



Forum News

TOGETHER

Fife Forum

SEPTEMBER 2023

Making Community Connections

For further information on Local Area Co-ordination, or to download resources (including the `Covid-19 Resource & Support List` & `Shopping & Domestic Supports Booklet`) **CLICK THE RED BUTTON!**



What is Local Area Co-ordination?

Supported by Fife Forum, Local Area Co-ordination works alongside individuals aged 16+, their families, carers and other services to identify community groups and supports which help people to maintain their independence for as long as is practicable and/or connect with and be part of their community (for example: we provide information on and can help people to access day services; local clubs; or, interest groups).

Our primary aim is to help people feel valued and to reduce social isolation and loneliness.

Local Area Co-ordination & Covid-19

Covid-19 has inevitably changed how we all deliver services. How we operate and the availability of services and supports is, in part, different to what was once familiar. Whilst face-to-face contact with people is now possible, there may be periods where this changes or is limited.

Reflecting the ever-evolving circumstances we hope the following will offer some guidance as to how people might continue to access and utilise the support we are able to offer.



01592 643743

<https://www.fifeforum.org.uk/local-area-co-ordinators/referral-form/>

Cafe Forum
Leuchars Community Centre, Tutor Road, Leuchars
Fife Forum's Social Café
Come along for a chat & a coffee
Open to everyone don't be shy
You'll walk into a warm welcoming atmosphere

Friday 29th April 1030-1230pm
Fortnightly thereafter
Still not sure? Call 01592 643743 for a chat.

Fife Forum
Office 1-2, Fraser Buildings, Millie Street, Kirkealdy



Fife Forum
Making Community Connections

Flo's Cafe
Tutor Rd, Leuchars, St Andrews KY16 6JX
07711919507

This project/activity is funded by the Fife Communities Mental Health and Wellbeing Fund, administered by Fife Voluntary Action with funding from the Scottish Government.



OTHER LOCAL AREA CO-ORDINATION SERVICES IN FIFE

Improving the Cancer Journey Fife– Aims to help people rebuild their lives after cancer, enhancing the patient and carer journey at home and connecting people back into their community

Tel : 01592 578076

Email :improving.cancerjourney@fife.gov.uk
Supported by Macmillan and the Fife Health & Social Care Partnership

Link Life Fife For people 18+ reaching out to their GP or other Health Professional for support to help manage stress, anxiety or who are feeling overwhelmed where this is impacting upon overall well-being

Tel 07738712623 or 07849310193
Email louise.andree@fife.gov.uk or angela.rivers@fife.gov.uk

Supported by Fife Health & Social Care Partnership



Hello

My name is David Anderson

I have recently joined Fife Forum as a LAC with the adult team.

I was born in Fife and mostly brought up in and around the Glenrothes area. My career background was as a chef for over 40 years however I decided to take a change in direction a couple of years ago. This is where I discovered a new passion for helping people and what attracted me to working at Fife Forum.

I love football and support Dundee United. I play the drums and hope to reach Ringo Starr ability, however I am not quite there yet!



Hello

My name is Janet Henderson. I am the new Development worker. My role is to re-establish Forums and Users Panels across Fife.

The Local Forums are for people over 55 and the User Panels are for people over 70. The purpose of the groups are to: -

- Campaign for better services and resources for older people in Fife**
- Be informed by and to inform the service planners in Fife**
- Meet like minded people**

I've worked in the Third Sector for 25 years and will bring that knowledge to developing the Forums and Panels. I am very excited take up this task – I am, after all, an older woman and want to make Fife a great place to enjoy later life!!



Linda's Ladies

PEER SUPPORT FOR MENTAL HEALTH

Meetings at Glenrothes Strollers
Over Stenton Park, Viewfield
Glenrothes KY6 2AD
Wednesday Mornings from 10am - 12pm

Linda Fiskien
Tel: 07967 328 871
Email: lindas.ladies@gmail.com

Member of the National Suicide Prevention Leadersh
(as recognised by the World Health Organisati
• With 30 Years of Lived Experience •

Dunfermline Page Turners

Book group, new members always welcome!

We meet at **11am on the 3rd Monday** of every month at the **Revive Cafe**, Vine Conference Centre
131 Garvock Hill Dunfermline KY11 4JU

Everyone Welcome - Informal discussion
Books available for £1 (money goes to charity)

Contact Lou on 07732263467 or email Lou@haitihelp.org.uk to find out more

Fife Forum
Making Community Connections

GP CLUSTER PROJECT

How would a Fife Forum GP LAC help me?

FURTHER INFO OVERLEAF

GP Local Area Co-ordinators (LACs) support anyone 16+ including those experiencing mild to moderate mental health issues, vulnerable groups & the socially isolated whom reach out to their GPs or other health professionals for support.

LACs work alongside both individuals & our communities to help identify services, supports & groups which might help meet expressed needs & wants. It is geared to help guide people with a wide range of social, emotional and/or practical needs.

Fife Forum
Making Community Connections

Glenrothes & Surrounding Areas
Sandie 07780334458
sandie@fifeforum.org.uk

Kirkcaldy/Cowdenbeath & Surrounding Areas
Ainsley 07780333962
ainsley@fifeforum.org.uk

Levenmouth & Surrounding Areas
Sharon 07876804300
sharon@fifeforum.org.uk

CONTACT YOUR GP, HEALTH PROFESSIONAL OR LOCAL LAC IF YOU WANT TO ENGAGE WITH THE SERVICE AND A REFERRAL CAN BE MADE ON YOUR BEHALF, OR GIVE US A CALL FOR A CHAT & FURTHER INFORMATION. WE ARE ALWAYS HAPPY TO HELP

Office 1-2, Fraser Buildings,
Millie St, Kirkcaldy KY1 2NL
Telephone: (01592) 643743
info@fifeforum.org.uk

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FIFE FORUM
SEPTEMBER 2023
CUPAR FORUM



A lovely woman came from the Georgian House in Edinburgh and gave a fascinating presentation. She told us the story of the Georgian House which is the epitome of late 18th-century attitudes and ideologies towards wealth and class. In the late 1700s, this grand townhouse was at the heart of Edinburgh's New Town development. The house was designed by acclaimed Scottish architect Robert Adam and was a true statement of luxury in an era of enlightenment – for those who could afford it. It most certainly inspired many of us to plan a visit to Edinburgh to see it.

Next Cupar meeting 27 October 2.00pm @ Old Parish Church, Kirkwynd, Cupar KY15 5AL
Cupar Forum extends a warm welcome to new members.

Come along and meet new people
For more information contact

Janet@fifeforum.org.uk

01592 724873





Local Forums and Users Panels

Coming soon to your area

New members welcome

Are you part of a group in Fife for over 55s?

A residents group, social group, business group or care home

Please contact me and I'll come and visit you to tell you about the Forums and User Panels and how we can join forces to influence change in Fife

Janet 01592 643743



Do you want to know

More about Transport; Personal Safety; Housing; Income Tax; Pensions; Welfare Rights and Health in Fife?

Do you want a say in

How services are delivered in Fife for people over 55 years?

Then come along to your local Forum.

We are different from other over 55s

groups as we are

an action group,

but a social group too

We campaign for better rights, services

and resources for older people. We

tackle many of the

issues above and much more..



There are over **90,293** people over 65 residing in Fife, which is around **21%** of the total population. This is a slightly higher proportion than the Scottish average.

We are a big group of people.

Get involved, join your local Forum and make our collective views known.

For too long services and facilities for older people have been poor. Communication and consultation with Fife Council and Fife NHS has improved - due to efforts of Forum members

But there is still a lot to do for people over 55 in Fife

The Meetings

Will be local to you and happen once per month.



FIFE FORUM

SEPTEMBER 2023

DUNFERMLINE FORUM

We had an interesting and informative presentation from Fairway Fife who provide peer mentoring for young adults, supporting them to become more socially involved. Some of the young members told us about all the activities they do -from green bowls to visits to Edinburgh. They told us how much they enjoy their activities and being more independent. A great group of young people.

Next Dunfermline meeting 27 October 10.15am @
Del Farquharson centre, Netherton Broad Street.

Dunfermline Forum extends a warm welcome to new members.

Come along and meet new people

For more information contact

Janet@fifeforum.org.uk

01592 724 873





FIFE FORUM

Advocacy for older people in care homes and community hospitals

"Why we have advocacy support in Fife and what is it?"

Advocacy support is a statutory right for everyone in Scotland, and every local authority is required to fund this service. For some, when advocacy is suggested, this may be the first time they have heard of an advocacy service. For others, it has proven to be a useful service. Here's why:

As an advocate, I am able to support an individual in making their feelings known during stressful times, such as through a hospital discharge process, while staying in the hospital, or when receiving a welfare or financial guardianship order. It could even be that the person concerned has different points of view about their situation from their family and loved ones.

Adding an advocacy voice to someone's life enables them with the opportunity to raise their voice and helps get their voice heard. Generally, these times can be very stressful periods. Guardianships, hospital stays, and temporary stays in care homes are ultimately designed and enforced to keep people safe. So, during temporary stressful changes in circumstances, staff are often very busy keeping everyone safe. In these situations, there is often limited time to spend with someone, to listen to their current problems, and to assist them in making their feelings known.

Advocacy is here to help. Advocates help ensure that the processes enacting the legislation are delivered with kindness and compassion, demonstrating an understanding of how someone may feel when placed in these particular circumstances.

It's a simple process: providing a listening ear together with straightforward answers and information about these difficult incidents in life, helping people understand their particular situation.

In practice:

I can help individuals communicate their feelings to specific professionals, such as social workers, occupational therapists, doctors, or within a complaints process.

Please don't hesitate to get in touch

sam@fifeforum.org.uk

01592 643743





**Kirkcaldy
Curnie Club
and
Gardening
Project**

**Tuesday
11am - 2pm**

This Week - Baking

Kirkcaldy Curnie Club is based in Bennochly Hub (Kirkcaldy Polish Club) on a Tuesday, 11am to 2pm, and incorporates our Gardening Project. Members can either choose to help in the garden or get involved with the weekly planned club activity. The garden consists of two plots and a greenhouse

located on an allotment on the grounds of Bennochly Hub.

To find out more text or call Gail on 07384514478

or Donald on 07748631417.

Welcome to **The Well** where you can find out what support you can get for your self and your loved ones



Working together to better support people to achieve what matters to them

TALK TO US

Loneliness Financial Support Food insecurity

HERE TO HELP

Bereavement Mental Health Caring responsibilities

LET'S CHAT

Community groups Social Care Activities

Get in touch if you require help or just for a chit chat



03451 551500
TheWell@fife.gov.uk

Visit The Well near me:



JOKE CORNER



What continues to work even after it is fired?

"A Neuron"

Why did the brain refuse to take a bath?

"It didn't want to be brainwashed"

Why were the two retinas such good friends?

"They always saw eye to eye"

Why do brain cells grown in a dish attend the ballet & opera?

"Because they are very cultured"

BRAIN TEASER



A sundial has the fewest moving parts of any timepiece. Which has the most?

**Answers below from JUNE 2023 edition
*The Future***

INTERESTING FACT

Denali has been the mayor of Talkeetna since 2017, succeeding Mayor Stubbs, who was also a cat. Talkeetna's cat mayor Stubbs died in 2017, but a subsequent election at Nagley's General Store has voted Denali as the new cat mayor. Nagley's Store is home to the Cat Mayor of Talkeetna.



New Developments Pending

For further information on our fortnightly walks contact

01592 643743

or email

info@fifeforum.org.uk

Follow us on Facebook

<https://www.fifeforum.org.uk/>

<https://www.fifeforum.org.uk/>



At Fife Forum we are here for you, so please get in touch if you have any questions, need information or advice

Tel - (01592) 643743

Email - info@fifeforum.org.uk