebook.com/TheWhisperingWomen/	Cowdenbeath Area Deliveries once a week
Knit & Natter, Bowhill Community Centre Update (170522): From 250522	Peer led crafts & social group	Tel 01592 583471 Margaret King to book a place or drop-in Facebook @BowhillCentre	Cardenden Wed 1300-1500

Service:	Brief:	Contact/Links:	Other:
Wanna Talk Groups Update (160622)	Monthly separate men & women groups to support mental health & well-being held at The Kings, Kelty	Tel 07563380172 Kirsty, CEW Facebook message Mandy @The Kings	Kelty Monthly 2 nd Tue 1830-2030 Women only Monthly 4 th Tue 1930-2030 Men only
Max's Light Bites, Maxwell Centre Update (241022): From 241022	Soup, stovies & chat	Tel 01383 602470	Cowdenbeath Mon 1300-1430
Benarty Centre Update (100723)	Community hub in Lochore hosting local groups	Email benarty.centre@fife.gov.uk Tel 01592 583385 Facebook Benarty Centre	Benarty Mon 1330-1530 History Group, all ages (50p refreshments) Wed 1400-1600 Ladies Circle 60+ (£3), bingo & blether Fri 1030-1330 60+ Group (free), call ahead if attending

City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
Abbeyview Day Care Update (040822): 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	Tel 01383 621738 for information or to refer to groups & supports	Dunfermline or surrounding area Mon-Fri Day Services Mon-Thu 1430-1700 Outreach Mon & Thu 1030-1330 Dementia Café Tue & Fri am/pm KIT Club
Food for Future - Community Pantry, Tryst Centre, Dunfermline Update (210521): 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)	Tel 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday Email foodforyourfutureenquiries@gmail.com	Abbeyview, Halbeath, Duloch, Brucefield & Touch (Dunfermline) Telephone registration only (Wednesday 1000-1400)
GrocerOnLine (Nisa Local Abbeyview), Dunfermline	Online local grocer	Tel 01383 733048 Facebook groceronlineabbeyview	Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas (up to 3.5 miles from store) Mon-Sat 12pm-4pm
RC Ferguson Florists	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	Tel 01383 733048	Dunfermline Area (free delivery) Card payments only
Gillespie Memorial Church Update (150623): Shopping/prescription support ceased	Café available to all; low cost lunches available Tue & Thu; you do not have to be a church member to receive support	Tel 01383 621253	Dunfermline & Parish (out to Wellwood) Tue & Thu 1000-1300
Food Trolley, St Margaret's Church of Scotland	Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting	www.stmargscos.org.uk Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	Touch, Dunfermline Daily Food Trolley situated outside church (Abel Place)

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

Service:	Brief:	Contact/Links:	Other:
Revive Wellbeing Café & Hub (Supported by Embracing Life), Vine Conference Centre Update (251121)	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	www.embracinglife.co.uk/revive/ Email info@embracinglife.co.uk	Dunfermline Café at the Vine Conference Centre (131 Garvock Hill)
Football Fans in Training (The Pars Foundation & SPFL Trust) Update (060122): 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	www.spfltrust.org.uk Email ian@parsfoundation.co.uk to register	Dunfermline Mon 170122 1800 Men's cohort 13 weeks, East End Park DAFC Mon 170122 1845 Women's cohort 13 weeks, East End Park DAFC
Dunfermline Dynamos Walking Football Teams Update (270122): 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	www.walkingfootballscotland.org Email bobingono1@sky.com or cfirth1956@gmail.com Facebook @DunfermlineDynamos	Dunfermline Wed 1000-1100 Pitreavie Sports & Soccer Centre Thu 1900-2000 Pitreavie Sports & Soccer Centre (from 030222) Contact via Facebook £3 per session during Feb
Keep Kicking On (The Pars Foundation) Update (080222): 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	Email Eddie@dafc.co.uk to register	Dunfermline Mon 1800-1900 Queen Anne High School (indoor pitch)

Service:	Brief:	Contact/Links:	Other:
Feel Good Friday Update (170322): Commenced 110222	Arts & crafts, chat & healthy snack available during term time	Email feegoodfriday2021@gmail.com	Dunfermline Fri 1230-1430 St Ninian's Church, Abbeyview Donations welcomed
Bereavement Group, The Abbey Church of Dunfermline Update (250722)	Open to anyone who have been bereaved, and will offer tea, coffee & the opportunity to talk to others; offers a listening ear	www.dunfermlineabbey.com Meets: Dunfermline Abbey Church Halls, 6 Abbey Park Place, Dunfermline	Dunfermline Last Thu of the month 1100-1230
Crossgates Welfare Group Warm Space Update (101122)	Free group for cuppa, chat & heat running from the Kirk Hall – donations welcome; table/activity space for children	Facebook Crossgates Welfare Group	Crossgates Tue 1030-1200 Kirk Hall
Warm Space Group St Ninians Church Update (171122): From 181122	Free warm space for all; refreshments, snacks & chat	Meets: St Ninians Church, Allan Crescent, Dunfermline	Dunfermline Fri 1100-1500 Free
Dunfermline North Parish Church Update (210323)	Local community hub	Meet: Golfdrum Street, Dunfermline KY12 8DG	Dunfermline 1 st Tue of the month 1830 Golfdrum Street Residents Group Wed 1900-2100 Recovery Group 3 rd 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
Chow & Chat, James Allan Community Centre	Free community group with chat & a cuppa	Tel 07956145999 Jo Cairns Email Jo.Carins@fife.gov.uk	Dunfermline Fri 1100-1300

Service:	Brief:	Contact/Links:	Other:
Townhill Community Centre Update (060423)	Local community hub & cafe	Tel 01383 602341 Email aapete19@gmail.com Bridge, Sandra Peters	Dunfermline Mon Fortnightly 1000-1200 Townhill Together Café Wed 1300-1600 Bridge
Rockfit Fife with Sagan Update (180523)	Rock, metal & fitness classes; if new to class arrive 10-15 mins early to complete a PAR-Q form	Email sagan.rockfit@gmail.com Facebook Rockfit Fife with Sagan	Dunfermline Thu 1830 James Allan Community Centre £6/session or 5 classes for £25 Cash on arrival

South West Fife Locality

Service:	Brief:	Contact/Links:	Other:
Eats Rosyth & Rosyth Community Hub Update (270723): New monthly Book & Blether Group	Aim to grow & share food, reduce waste, help the environment & improve food education; offer Community Garden, Community Hub & Centenary Orchard; project encourages people to get involved in making the town (and world!) a better place	www.eatsrosyth.org.uk Tel 07782848705 Email info@eatsrosyth.org.uk Facebook	Rosyth Area Mon-Fri 0900-1700 Community Hub, 115A Queensferry Road Mon-Fri 1000-1400 Community Café Thu 1700 Bite n' Blether Last Wed of the month 1030-1130 Book & Blether
Rosyth Community Garden (EATS Rosyth) Update (090821)	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 get in touch 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	www.eatsrosyth.org.uk/rosyth-community-garden/ Email info@eatsrosyth.org.uk Tel 07782 848705	Rosyth

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

Service:	Brief:	Contact/Links:	Other:
Kincardine Community Centre Food Hub Update (040321): 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)	Email kincardineca@gmail.com Facebook Kincardine Community Centre Note: Emergency Food Parcels available (run separately from the Food Waste Project)	Kincardine Wed 0930-1230 & 1400-1800
Grow West Fife Update (201022): 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	Facebook Grow West Fife	Based in Blair Castle by Culross Fri 1000-1200 Lunch Club – Free/donations welcomed
Inverkeithing Craft Group Update (181021): Remobilised	Bring your own craft, lunch & refreshments; Mon 1230-1400 at Inverkeithing Parish Church; email to join or for info	Email angela.craftswithcare1975@gmail.com Facebook	Inverkeithing
Inverkeithing High Community Use (Active Fife) Update (061221)	Junior & adult art & craft classes at Inverkeithing High	www.active.fife.scot/artsandcrafts Email communityuse.inverkeithing@fife.gov.uk Tel 01382 602349	Inverkeithing Wed or Thu 1600-1800 Juniors Mon or Wed 1800-2000 Adults
Art Group, Oakley Church Update (070422)	Painting, drawing, chatting & tea, coffee & cake	Tel 07742519851 Irene Halliday	Oakley Thu 1300-1500
Quilting & Craft Group, The Manse Update (180422)	Sewing, quilting, knitting & embroidery; all levels of skills & beginners welcome; contact for details	Tel 01383 722186 Kate or 01383 881379 Dot	Cairneyhill & Crossford Wed 1300-1500 The Manse, by the Church
BLOOM Update (060123): From 100123	School term baby & toddler group; bring a snack & drink for child & refreshments provided for adults	Facebook see post on Rosyth Billboard (private group – request to join) Meet (term time): Rosyth Baptist Church	Rosyth Tue 1030-1215 during term time £2 per child & £1 per additional child (group maximum 20 children)

Contact Information:

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