



**Fife Forum**  
Making Community Connections

2/6/2026

# Resource & Support List

## Covering Fife

[info@fifeforum.org.uk](mailto:info@fifeforum.org.uk) | Fife Forum  
WAYNE MATHIESON

## Content

<b>2</b>	<b>Foreword</b>
<b>3-15</b>	<b>National</b>
<b>16-36</b>	<b>Fife-wide</b>
<b>37-47</b>	<b>Across Multiple Localities</b>
<b>48-52</b>	<b>Levenmouth Locality</b>
<b>53-59</b>	<b>Glenrothes Locality</b>
<b>60-73</b>	<b>North East Fife Locality</b>
<b>74-80</b>	<b>Kirkcaldy Locality</b>
<b>81-84</b>	<b>Cowdenbeath Locality</b>
<b>85-89</b>	<b>City of Dunfermline Locality</b>
<b>90-92</b>	<b>South West Locality</b>
<b>93</b>	<b>Contact Details</b>

## Foreword

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

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

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

Please feel free to distribute as widely as you see fit and contact Fife Forum (FAO Wayne by email to [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk) or directly [wayne@fifeforum.org.uk](mailto: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](http://www.fifeforum.org.uk)

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

## National

Service:	Brief:	Contact/Links:	Other:
<b>Age Scotland</b> <b>Update (051120)</b>	Free helpline for the over 50s & online support	<a href="http://www.ageuk.org.uk/scotland/">www.ageuk.org.uk/scotland/</a> Tel 0800 12 44 222	<b>National</b> Mon-Fri 0900-1700
<b>Breathing Space</b> <b>Update (031220)</b>	Free helpline for people experiencing mental health issues	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a> (for info & to download 'The Little Book of Caring Ways') Tel 0800 83 85 87	<b>National</b> Mon-Thurs 1800-0200 Fri-Mon 1800-0600
<b>Re-engage</b> <b>Update (300124):</b> Call Companion service currently have volunteers waiting to be matched in Fife	Call Companions offer telephone befriending including LGBT+ & Parkinson's service for people 75+ who live alone or in sheltered housing with little or no social contact; Christmas Call Companion Service available throughout Dec; monthly Tea Parties (area specific)	<a href="http://www.reengage.org.uk">www.reengage.org.uk</a> Tel 0800 716 543 Email <a href="mailto:Sarah.McKean@reengage.org.uk">Sarah.McKean@reengage.org.uk</a> Sarah McKean, Engagement Officer Scotland	<b>National</b> Tea Parties are held in localities including areas within Fife
<b>Operation Connect, RAFA</b>	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	<a href="http://www.rafa.org.uk/operation-connect/">www.rafa.org.uk/operation-connect/</a> Tel 0800 018 2361	<b>National</b>
<b>Samaritans Scotland Helpline</b>	Telephone helpline, listening ear	Tel 116 123 Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	<b>National</b>
<b>Frank Helpline</b>	Helpline if someone wants to speak about drugs in confidence	<a href="http://www.talktofrank.com">www.talktofrank.com</a> Tel 0300 123 3393	<b>National</b> 24-hour helpline
<b>SCLD (Scottish Consortium for Learning Disabilities)</b>	Vision is of a fairer Scotland where people with learning disabilities live full, safe, loving & equal lives; human rights defender, working to uphold, protect & raise awareness of the human rights of people with learning disabilities	<a href="http://www.scld.org.uk">www.scld.org.uk</a> Tel 0141 248 3733	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>One Parent Families Scotland</b> <b>Update (070323)</b>	Aims to enable single parent families to achieve their potential, reach a decent standard of living & contribute to Scottish society; Helpline provides advice/support to single parents from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work; free confidential service whatever you are going through	<a href="http://www.opfs.org.uk">www.opfs.org.uk</a> <b>Tel</b> 0808 801 0323 Lone Parent Helpline <b>Email</b> <a href="mailto:advice@opfs.org.uk">advice@opfs.org.uk</a>	<b>National</b> Mon-Fri 0930-1600
<b>Scottish Women's Aid</b> <b>Update (141123)</b>	Work towards the prevention of domestic abuse; co-ordinate, influence & campaign for effective responses to domestic abuse; work with a network of 34 specialist local Women's Aid groups toward a shared vision of a Scotland where domestic abuse is not tolerated	<a href="http://www.womensaid.scot">www.womensaid.scot</a> <b>Tel</b> 0800 027 1234 <b>Email</b> <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a> <b>Text/WhatsApp</b> 07401288595	<b>National</b> 24-hr Domestic & Forced Marriage Helpline
<b>Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)</b>	Helpline for all people experiencing domestic abuse or forced marriages	<a href="http://www.sdafmh.org.uk">www.sdafmh.org.uk</a> <b>Tel</b> 0800 027 1234 <b>Email</b> <a href="mailto:helpine@sdafmh.org.uk">helpine@sdafmh.org.uk</a> <b>Text/WhatsApp</b> 07401288595	<b>National</b> 24-hr helpline Translation service available
<b>LGBT Helpline Scotland &amp; Telefriending</b> <b>Update (010222)</b>	Helpline or a friendly voice for LGBT+ people; telephone befriending for LGBT+ adults 50+	<a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a> <b>Tel</b> 0300 123 2523 Helpline <b>Email</b> <a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a> Helpline <b>Tel</b> 0131 564 3972 Telebefriending <b>Email</b> <a href="mailto:tele@lgbthealth.org.uk">tele@lgbthealth.org.uk</a> Telebefriending	<b>National</b> Tues, Wed 1200-2100 Thurs, Sun 1300-1800 Messages can be left for telebefriending
<b>National LGBT+ Domestic Abuse Helpline</b>	Helpline for LGBT+ people experiencing domestic abuse	<a href="http://www.galop.org.uk">www.galop.org.uk</a> <b>Tel</b> 0800 999 0327	<b>National</b> Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000

Service:	Brief:	Contact/Links:	Other:
<b>Respect Men's Advice Line</b>	Helpline for men experiencing domestic abuse	Tel 0808 8010327	<b>National</b> Mon/Wed 0900-2000 Tues/Thurs/Fri 0900-1700
<b>Citizens Advice Scotland</b>	Online advice	<a href="http://www.cas.org.uk">www.cas.org.uk</a> Coronavirus advice - what it means to you	<b>National</b>
<b>Shelter Scotland</b>	Housing advice & homelessness	<a href="http://www.scotland.shelter.org.uk">www.scotland.shelter.org.uk</a> Tel 0808 800 4444	<b>National</b> Mon-Fri Office Hours
<b>Scottish Fire Service Update (061221): Free 'Home Fire Safety Visits' – arrange by tel or by TEXT (send 'FIRE' to 80800)</b>	Carers & partner agencies are being encouraged to support people to remain safe at home in relation to fire hazards; resources to assist this are available on line; people can still be referred for practical safety advice via the Home Fire Safety portal	<a href="http://www.firescotland.gov.uk">www.firescotland.gov.uk</a> Tel 0800 0731 999 <a href="http://www.firescotland.gov.uk/your-safety/hfsv-form.aspx">www.firescotland.gov.uk/your-safety/hfsv-form.aspx</a> for Home Fire Safety Portal	<b>National &amp; Fife-wide</b>
<b>Alzheimer Scotland Update (230125)</b>	Scotland's dementia charity providing advice, information & signposting, including to local resources; training provider; campaigner for dementia	<a href="http://www.alzscot.org">www.alzscot.org</a> Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Tel 0300 373 5744 Dementia Advisor Helpline Facebook Alzheimer Scotland	<b>National</b> 24-hour helpline
<b>National LGBT+ Carers Group, Alzheimer Scotland Update (060721): Launches 040821</b>	Online lunchtime group held on MT; 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 <a href="mailto:fsmart@alzscot.org">fsmart@alzscot.org</a> or <a href="mailto:jadair@alzscot.org">jadair@alzscot.org</a>	<b>National</b> 1 <sup>st</sup> Wed monthly 1230-1330
<b>Advice Line Plus, Scottish Autism Update (040822)</b>	Advice & web-based chat - reassurance, guidance & support for autistic people & their families	<a href="http://www.scottishautism.org">www.scottishautism.org</a> Tel 01259 222022 Email <a href="mailto:advice@scottishautism.org">advice@scottishautism.org</a>	<b>National</b> Tue-Fri 1000-1600 Advice Line & Live Chat online
<b>Find Business Support Helpline (Scottish Government)</b>	Official helpline for businesses relating to covid financial support & essential advice	Tel 0300 303 0660	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>AbilityNet (Technology Support)</b>	Series of live online events to help share useful information for disabled people & their carers; provide free IT support to help older people & people with disabilities to use technology to achieve their goals	<a href="http://www.abilitynet.org.uk">www.abilitynet.org.uk</a> Tel 0800 269 545	<b>National</b> UK Office Hours
<b>Care Home FaNs</b>	Care Home Friends & 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	<a href="http://www.carehomefans.org">www.carehomefans.org</a>	<b>National</b>
<b>Chest Heart &amp; Stroke Scotland</b>	Kindness volunteers provide regular telephone chats; dog walking; shopping or medication deliveries	<a href="http://www.chss.org.uk">www.chss.org.uk</a> Tel 0808 801 0899	<b>National</b>
<b>Co-operate (Co-op) Update (070323)</b>	Online community centre; find things to do in the community	<a href="http://www.co-operate.coop.co.uk">www.co-operate.coop.co.uk</a>	<b>National</b>
<b>Dance For Life Update (141123)</b>	Janice Fraser's journey to becoming a dance teacher started as she approached her 60s; desire to share dance's transformative power having launched the Dance for Parkinson's class later shifting online due to Covid; dance fitness classes designed for anyone who wanted to improve their health and wellbeing	<b>To book an online class visit:</b> <a href="http://www.events.restless.co.uk">www.events.restless.co.uk</a> (search for Dance for Life)	<b>National</b> Check/sign up to Rest Less Events for dates/to book Free

Service:	Brief:	Contact/Links:	Other:
<p><b>Scotland Cycle Repair Scheme (supported by Scottish Government &amp; administered by Cycle UK)</b>  <b>Update (150421):</b>  <b>Scheme ended, web link remains live for enquiries</b></p>	<p>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</p>	<p><a href="http://www.cyclinguk.org/ScotCycleRepair">www.cyclinguk.org/ScotCycleRepair</a>  <b>Email (for Bike Shops)</b> <a href="mailto:scrs@cyclinguk.org">scrs@cyclinguk.org</a>                      If a Bike Shop would like to participate in the scheme contact by email</p> <p>Check the web link for exemptions &amp; participating Bike Shops</p>	<p><b>National</b>                      The Scheme aims to carry out 30 000 repairs by 310321                      Search for the nearest participating Bike Shop or look for a Bike Shop poster or window sticker                      The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs</p>
<p><b>The Good Care Group Scotland Limited (Live-in Respite Provider)</b>  <b>Update (300523):</b> New part time live-in care package from £995/4 days of care/week</p>	<p>Regulated &amp; dedicated privately purchased live-in care provider rated outstanding by the CQC &amp; 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</p>	<p><a href="http://www.thegoodcaregroup.com/live-in-care/locations-we-cover/scotland/">www.thegoodcaregroup.com/live-in-care/locations-we-cover/scotland/</a>  <b>Tel</b> 0203 728 7577 Dedicated Client Services or 0808 2581 672  <b>Email</b> <a href="mailto:clientservices@thegoodcaregroup.com">clientservices@thegoodcaregroup.com</a></p> <p><a href="#">TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl &amp; click to follow link)</a></p>	<p><b>National</b>                      Specialist respite care includes dementia; Parkinson's; MS                      An additional clinical &amp; environmental care assessment visit required to be carried out £395.00                      The cost of 24/7 live-in ongoing care £1494.00 per week  <b>Please Check with Provider for Current Pricing</b></p>
<p><b>Innovations in Dementia 'Tip-Share'</b>  <b>Update (081220):</b>  <b>Launches 071220</b></p>	<p>Source &amp; share tips that assist daily living for people living with dementia; all tips contributed by those living with dementia</p>	<p><a href="http://www.dementiatip-share.org.uk">www.dementiatip-share.org.uk</a>  <b>Email</b> <a href="mailto:philly@myid.org.uk">philly@myid.org.uk</a> for further information</p>	<p><b>National</b></p>
<p><b>Vegetarian for Life</b>  <b>Update (190821):</b> For vegans, vegetarians &amp; meat reducers</p>	<p>Virtual Vegan Lunch Club via Zoom (65+); 6-week cookery courses; Pen &amp; Phone Pals Scheme (50+)</p>	<p><a href="http://www.vegetarianforlife.org.uk">www.vegetarianforlife.org.uk</a>  <b>Email</b> <a href="mailto:ellie@vegetarianforlife.org.uk">ellie@vegetarianforlife.org.uk</a> for Virtual Lunch Club  <b>Tel</b> 0161 257 0887</p>	<p><b>National</b>                      4<sup>th</sup> Tue monthly 1300-1400</p>

Service:	Brief:	Contact/Links:	Other:
<b>Ask for ANI, Home Office &amp; partners (Domestic Abuse Sector, Police, Pharmacy Associations)</b>	Codeword scheme working alongside existing supports helping victims of domestic support access emergency community supports; safe space provided within pharmacies	<a href="http://www.enough.campaign.gov.uk/get-support/ask-for-ani">www.enough.campaign.gov.uk/get-support/ask-for-ani</a> Participating Independent pharmacies & Boots Pharmacies throughout the UK	<b>National</b> Participating pharmacies will display posters – all victims of domestic abuse can approach staff & ask for ANI or help
<b>Home Energy Scotland (funded by Scottish Government)</b> <b>Update (200521)</b>	Energy & heating advice; identify eligibility for free energy saving home improvements through the Warmer Homes Scotland programme	<a href="http://www.homeenergyscotland.org">www.homeenergyscotland.org</a> Tel 0800 808 2282	<b>National</b> Mon-Fri 0800-2000 Sat 0900-1700 Calls are free
<b>SHOUT, UK Text Messaging Helpline</b>	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)	<a href="http://www.giveusashout.org">www.giveusashout.org</a> <b>Text SHOUT</b> to 85258 <b>Text STOP</b> to stop conversation <b>Text START</b> to 85258 to re-start conversation Text <b>LOOFAH</b> following your conversation to remove/scrub data from system <b>Email</b> <a href="mailto:info@giveusashout.org">info@giveusashout.org</a> if contacting from a network listed & the service not working (include mobile phone number & network provider)	<b>National</b> 24/7 Free from major UK mobile networks - EE; O2; Three; Vodafone; BT; Virgin; Tesco; iD; Sky; Telecom; Libra; Giffgaff – android phones may indicate you will be charged, this is incorrect & you will not be charged
<b>Young Dementia Network (merged with Dementia UK Nov 2020)</b>	Movement of people committed to improving the lives of those affected by young onset dementia	<a href="http://www.youngdementiauk.org">www.youngdementiauk.org</a> Tel 0800 888 6678 <b>Email</b> <a href="mailto:helpline@dementiauk.org">helpline@dementiauk.org</a> <b>Support Related Enquiry (follow link)</b> <a href="http://www.youngdementiauk.org/need-advice">www.youngdementiauk.org/need-advice</a>	<b>National</b>
<b>WAY Widowed &amp; Young</b> <b>Update (240221)</b>	WAY offers peer-to-peer support network for anyone who has lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation, race or religion; UK members have access to a variety of supports	<a href="http://www.widowedandyoung.org.uk">www.widowedandyoung.org.uk</a>	<b>National</b> Membership only (over 3700) & this should be completed online costing £25 per year (paid either by direct debit or PayPal)

Service:	Brief:	Contact/Links:	Other:
<b>British Red Cross</b>	The British Red Cross can link people with local supports, provide information & guidance, & offer someone to chat with	General Public: National Support Line – <b>Tel</b> 0808 196 3651  Partner Agencies: Call Centre for Referrals (Dalkeith) – <b>Tel</b> 0131 654 0340	<b>National</b> National Telephone Support Line 1000-1800 daily <b>Edinburgh, Lothians &amp; Fife</b> Call Centre for Referrals Mon-Fri 0900-1630
<b>ABC (Anorexia &amp; Bulimia Care)</b> <b>Update (260221)</b>	30 years of experience promoting care & support for anyone affected by anorexia, bulimia, binge eating & all types of eating disorders; support provided online, by telephone & by appointment	<a href="http://www.anorexiabulimiacare.org.uk">www.anorexiabulimiacare.org.uk</a> <b>Tel</b> 03000 11 12 13 <b>Option 1</b> Support Line <b>Option 2</b> Family & Friends <b>Support by appointment</b> Skype Video Call; Telephone Chat; Online Chat - follow link <a href="http://www.picktime.com/ABCsupport">www.picktime.com/ABCsupport</a>  <b>Email</b> <a href="mailto:support@anorexiabulimiacare.org.uk">support@anorexiabulimiacare.org.uk</a> <b>or</b> <a href="mailto:familyandfriends@anorexiabulimiacare.org.uk">familyandfriends@anorexiabulimiacare.org.uk</a>	<b>National</b> <b>Support Line</b> Wed-Fri 0900-1300/1400-1700 <b>Support by Appointment</b> Wed-Fri 1400-1600
<b>Priority Services Register Scotland (Extra Help with Electricity &amp; Water)</b> <b>Update (180521)</b>	Free UK wide service for vulnerable groups, over 60s, & those who live with children under 5; provides extra help during power cuts or when there's an interruption to your water supply; joining the PSR helps utility companies to provide adapted services, adjust communications & make amendments to keep you safe, such as setting up a password scheme & providing advance warning of planned interruptions to electricity or water supplies	<a href="http://www.psrscotland.com">www.psrscotland.com</a> to find out more or to join the scheme  <b><i>For people with no access to the internet:</i></b>  Scottish and Southern Energy Customers - <b>Tel</b> 0800 294 3259 SP Energy Networks Customers - <b>Tel</b> 0800 092 9290 Scottish Water Customer Helpline – <b>Tel</b> 0800 0778 778  Power Cuts - <b>Tel</b> 105	<b>National</b>

Service:	Brief:	Contact/Links:	Other:
<b>The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us)</b> <b>Update (200821)</b>	Links to various people & organisations active around Scotland in the area of board gaming, role playing games & war games; they might run blogs, be publishers, designers, or retailers	<a href="http://www.meeplelikeus.co.uk/the-scotlight/">www.meeplelikeus.co.uk/the-scotlight/</a>	<b>National (links to active groups in Fife)</b>
<b>Cruse Scotland Bereavement Support</b> <b>Update (090522):</b> Rebranding to better reflect the support offered	Promotes the well-being of bereaved people in Scotland helping anyone experiencing bereavement to understand their grief & cope with their loss; primarily free support is provided by volunteers; training is also provided for individuals & organisations; <b>Step-by-Step</b> are support groups for bereaved adults (Fife) offering a safe, relaxed & friendly environment	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a> Tel 0808 802 6161 Free Helpline  For people unable to self refer the following portal may be used: <a href="http://www.eu.jotform.com/build/200914641867358">www.eu.jotform.com/build/200914641867358</a> Make clear the reason why you are referring on their behalf & clarify who should be liaised with to arrange support  Tel 07432635406 Step-by-Step Email <a href="mailto:stepbystep@crusescotland.org.uk">stepbystep@crusescotland.org.uk</a>	<b>National</b> Mon-Fri 0900-2000 Sat-Sun 1300-1600  <b>Multiple Localities (Fife)</b> Currently 6 Step-by-Step groups operating across Fife, 5 in-person groups in <b>Kirkcaldy, Glenrothes, Methil &amp; Dunfermline</b> , plus a Virtual Group held on Zoom; there is also a Walking Group which meets in various places throughout Fife; groups meet fortnightly for around 1½ hours
<b>PPE for all Front Line (Unregistered) Adult Day Centres staff, Scottish Government</b> <b>Update (070323): PPE related</b>	Helpline will advise you of your nearest PPE hub; all sectors in relation to Care Staff	Tel 0300 303 3020 PPE Helpline	<b>National</b>
<b>Glaucoma UK</b> <b>Update (070322): In-person groups not currently mobilised</b>	Membership charity for people living with glaucoma; support services to help people at all stages of their glaucoma & professionals	<a href="http://www.glaucoma.uk">www.glaucoma.uk</a> Email <a href="mailto:helpline@glaucoma.uk">helpline@glaucoma.uk</a> Tel 01233 648170 or	<b>National</b> Mon-Fri 0930-1700  Local Support Groups (Kirkcaldy & Dunfermline)

Service:	Brief:	Contact/Links:	Other:
<b>Home Instead (regulated home care services)</b> <b>Update (170621)</b>	Care services arranged in a variety of ways from hourly visits to live-in services; minimum package is 4 hours/week which could be 2 hours each time; companionship care can include personal care; Sleeping Night service is from 2200-0700 (£179 weekday shift; £189 weekend shift); hourly rate £27 (weekday) & £29 (weekend); Live-in Care Ongoing £1495/week (Couples Care additional £180/week); Live-in Care Short Breaks Respite £270/day minimum 4 up to 7 or £245/day up to 1	<a href="http://www.homeinstead.co.uk/perthshire/">www.homeinstead.co.uk/perthshire/</a> <b>Tel</b> 01738 505360 <b>Email</b> <a href="mailto:contact@pk.homeinstead.co.uk">contact@pk.homeinstead.co.uk</a> <b>Address</b> Home Instead Senior Care Perthshire, Suite A Moncreiffe Business Centre, Friarton Road, Perth PH2 8DG  <a href="#">Home Instead Senior Care E-Brochure</a> (ctrl & click to follow link)	<b>Fife-wide (national network)</b>  Support SDS options & can facilitate rapid hospital discharge  Specialise in dementia & Parkinson's care  Caregivers are employed (not agency)  <b>Please Check with Provider for Current Pricing</b>
<b>Luminate</b> <b>Update (070323)</b>	Scotland's creative ageing organisation; ensure all older people in Scotland can enjoy high quality arts & creative activities, whatever their background & circumstances & wherever they live; browse website for events; includes Scotland's Dementia Inclusive Singing Network helping people affected by dementia take part in singing groups & choirs across Scotland & within the home	<a href="http://www.luminatescotland.org">www.luminatescotland.org</a> <b>Tel</b> 0131 668 8066 <b>Email</b> <a href="mailto:info@luminatescotland.org">info@luminatescotland.org</a> <b>Write to:</b> Luminate First Floor Causewayside House 160 Causewayside Edinburgh EH9 1PR	<b>National</b>
<b>Virtual Village Hall (supported by Royal Voluntary Service)</b> <b>Update (181021)</b>	Programme of themed online sessions led by tutors, RVS & volunteers; designed to do at home to enjoy & learn new skill	<b>Facebook</b> @VirtualVillageHall	<b>National</b> Online content

Service:	Brief:	Contact/Links:	Other:
<p><b>Living Life (managed &amp; delivered by NHS 24)</b>  <b>Update (160721)</b></p>	<p>Team of self-help coaches &amp; 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 &amp; 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</p>	<p><a href="http://www.breathingspace.scot/living-life/">www.breathingspace.scot/living-life/</a>  <b>Tel</b> 0800 328 9655</p>	<p><b>National (Scotland only)</b>            Mon-Fri 1300-2100</p>
<p><b>Family Fund</b>  <b>Update (090821)</b></p>	<p>Providing grants for families on low incomes raising disabled or seriously ill children &amp; young people; for essential items such as kitchen appliances, sensory toys, family breaks, bedding</p>	<p><a href="http://www.familyfund.org.uk/grants-scotland">www.familyfund.org.uk/grants-scotland</a>  <b>Tel</b> 01904 55 00 55</p>	<p><b>National</b>            Eligibility criteria applies</p>
<p><b>Hourglass Scotland (formerly Action on Elder Abuse)</b>  <b>Update (230322):</b>  <b>Helpline 24/7 from 160322 &amp; free webinars can be accessed from their website</b></p>	<p>Protecting older people from harm, abuse &amp; exploitation; info &amp; support helpline; advice to stay safe; Community Response Service based in Fife offering specialist support including advocacy; follow-up calls; providing support &amp; check-ins</p>	<p><a href="http://www.wearehourglass.org">www.wearehourglass.org</a>  <b>Email</b> <a href="mailto:helpline@wearehourglass.org">helpline@wearehourglass.org</a>  <b>Tel</b> 0808 808 8141 Helpline 24/7  <b>Free Text</b> 07860052906</p>	<p><b>National Community Response Service based in Fife</b> aims to offer a drop-in centre, one-to-one support supporting recovery from abuse, &amp; group-based support for older people (once restrictions relax)</p>

Service:	Brief:	Contact/Links:	Other:
<p><b>Advocacy.Scot</b>  <b>Update (060226):</b> New advocacy service to support people in relation to their dealings with Social Security Scotland (replaces VoiceAbility)</p>	<p>Scotland's Independent Social Security Advocacy Service; help to communicate/engage with Social Security Scotland during any part of the benefits process; anyone who self identifies as disabled is eligible to apply; can support through the whole benefits journey, including:</p> <ul style="list-style-type: none"> <li>○ Application</li> <li>○ Redetermination</li> <li>○ Appeals</li> <li>○ Attendance at assessments (if requested)</li> </ul>	<p><a href="http://www.advocacy.scot">www.advocacy.scot</a>  <b>E mail</b> <a href="mailto:support@advocacy.scot">support@advocacy.scot</a>  <b>Tel</b> 0808 196 8901</p>	<p><b>National</b>  Provides a Fife-wide service accepting self and third party referrals</p> <p>Mon-Fri 0900-1700</p>
<p><b>VoiceAbility</b>  <b>Update (060226):</b> From 010226 benefits related advocacy will no longer be provided on behalf of Social Security Scotland &amp; will transfer to Advocacy.Scot  <a href="http://www.advocacy.scot">www.advocacy.scot</a></p>	<p>Help to understand your rights &amp; have your voice heard. Criteria:</p> <ul style="list-style-type: none"> <li>○ Vulnerable people 16+ affected by disability, chronic illness or mental disorder, &amp; unable to safeguard their well-being, rights, care or other interest</li> <li>○ Children under 16, subject to compulsory measures under the Mental Health (Care and Treatment) (Scotland) Act 2003, or are the subject of a Welfare Guardianship application, under the Adults with Incapacity (Scotland) Act 2000</li> </ul>	<p><a href="http://www.voiceability.org/in-scotland/advocacy-in-fife">www.voiceability.org/in-scotland/advocacy-in-fife</a>  <b>E mail</b> <a href="mailto:helpline.scotland@voiceability.org">helpline.scotland@voiceability.org</a>  <b>Tel</b> 0300 303 1660</p>	<p><b>National</b>  Provides a Fife-wide service accepting self and third party referrals</p>

Service:	Brief:	Contact/Links:	Other:
<b>SAMH</b> <b>Update (190422):</b> After experiencing significant disruption to communication now able to send & receive emails as normal	Information & advice regarding mental health; online supports & signposting to local supports; mental health campaigner	<a href="http://www.samh.org.uk">www.samh.org.uk</a> <b>Email</b> <a href="mailto:communications@samh.org.uk">communications@samh.org.uk</a> Media Enquiries <b>Email</b> <a href="mailto:info@samh.org.uk">info@samh.org.uk</a> SAMH Information Service <b>Tel</b> 0141 530 1000 General Enquiries <b>Tel</b> 0344 800 0550 SAMH Information Service	<b>National</b> Telephones & emails are monitored Mon-Fri 0900-1700 unless otherwise stated
<b>@BuglifeScotland Guardians of our Rivers Project</b> <b>Update (190423):</b> Environmental voluntary opportunities	Training/support via a Scottish Hub; volunteer to become a guardian of rivers; local groups where you help/learn to protect the quality of river, monitor invertebrate life & provide early warnings of pollution events; training delivered in 2 stages (6-hours)	<a href="http://www.buglife.org.uk">www.buglife.org.uk</a> or <a href="http://www.buglife.org.uk/projects/guardians-of-our-rivers/">www.buglife.org.uk/projects/guardians-of-our-rivers/</a> link <b>Email</b> <a href="mailto:Rebecca.Lewis@buglife.org.uk">Rebecca.Lewis@buglife.org.uk</a>	<b>National</b> Free & Certificated - Theory (Via Zoom) & Practical (face-to-face at your monitoring site)
<b>Self-harm Network Scotland, Penumbra</b> <b>Update (270423)</b>	Portal providing support, resources & info about self-harm; uses the power of lived experience to work with people to find their own way forward; provide support & information to friends, families & professionals	<a href="http://www.selfharmnetworkscotland.org.uk">www.selfharmnetworkscotland.org.uk</a> <b>Access/contact</b> via website	<b>National</b>
<b>Pet Fostering Service Scotland</b> <b>Update (170823)</b>	Provide short term care for pets, when owner is unable to do so through illness, homelessness or domestic abuse & cannot arrange any alternative care	<a href="http://www.pfss.org.uk">www.pfss.org.uk</a> <b>Tel</b> 0344 811 9909 <b>Email</b> <a href="mailto:fosterenquiry@pfss.org.uk">fosterenquiry@pfss.org.uk</a> to request service <b>Email</b> <a href="mailto:volunteercoordinator@pfss.org.uk">volunteercoordinator@pfss.org.uk</a> for volunteering	<b>National</b> Mon-Sun 0900-1900
<b>Brain Health Scotland (hosted &amp; supported by Alzheimer Scotland)</b> <b>Update (241023)</b>	Mission to inspire & empower everyone to protect their brain health & reduce the risk of disease including dementia	<a href="http://www.brainhealth.scot">www.brainhealth.scot</a> <b>Email</b> <a href="mailto:brainhealth@alzscot.org">brainhealth@alzscot.org</a>	<b>National</b> Web-based portal

Service:	Brief:	Contact/Links:	Other:
<b>Defence Medical Welfare Service (DMWS)</b> <b>Update (080224)</b>	For those who have, & continue to, serve on the frontline; single point of contact for info, advice & guidance (emotional/practical); tailored confidential service supporting families, children & individuals; support mental health, relationship issues, substance misuse & wellbeing to help avoid crisis; supported referrals cover early years, education & training, housing, employment & finance	<a href="http://www.dmws.org.uk">www.dmws.org.uk</a> <b>Tel</b> 0800 999 3697 <b>Email</b> <a href="mailto:referrals@dmws.org.uk">referrals@dmws.org.uk</a> or ask a member of hospital or healthcare staff to refer  <b>Local Contact - Colin Blackwood Welfare Officer:</b> <b>Tel</b> 07377722642 <b>Email</b> <a href="mailto:cblackwood@dmws.org.uk">cblackwood@dmws.org.uk</a>	<b>National</b> Mon-Fri 0900-1700 Local base, Victoria Hospital Kirkcaldy
<b>Mental Health Motorbike</b> <b>Update (250424)</b>	For the greater wellbeing of the motorbike community; aim to reduce suicide amongst bikers; building a free, dedicated national network of trained mental health first aiders to support bikers & their families	<a href="http://www.mhmotorbike.com">www.mhmotorbike.com</a> <b>Email</b> <a href="mailto:info@mhmotorbike.com">info@mhmotorbike.com</a>	<b>National</b>
<b>Marie Curie Companions Service</b> <b>Update (230125)</b>	Free, flexible & personalised for those at end of life & the people close to them; emotional, practical, info & additional support; offer at home, in hospital & by phone	<a href="http://www.mariecurie.org.uk/help/companions">www.mariecurie.org.uk/help/companions</a> <b>Tel</b> 0800 304 7692 for services in your area <b>Email</b> <a href="mailto:sara.murray@mariecurie.org.uk">sara.murray@mariecurie.org.uk</a>  <b>Tel</b> 0800 090 2309 Free Support Line (terminal illness or bereavement)	<b>National (Fife Companion Service)</b>
<b>Fares4Free</b> <b>Update (180422):</b> Transport for veterans & their families	For veterans/their families; work mainly by referral but will help find support; friendly & Mental Health First Aid trained drivers for essential, recreational & therapeutic appointments; aim to help passengers engage with essential support	<a href="http://www.fares4free.org">www.fares4free.org</a> <b>Email</b> <a href="mailto:leon@fares4free.org">leon@fares4free.org</a> <b>Tel</b> 0141 266 6000  <a href="http://www.fares4free.org/contact">www.fares4free.org/contact</a> Online Partners Booking Form	<b>National</b> Mon-Fri 0900-1700

## Fife-wide

Service:	Brief:	Contact/Links:	Other:
<b>Fife Forum</b> <b>Update (060226)</b>	Portal for advice, information & signposting helping adults 18+ to identify services & resources and how to access these; advocacy for people 65+ in care or hospital settings; older people 55+ action groups; information points are held in localities when need is identified or in conjunction with other providers	<a href="http://www.fifeforum.org.uk">www.fifeforum.org.uk</a> Tel 01592 643743 Email <a href="mailto:info@fifeforum.org.uk">info@fifeforum.org.uk</a> Facebook Fife Forum	<b>Fife-wide</b> Mon-Fri 0800-1800 Messages will be forwarded to the appropriate staff member/responded to asap
<b>Fife Voluntary Action</b> <b>Update (210923)</b>	Third sector interface for the Fife Council area helping to ensure the third sector is robust, resilient & delivers high quality services; support, develop & represent community groups, voluntary organisations, social enterprises & volunteering; provide a wide range of support to third sector organisations & have expertise in a wide range of skills & topics including governance, funding, legislation, policy, volunteering, managing people, planning & problem solving; almost all of the support provided at no cost; services also include Footcare Fife (toe nail cutting service) & funding for Unpaid Carers (Time to Live)	<a href="http://www.fva.org">www.fva.org</a> Tel 0800 389 6046 Email <a href="mailto:info@fva.org">info@fva.org</a> Facebook Fife Voluntary Action  <b>Footcare Fife:</b> Tel 0800 389 6046 Email <a href="mailto:footcarefife@fva.org.uk">footcarefife@fva.org.uk</a>	<b>Fife-wide</b> Mon-Fri 0900-1700 <b>Footcare Fife clinics:</b> <ul style="list-style-type: none"> <li>○ Glenrothes Hospital</li> <li>○ Kirkcaldy New Volunteer House; Philp Hall; Whyteman's Brae Hospital</li> <li>○ Dunfermline Queen Margaret Hospital</li> <li>○ Cupar Adamson Hospital</li> <li>○ St Andrews Community Hospital</li> </ul> £10/appointment <b>Time to Live</b> Small grants schemes that awards funding to carers to enable them to take a short break from their caring responsibilities
<b>Kirkcaldy Central Mosque</b>	Free Food Packs	<a href="http://www.kirkcaldymosque.org.uk">www.kirkcaldymosque.org.uk</a> 01592 641057	<b>Fife-wide</b> deliveries

Service:	Brief:	Contact/Links:	Other:
<b>Castle Furniture Project</b> <b>Update (180624)</b>	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	<a href="http://www.castlefurniture.org">www.castlefurniture.org</a> Tel 01334 654445 Cupar or 01592 501068 Glenrothes Email <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a>	<b>Fife-wide &amp; Other core services based North East Fife</b> <ul style="list-style-type: none"> <li>○ Free/Low Cost Household Goods</li> <li>○ Befriending</li> <li>○ Tayport Lunch Club Older People</li> <li>○ Castle Home Hub for individuals &amp; families in Glenrothes &amp; NEF</li> <li>○ House Clearances (single room or home) – quotes available</li> </ul>
<b>Fife Council</b>	Local Authority services	<b>Council Services:</b> 03451 55 00 99 <b>Homelessness:</b> 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) <b>Scottish Welfare Fund:</b> 0300 555 02 65 (Mon-Fri 0900-1430) <b>Social Work &amp; Social Care:</b> 03451 55 15 03 <b>Covid Community Helpline:</b> 0800 952 0330 (Mon-Fri 0900-1700) or email <a href="mailto:covid.communityhelpline@fife.gov.uk">covid.communityhelpline@fife.gov.uk</a>	<b>Fife-wide</b>
<b>Fife International Forum</b> <b>Update (041023): New Community Café for New Scots from 061023</b>	Support for the international community living within Fife; Virtual Conversational Cafes to combat isolation & improve English; new Housing Advice Service; Community Café for New Scots	<a href="http://www.fifeinternational.uk">www.fifeinternational.uk</a> Tel 01592 642927 <b>Facebook</b> Fife International Forum Email <a href="mailto:info@fifeinternational.uk">info@fifeinternational.uk</a>  <b>Housing Advice Service:</b> Tel 07852225826 Monica Amujo-Akomolafe Email <a href="mailto:Monica.Amujo-Akomolafe@fifeinternational.uk">Monica.Amujo-Akomolafe@fifeinternational.uk</a>	<b>Fife-wide</b> Main chatroom & local chatrooms can be accessed Telephone 0930-1300 <b>Community Café:</b> Fri 1500-1700 Fife International Forum, Mercat Centre, Kirkcaldy

Service:	Brief:	Contact/Links:	Other:
<b>Citizens Advice &amp; Rights Fife</b> <b>Update (041225): In-person advice sessions are back across local offices</b>	Information, advice & assistance; webchat; general & specialist advice available; services can be accessed online, by telephone or via CARF advice locations (appointment might be required)	<a href="http://www.cabfife.org.uk">www.cabfife.org.uk</a> <b>General Advice</b> 0345 1400 095 <b>Debt Advice</b> 0345 1400 094 <b>Universal Credit</b> 0800 023 2581 <b>Macmillan Service</b> (people affected by Cancer) 0345 1400 092 <b>Text Service for the Deaf Community</b> 0787 2677 904 <a href="http://www.cabfife.org.uk/news-and-updates/in-person-advice-sessions-are-back-across-local-offices">www.cabfife.org.uk/news-and-updates/in-person-advice-sessions-are-back-across-local-offices</a> for in-person advice	<b>Fife-wide</b> Mon-Fri 0830-1600 <b>CARF advice locations:</b> <ul style="list-style-type: none"> <li>○ Cowdenbeath</li> <li>○ Cupar</li> <li>○ Dunfermline</li> <li>○ Glenrothes</li> <li>○ Kirkcaldy</li> <li>○ Leven</li> </ul>
<b>Lead Scotland Befriending for Young Carers</b> <b>Update (270125)</b>	Befriending for Young Carers aged 12-18; weekly support offered by volunteers for 4-6 months	<a href="http://www.lead.org.uk/fife-befriending-young-carers/">www.lead.org.uk/fife-befriending-young-carers/</a> <b>Tel</b> 0131 228 9441 or 07733942438 Natasha/07768917248 Judith <b>Email</b> <a href="mailto:fifeyoungcarers@lead.org.uk">fifeyoungcarers@lead.org.uk</a> or <a href="mailto:nbrodie@lead.org.uk">nbrodie@lead.org.uk</a> Natasha Brodie or <a href="mailto:jknox@lead.org.uk">jknox@lead.org.uk</a> Judith Knox	<b>Fife-wide</b>
<b>Lead Scotland Learning Project</b> <b>Update (270125)</b>	16+; weekly support, learn new skills including literacy, numeracy & digital	<a href="http://www.lead.org.uk/fife-learning-project/">www.lead.org.uk/fife-learning-project/</a> <b>Tel</b> 0131 228 9441 <b>Email</b> <a href="mailto:fifeadultlearning@lead.org.uk">fifeadultlearning@lead.org.uk</a>	<b>Fife-wide</b>
<b>Lead Scotland Befriending (Adults)</b> <b>Update (270125)</b>	For adults/older people who feel isolated/lonely/disconnected; weekly support via volunteers for 4-6 months	<a href="http://www.lead.org.uk/adult-befriending-project/">www.lead.org.uk/adult-befriending-project/</a> <b>Tel</b> 0131 228 9441 or 07775844885 Kirstyn <b>Email</b> <a href="mailto:fifeadultbefriending@lead.org.uk">fifeadultbefriending@lead.org.uk</a>	<b>Fife-wide</b>
<b>Lead Scotland Adult Carers Digital Project</b> <b>Update (270125)</b>	Learning for Adult Carers to develop relevant digital skills, cyber security & confidence to support their caring role	<a href="http://www.lead.org.uk/adult-carers-digital-skills/">www.lead.org.uk/adult-carers-digital-skills/</a> <b>Tel</b> 07733947241 or 0131 228 9441 <b>Email</b> <a href="mailto:fifeadultcarer@lead.org.uk">fifeadultcarer@lead.org.uk</a>	<b>Fife-wide</b> Drop ins & one-to-one support available
<b>Asda Pharmacy</b>	Call & collect service for vulnerable people or those social distancing – prescriptions can be collected from your car at dedicated bays within car parks	<b>Dunfermline (Halbeath)</b> 01383 843617 <b>Kirkcaldy (Carberry Road)</b> 01592 657210	<b>Fife-wide</b> Call local Asda pharmacy team for more information

Service:	Brief:	Contact/Links:	Other:
<b>The Byre Theatre, St Andrews</b>	Watchlists offer weekly selection of arts & entertainment	<a href="http://www.byretheatre.com/online-watchlists/">www.byretheatre.com/online-watchlists/</a> Tel 01334 475000 Box Office	<b>Fife-wide</b> Based in St Andrews, North East Fife
<b>Fife Centre for Equalities – 60+ Minority Ethnic Older People Project</b> <b>Update (160921): Open Mon-Fri 0900-1700 (messages can be left)</b>	Minority ethnic older people 60+ can use this support to access public services; access befriending; & information/signposting; alongside this 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	<a href="http://www.centreforequalities.org.uk">www.centreforequalities.org.uk</a> Tel 01592 645310 Centre or 07826753539 Otilia Palea (Operational Assistant) Email <a href="mailto:info@centreforequalities.org.uk">info@centreforequalities.org.uk</a> or <a href="mailto:Otilia@centreforequalities.org.uk">Otilia@centreforequalities.org.uk</a> <b>Cantonese</b> 07881 925301 <b>Romanian</b> 07826 753539 <b>Hungarian/Bulgarian</b> 07796 418917 <b>Urdu</b> 07827 405915 Vârșnicii etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice 少數民族長者現在可透過我們的服務獲得公共服務的資訊 فائف کے اقلیتی بزرگ اب ہماری مدد سے پبلک سروسز کی رسائی حاصل کرسکتے ہیں Other language interpreters will be identified	<b>Fife-wide</b>
<b>One Stop Shop Fife, Scottish Autism</b> <b>Update (241122)</b>	For parents/carers of people up to 26 with neurodevelopmental differences; emotional support, help to understand an autism diagnosis & transitions; advice/support; dedicated advisors experience in working alongside autistic people to ensure their voice is heard helping to access the right help & support	<a href="http://www.scottishautism.org/services-support/family-support/fife-one-stop-shop">www.scottishautism.org/services-support/family-support/fife-one-stop-shop</a> Tel 01592 645350 Email <a href="mailto:fifeoss@scottishautism.org">fifeoss@scottishautism.org</a>  For national details see p5	<b>Fife-wide (Kirkcaldy-based)</b> Mon-Fri 0930-1700 Tue 1000-1200 Drop-in New Volunteer House Kirkcaldy Thu 1300-1500 Drop-in New Volunteer House Kirkcaldy

Service:	Brief:	Contact/Links:	Other:
<b>Foodbanks</b> <b>Update (070322):</b> For up-to-date arrangements please contact the relevant foodbank	Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link	<b>Cupar:</b> 07474453153 email <a href="mailto:info@cupar.foodbank.org.uk">info@cupar.foodbank.org.uk</a> <b>Dunfermline:</b> 01383 432483 or 07730751895 email <a href="mailto:info@dunfermline.foodbank.org.uk">info@dunfermline.foodbank.org.uk</a> <b>East Neuk:</b> Anstruther Church - Tue 1200-1600; Thu 1600-1800 <b>Glenrothes:</b> 01592 631088 email <a href="mailto:info@glenrothes.foodbank.org.uk">info@glenrothes.foodbank.org.uk</a> <b>Kirkcaldy/Burntisland:</b> Various locations, website <a href="http://www.kirkcaldyfoodbank.org.uk">www.kirkcaldyfoodbank.org.uk</a> <b>Levenmouth:</b> 07966502854 Delivery only <b>St Andrews:</b> 01334 474940 (option 2) email <a href="mailto:storehouse@kingdomvineyard.com">storehouse@kingdomvineyard.com</a> <b>Taybridgehead:</b> 07840957039 emergencies	Owing to Covid-19 there may be <b>local variations</b> so please contact the relevant Foodbank <b>For referrals in the following towns and their surrounding areas, tel:</b> <ul style="list-style-type: none"> <li>○ South West Villages 07985739452</li> <li>○ Ballingry 07515290119</li> <li>○ Kelty 01383 650273</li> <li>○ Cowdenbeath 07828564232</li> </ul>
<b>Cosy Kingdom</b> <b>Update (140122):</b> New opening hours	Advice/support helping people stay warm, save energy, money & reduce carbon emissions; free handy service for those eligible for free energy saving measures	<b>Tel</b> 01592 807930 <b>Text</b> COSY then your NAME to 88440 <b>Email</b> <a href="mailto:info@cosykingdom.org.uk">info@cosykingdom.org.uk</a>	<b>Fife-wide</b> Mon-Fri 1000-1500
<b>Fife Carers Centre</b> <b>Update (270723):</b> 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 (incl Carer Emergency Cards); support planning; a point of contact for carers; advocacy; befriending for carers; in-person male carers group; Dementia Workshops for Carers; & co-ordinating supply of PPE to entitled carers ( <b>see following entry</b> )	<a href="http://www.fifecarerscentre.org">www.fifecarerscentre.org</a> <b>Tel</b> 01592 205472 <b>Email</b> <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a>  <b>For Befriending (one-to-one &amp; group befriending)</b> contact Sylwia Nadolny <b>Email</b> <a href="mailto:sylwia.nadolny@fifecarers.co.uk">sylwia.nadolny@fifecarers.co.uk</a> <b>Tel</b> 07736909692 <b>For Polska Grupa (Polish Group)</b> contact as above or Bogusia Doyle: <b>Email</b> <a href="mailto:bogumila.doyle@fifecarers.co.uk">bogumila.doyle@fifecarers.co.uk</a> <b>Tel</b> 07736909692	<b>Fife-wide</b> For meeting places see website or contact Centre <ul style="list-style-type: none"> <li>○ Wed 1800-1930 Polska Group, Bennoch House</li> <li>○ 2<sup>nd</sup> Tue monthly 1300-1430 Catch-up Club, Linton Lane Community Centre, Kirkcaldy (meet from 1200 Rabbit Braes Park for walk)</li> <li>○ Tue 1400-1600 Information Drop-in CISWO, Glenrothes</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Personal Protective Equipment (PPE) for Unpaid Carers</b>	Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for	<b>To request PPE contact Fife Carers:</b> <b>Tel</b> 01592 205472 <b>Email</b> <a href="mailto:centre@fifecarers.co.uk">centre@fifecarers.co.uk</a>	<b>Fife-wide</b>
<b>SDS Options Fife (Disabled Person's Housing Service Fife)</b> <b>Update (230223):</b> Revised email & opening hours	Independent service providing information, support & advice to people in relation to Self Directed Support (SDS); help to understand & explore options, choose personal outcomes & support to make personal decisions regarding SDS; offer online SDS Community & stories from people in receipt of SDS	<a href="http://www.sdsoptionsfife.org.uk">www.sdsoptionsfife.org.uk</a> <b>Tel</b> 01592 803280 <b>Email</b> <a href="mailto:enquiries@dphsfife.org.uk">enquiries@dphsfife.org.uk</a>	<b>Fife-wide</b> Mon-Fri 0900-1700
<b>Express Group Fife</b> <b>Update (210623):</b> 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	<a href="http://www.expressgroupfife.org.uk">www.expressgroupfife.org.uk</a> <b>Tel</b> 01592 645331 <b>Email</b> <a href="mailto:info@expressgroupfife.org.uk">info@expressgroupfife.org.uk</a> <b>Facebook</b> Express Group Fife	<b>Fife-wide</b> Groups in 9 towns within all 7 localities from St Andrews to Inverkeithing – see website
<b>Meal Makers, Food Train</b> <b>Update (250123):</b> New contact details 0800 numbers no longer valid	Helping older people to eat, age & 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 alongside a friendly chat; 'Eat Well Age Well' freephone Malnutrition Advice Helpline with a focus on people 65+	<a href="http://www.mealmakers.org.uk">www.mealmakers.org.uk</a> for information, to sign up as a cook or suggest a diner  <b>Tel</b> 0141 551 8118 <b>Email</b> <a href="mailto:hello@mealmakers.org.uk">hello@mealmakers.org.uk</a> Meal Makers  <b>Malnutrition Advice Helpline (Eat Well Age Well) –</b> <b>Tel</b> 0131 447 8151 <b>Email</b> <a href="mailto:hello@eatwellagewell.org.uk">hello@eatwellagewell.org.uk</a>	<b>Fife-wide</b>

Service:	Brief:	Contact/Links:	Other:
<b>Befriending (Communities Recovery Fund), Fife Shopping &amp; Support Services</b> <b>Update (080623):</b> 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	<a href="http://www.fifeshoppingandsupportservices.co.uk">www.fifeshoppingandsupportservices.co.uk</a> Tel 01592 653344 <b>Email</b> <a href="mailto:lynne@fifeshoppingandsupportservices.co.uk">lynne@fifeshoppingandsupportservices.co.uk</a> <b>Facebook</b>	<b>Fife-wide</b> Other privately purchased provisions available incl collection, uplift, removal services & Keysafe supply &/or fitting £35-55
<b>Gingerbread Fife</b> <b>Update (121021):</b> 'Making it Work' for lone parents in work or seeking employment to plan a positive future & support work/life balance	Lone Parent Helpline; telephone advice; referrals accepted for - Teen Parent Project; Making It Work Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth; Square Start Levenmouth; Buddy Project; &, Dad and Me	<a href="http://www.fifegingerbread.org.uk">www.fifegingerbread.org.uk</a> Tel 01592 725210 <b>Email</b> <a href="mailto:info@fifegingerbread.org.uk">info@fifegingerbread.org.uk</a>	<b>Fife-wide with Local Projects</b> Helpline: Mon-Thurs 0900-1700 Fri 0900-1530
<b>Wells &amp; Wells Near Me, Fife Health &amp; Social Care Partnership &amp; Partners</b> <b>(Update 211123)</b>	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	<a href="http://www.fifehealthandsocialcare.org/the-well">www.fifehealthandsocialcare.org/the-well</a> <b>Email</b> <a href="mailto:TheWell@fife.gov.uk">TheWell@fife.gov.uk</a> or <a href="mailto:Louise.Andree@fife.gov.uk">Louise.Andree@fife.gov.uk</a> Tel 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live <b>BSL</b> People requiring an interpreter should request this when booking an appointment (available from 091220)	<b>Fife-wide</b> Drop-ins & appointments <b>Virtual</b> Wed-Thu 1000-1200 <b>For in-person drop-in locations follow web link for venues, times &amp; frequency</b>
<b>Libraries Service (On Fife)</b> <b>Update (190422):</b> 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	<a href="http://www.onfife.com/libraries-archives/">www.onfife.com/libraries-archives/</a> <b>Email</b> <a href="mailto:rbdigital@wfhowes.co.uk">rbdigital@wfhowes.co.uk</a> if you need additional help with digital service <b>Email</b> <a href="mailto:homedelivery@onfife.com">homedelivery@onfife.com</a> Mobile & Home Delivery Tel 01592 583157 Mobile & Home Delivery	<b>Fife-wide</b> Join by either clicking <a href="#">here</a> (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible)
<b>Fife Bus (previously known as Dial a Ride and Ring &amp; Ride)</b> <b>Update (070622)</b>	Free door-to-door transport for people unable to access mainstream public transport due to reduced mobility; the service may prioritise essential trips	<a href="http://www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport">www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport</a> To see what days the service is running in each area click on <a href="#">Fifebus Service by Town</a> Tel 03451 55 11 88 to register/book journeys	<b>Fife-wide</b> Bookings will only be taken the day before travel, with Sun & Mon bookings taken on a Fri

Service:	Brief:	Contact/Links:	Other:
<b>Fife Sports &amp; Leisure Trust</b> <b>Update (140723)</b>	Sports, leisure & health/well-being options supporting benefits of being active; way to meet others living with long-term health conditions; variety of needs-based programmes	<a href="http://www.fifeleisure.org.uk/health/">www.fifeleisure.org.uk/health/</a>	<b>Fife-wide</b> Check website for updates including Health & Well Being options
<b>Bums off Seats, Fife Walking Initiative (supported by Active Fife &amp; Paths for All)</b>	Free health walks; short & local; suitable for most including those with long-term conditions incl dementia; cancer	<a href="http://www.active.fife.scot/about/active-fife">www.active.fife.scot/about/active-fife</a> <b>Email</b> <a href="mailto:hazel.donaldson@fife.gov.uk">hazel.donaldson@fife.gov.uk</a> <b>Tel</b> 03451 55 55 55 Hazel Donaldson	<b>Fife-wide</b> Cupar, Dalgety Bay, Rosyth, Dunfermline, Glenrothes, Kirkcaldy, Lochore, Leven
<b>Restoration Fife Recovery Community</b> <b>Update (310723)</b>	Social activities community run by people in recovery for people in recovery; range of activities, open to family and friends to reduce isolation, loneliness & provide support with recovery; free haircuts at the Recovery Café last week of each month	<b>Email</b> <a href="mailto:admin@restorationfife.org.uk">admin@restorationfife.org.uk</a> <b>Tel</b> 07734408498 Active Bookings <b>Tel</b> 07501176234 Jade Whyte, Community Co-ordinator <b>or</b> 07307197963 Nikki - Private message on social media or call, text/whatsapp <b>Facebook</b> @RestorationFife	<b>Fife-wide</b> <b>Recovery Café</b> <ul style="list-style-type: none"> <li>○ Mon 1100-1300 Salvation Army, Buckhaven</li> <li>○ Tue 1100-1300 St Margaret's Church, Dunfermline</li> <li>○ Thu 1100-1300 Sandybrae Community Centre, Kennoway</li> <li>○ Fri 1100-1300 YMCA, Glenrothes</li> </ul>
<b>Crossroads Fife</b> <b>Update (201125): Closed to new referrals owing to capacity and waiting periods for existing referrals; to be reviewed early 2026</b>	Supporting people who care for someone with an illness or disability at home; respite & palliative care, Self-Directed Support & Privately Purchased	<a href="http://www.crossroadsfifecentral.org">www.crossroadsfifecentral.org</a> <b>Email</b> <a href="mailto:info@crossroadsg.co.uk">info@crossroadsg.co.uk</a> <b>Tel</b> 01592 610540 Tracy Young, Manager	<b>Fife-wide</b> Open to new referrals and self-referrals Free Core Service & Private Purchase
<b>Fife Law Centre</b> <b>Update (240221)</b>	Free legal advice/representation for the people in Fife who need it; advice on a range of subjects; if unable to help will signpost contact by phone/email/online	<a href="http://www.fifelawcentre.co.uk">www.fifelawcentre.co.uk</a> <b>Email</b> <a href="mailto:info@fifelawcentre.co.uk">info@fifelawcentre.co.uk</a> <b>Tel</b> 01592 786710 <b>Facebook</b> Fife Law Centre	<b>Fife-wide</b> Mon-Fri 0900-1700

Service:	Brief:	Contact/Links:	Other:
<b>Fife Parkinson's UK Branch</b> <b>Update (141223):</b> New Fife website & updated details	Range of interest & social including 'Coffee & Chat', walking & exercise; info & advice; link to Parkinson's Nursing in Fife; monthly group meeting incorporate activities including Tai Chi, therapies & crafts	<a href="http://www.fife.parkinsonsuk.group/">www.fife.parkinsonsuk.group/</a> <b>Email</b> <a href="mailto:hello@parkinsons.org.uk">hello@parkinsons.org.uk</a> <b>Tel</b> 0808 800 0303 National Helpline (including local signposting) <b>Local Contact:</b> <b>Email</b> <a href="mailto:parkinsonsfife@gmail.com">parkinsonsfife@gmail.com</a> <b>Tel</b> 01592 713824	<b>Fife-wide (Branch)</b> Parkinson's UK national  <b>Fife Meetings</b> Monthly from Thu 090921 1200-1500 <b>new venue:</b> Baptist Church Bridge Centre, Glenrothes Kingdom Centre
<b>Carers' Self Help Service, Link Living</b> <b>Update (060423):</b> New contact details	6 one-to-one self-help coaching sessions using CBT for Carers of children to adults with Autism Spectrum Conditions; aims to reduce isolation & offer practical skills/techniques for managing stress (active engagement with materials during & between sessions)	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:carersselfhelp@linkliving.org.uk">carersselfhelp@linkliving.org.uk</a> <b>Tel</b> 01592 644048 <b>Write to</b> Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE	<b>Fife-wide</b> Free & open to both self-referral & professional referral
<b>Reporting Anti-social Behaviour, Fife Council</b> <b>Update (200521)</b>	Online anti-social behaviour reporting form to report anti-social behaviour to the council; Council monitor Mon-Fri 0900-1700; call the police on <b>101</b> if the behaviour is happening right now or in an emergency call <b>999</b>	<a href="http://www.fife.gov.uk/services/form-pages/report-antisocial-behaviour">www.fife.gov.uk/services/form-pages/report-antisocial-behaviour</a>  <b>If anti-social behaviour is current:</b> <b>Tel</b> 101 Police <b>If the behaviour presents an emergency:</b> <b>Tel</b> 999 Police	<b>Fife-wide</b> Online reporting
<b>FRASAC Fife Rape &amp; Sexual Assault Centre</b> <b>Update (010621):</b> support services are currently delivered over the phone/online	Range of free & confidential time limited support to anyone 12+, of any gender, who has been raped or sexually assaulted during their lives; Crisis & Early Intervention, Young Peoples Support (12-25), Core Support (25+), Support & Advocacy & Prevention	<a href="http://www.frasac.org.uk">www.frasac.org.uk</a> <b>Tel</b> 01592 642336 <b>Email</b> <a href="mailto:info@frasac.org.uk">info@frasac.org.uk</a>	<b>Fife-wide</b> Based in Kirkcaldy

Service:	Brief:	Contact/Links:	Other:
<b>CHARIS Foundation</b> <b>Update (201124):</b> <b>Closing 291124</b>	Non-profit professional counselling, training & retreats; inter-denominational Christian	<a href="http://www.charisfoundation.co.uk">www.charisfoundation.co.uk</a> Email <a href="mailto:enquiries@charisfoundation.co.uk">enquiries@charisfoundation.co.uk</a> Tel 01592 744632	<b>Fife-wide</b> Free
<b>Circles Network Advocacy Service</b> <b>Update (041124)</b>	<p><b>Recovery Advocacy</b> - independent advocacy service to support people who are accessing or have accessed drug &amp; alcohol services; peer advocacy service, provided by people with lived experience of drug &amp; alcohol recovery; short or long term depending upon the issues presented</p> <p><b>Carers Advocacy</b> - Assist carers to take control of their caring situation &amp; ensure the best possible outcomes for themselves &amp; those for whom they care; designed to be pro-active, assisting carers to take steps to ensure that they have access to the services &amp; supports that they need now and for the future</p>	<a href="http://www.circlesnetwork.org.uk">www.circlesnetwork.org.uk</a> Tel 01592 645360 Email <a href="mailto:info.fife@circlesnetwork.org.uk">info.fife@circlesnetwork.org.uk</a>	<b>Fife-wide</b> <b>Recovery Advocacy</b> areas of support include: <ul style="list-style-type: none"> <li>○ Accessing support services</li> <li>○ Benefits</li> <li>○ Care, treatment &amp; medication</li> <li>○ Criminal justice system</li> <li>○ Mental health services</li> <li>○ Housing</li> <li>○ Social Work involvement</li> </ul> <b>Cares Advocacy</b> is for: <ul style="list-style-type: none"> <li>○ Unpaid carers</li> <li>○ Carers of an adult without power of attorney in place</li> <li>○ Carers who find themselves in a situation where the person cared for has reduced capacity &amp; a guardianship order is in place</li> <li>○ Carers who want to know their rights &amp; be heard</li> </ul>
<b>Carers Advice Project, DEAFBLIND Scotland</b> <b>Update (260721)</b>	For carers with sensory loss or those who care for someone with sensory loss; support & information; home visiting service to help identify needs & support for carers	<a href="http://www.dbscotland.org.uk">www.dbscotland.org.uk</a> Tel 0795036114 Maureen Macpherson, Project Worker Email <a href="mailto:carersadvice@dbscotland.org.uk">carersadvice@dbscotland.org.uk</a>	<b>Fife-wide (Project) &amp; National Organisation</b>

Service:	Brief:	Contact/Links:	Other:
<b>Embracing Life</b> <b>Update (251121)</b>	Community Interest Group providing life coaching sessions & workshops to help build good self-esteem & positive mental health	<a href="http://www.embracinglife.co.uk">www.embracinglife.co.uk</a> <b>Email</b> <a href="mailto:info@embracinglife.co.uk">info@embracinglife.co.uk</a> <b>Tel</b> 07876026445 <b>Facebook</b> @embracinglifeforgood	<b>Fife-wide (based Dunfermline)</b> Not for profit; however, sessions are costed (see booking process)
<b>Change Mental Health Fife</b> <b>Update (180423):</b> <b>Formerly Support in Mind</b>	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	<a href="http://www.changemh.org/support_areas/fife/">www.changemh.org/support_areas/fife/</a> <b>Tel</b> 01592 268388 Fife Services <b>Email</b> <a href="mailto:fifeservices@changemh.org">fifeservices@changemh.org</a> Fife Services <b>Email</b> <a href="mailto:info@changemh.org">info@changemh.org</a> National Services <b>Tel</b> 0300 323 1545 National Services  <b>National &amp; Fife services include:</b> <b>Carers Support</b> for people who care for those with mental health challenges (National) <b>Mental Health &amp; Money Advice</b> helping friends & relatives to help those struggling with severe mental health issues (National) <b>Information &amp; Resilience</b> early intervention & support to people facing the stresses of everyday life <b>Hearing Voices</b> for those who experience symptoms of psychosis, hear voices & experience sensory disturbances	<b>Fife-wide (National Organisation)</b> Local & national services available  <b>National Services:</b> <ul style="list-style-type: none"> <li>○ Info &amp; Support Line</li> <li>○ Mental Health &amp; Money Advice</li> <li>○ Young People's Programme</li> <li>○ National Rural Mental Health Forum</li> <li>○ Clic Online Support</li> </ul>
<b>Relationships Scotland Couple Counselling Fife</b> <b>Update (060721)</b>	Counselling for couples & individuals struggling with their marriage/relationship; sexual relationship therapy for those experiencing sexual difficulties (contribution of £30-50 per session)	<a href="http://www.rscf.org.uk">www.rscf.org.uk</a> <b>Tel</b> 01592 597444 <b>Email</b> <a href="mailto:info.rscf@gmail.com">info.rscf@gmail.com</a>  <b>For Guidelines &amp; costs follow</b> <a href="http://www.rscf.org.uk/what-does-it-cost">www.rscf.org.uk/what-does-it-cost</a>	<b>Fife-wide</b> <ul style="list-style-type: none"> <li>○ £25 fee/£15 if unemployed for intake appointment payable at time of booking &amp; counselling is by donation</li> <li>○ £30-50 per Sexual relationship Therapy</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Food Train Connects (Food Train)</b> <b>Update (191023):</b> Waiting list in place & increase to £7 per shop	Grocery delivery service providing a service where there are provision gaps for 65+; volunteer shoppers can also put items away; registration required	<a href="http://www.foodtrainconnects.org.uk">www.foodtrainconnects.org.uk</a> Tel 0141 551 8118 Email <a href="mailto:connects@foodtrainconnects.org.uk">connects@foodtrainconnects.org.uk</a>	<b>Fife-wide</b> Annual membership £1 & £7 per shopping delivery (registration required)
<b>Off the Rails Arthouse (Ladybank Station House, Victoria Street, Ladybank KY15 7JT)</b> <b>Update (050821)</b>	Creative space to gather/learn; artist-led; explore a range of arts-related activities including design & craft & pop-up events; all welcome	<a href="http://www.offtherailsarthouse.com">www.offtherailsarthouse.com</a> Activities booked via the website	<b>Fife-wide</b> Entry restricted access (steps to front door) Activities are individually priced
<b>Scottish Veterans' Rosendael Residence, Broughty Ferry (Scottish Veterans Residences)</b> <b>Update (090821)</b>	Pilot for isolated/lonely veterans of any age; might involve a meal, coffee morning, activities & opportunities to meet others; qualified staff can discuss needs; no cost & help can be arranged for transport to	<a href="http://www.svronline.org">www.svronline.org</a> Tel 01382 477078 ask for Carol, Darren or Andy Email <a href="mailto:info@svronline.org">info@svronline.org</a> add 'Reaching Out to Veterans' in subject header	<b>Fife-wide (support also extends to Angus &amp; Tayside)</b>
<b>FASS ADAPT Substance Recovery</b> <b>Update (041124): KY5 to transfer to KY4 Group from Lochgelly to Cowdenbeath from 051124</b>	Main drug & alcohol triage service in Fife; providing assessment of needs & referral to specialist drug & alcohol services within the NHS & Third Sector; anyone requiring more intensive help can be guided towards ADAPT counselling & other services; supports both people suffering from substance misuse & their carers	<a href="http://www.fassaction.org.uk/adapt-home/">www.fassaction.org.uk/adapt-home/</a> Tel 01592 321521 <b>Write to:</b> FASS ADAPT Recovery Support 17 Tolbooth Street Kirkcaldy KY1 1RW  <b>For clinic details follow:</b> <a href="http://www.fassaction.org.uk/adapt-where/">www.fassaction.org.uk/adapt-where/</a>	<b>Fife-wide</b> <b>Know the Script Drop-in:</b> Thu 1000-1500 The Centre, Leven <b>Drop-ins:</b> <ul style="list-style-type: none"> <li>○ KY4 Tue 0930-1130 Maxwell Centre, Cowdenbeath</li> <li>○ KY2 Wed 1300-1500 Templehall Community Centre Kirkcaldy</li> <li>○ KY8 Fri 1100-1400 Fisher Street Community Centre, Methil</li> </ul>
<b>Pillars of Hercules Organic Farm Shop</b> <b>Update (290322)</b>	Veg box delivery; allocated route days; £15/week; delivery breaks; add-ons available	<a href="http://www.pillars.co.uk">www.pillars.co.uk</a> Email <a href="mailto:box@pillars.co.uk">box@pillars.co.uk</a> Facebook pillarsofherculesfife	<b>Fife-wide</b> For delivery routes & days see website

Service:	Brief:	Contact/Links:	Other:
<b>Thistle Foundation</b>	For anyone living with a long-term health condition, disability or facing a challenging life situation; one-to-one support, wellbeing courses, community groups & supported physical activity support people to live well regardless of challenges faced; services include 10-week lifestyle management courses to help self-manage their situation & enjoy better well-being; neurological & veterans specific supports; self-management tools; Thistle Neurological Wellbeing Service, Thistle Wellbeing Service & Support for Veterans available in Fife	<a href="http://www.thistle.org.uk/looking-for-support">www.thistle.org.uk/looking-for-support</a> <b>Email</b> <a href="mailto:referrals@thistle.org.uk">referrals@thistle.org.uk</a> <b>Tel</b> 0131 661 3366 <b>Facebook</b> Thistle Foundation  <b>Veterans Support:</b> <b>Email</b> <a href="mailto:Claire.Cumming@thistle.org.uk">Claire.Cumming@thistle.org.uk</a> <b>Tel</b> 07471030957 Claire Cumming	<b>Fife-wide (National Organisation)</b>
<b>Careoligy Day Centre (Hayfield Clinic, Dunnikier Road, Kirkcaldy)</b> <b>Update (191021): New private Day Care facility</b>	Bespoke day service for 60+ with disability/frailty/dementia; recreational, leisure & holistic activities; flexible sessions from 4 hrs to full days; 2 hrs free taster session; open Wed-Thu	<a href="http://www.careoligy.co.uk">www.careoligy.co.uk</a> <b>Email</b> <a href="mailto:Anne.Ciarletta@careoligy.co.uk">Anne.Ciarletta@careoligy.co.uk</a> <b>Tel</b> 01592 210212 or 07934877463	<b>Fife-wide</b> Wed-Thu £50-90 per session Transport not provided
<b>Link Living Befriending (Older Person's Service)</b> <b>Update (051224): Help to Stay at Home Service is now reopen to referrals (frequency of openings are limited to 25-30 per year)</b>	Befriending for socially isolated older people 65+; help to get out, meet people & enjoy activities in your area; to help deliver the service Volunteer Befrienders make a weekly visit or phone call to a socially isolated older person; volunteers receive travel expenses & support from a Project Worker	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:referralsOPS@linkliving.org.uk">referralsOPS@linkliving.org.uk</a> <b>Tel</b> 01592 644048	<b>Fife-wide</b> Service delivery & volunteering

Service:	Brief:	Contact/Links:	Other:
<b>Centre for Positive Change (in partnership with Positive Change Yoga)</b>	Free online Zen Yoga offered to Fifers since January extended to throughout March 2021; see website for booking information	<a href="http://www.positivechangeyoga.com">www.positivechangeyoga.com</a> <b>Facebook</b> @positivechangeyoga	<b>Fife-wide</b>
<b>Rock Trust Housing Support &amp; Housing First for Youth (in partnership with Fife Council)</b> <b>Update (151121)</b>	Housing Support works with young people in their own tenancies to teach life skills & build the confidence needed to live independently; Housing First for Youth supports young people to end homelessness by immediately placing them into an unconditional & permanent home that meets their needs & interests, bypassing unsuitable temporary accommodation; young people 16-25	<a href="http://www.rocktrust.org">www.rocktrust.org</a> <b>Email</b> <a href="mailto:alison.liddell@rocktrust.org">alison.liddell@rocktrust.org</a> Alison Liddell, Fife Team Leader <b>Email</b> <a href="mailto:hello@rocktrust.org">hello@rocktrust.org</a> <b>Tel</b> 0345 222 1425 <b>Facebook</b>  <b>Or Fife Council (partner) Contact:</b> <b>Email</b> <a href="mailto:housing.first@fife.gov.uk">housing.first@fife.gov.uk</a>	<b>Fife-wide</b> National organisation with local services
<b>KASP Kingdom Abuse Survivors Project</b> <b>Update (190422):</b> Currently recruiting volunteer befrienders	Supporting adult survivors of childhood sexual trauma; services include: counselling, younger people 16-25, domestic abuse & befriending	<a href="http://www.kasp.org.uk">www.kasp.org.uk</a> <b>Email</b> <a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a> <b>Tel</b> 01592 644217 <b>Text</b> 07501221909 <b>Facebook</b>	<b>Fife-wide</b> Self or organisational referrals accepted
<b>The Hive LGBT+ Centre</b> <b>Update (050224):</b> New LGBTQ+ 50+ get together 1 <sup>st</sup> Wed of the month from 070224	Dedicated LGBT+ community centre; LGBT+ people, family, friends & allies welcomed; community meeting rooms, exhibitions, studio facilities, Hot Desks hire & café	<a href="http://www.fifelgbtcentre.scot">www.fifelgbtcentre.scot</a> <b>Tel</b> 0800 051 7676 <b>Email</b> <a href="mailto:thehive1@pinksaltire.com">thehive1@pinksaltire.com</a> <b>Facebook</b> @TheHiveLGBTCentre	<b>Fife-wide (Kirkcaldy-based)</b> Mon-Sat 1200-2100 10 Whytescauseway, Kirkcaldy KY1 1XF <ul style="list-style-type: none"> <li>○ Wed 1800-2000 Let it All Out Peer Discussion Group</li> <li>○ 1<sup>st</sup> Wed monthly 1300-1500 50+ Get Together</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<p><b>Alzheimer Scotland Fife Brain Health &amp; Dementia Resource Centre (FRC)</b>  <b>Update (040124)</b></p>	<p>Information, support &amp; advice for those living with dementia, their families &amp; carers; friendly supports include social groups, Drop-in Information Cafes, online groups &amp; 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 &amp; Events Calendar</p>	<p><a href="http://www.alzscot.org">www.alzscot.org</a>  <b>Email</b> <a href="mailto:fifeservice@alzscot.org">fifeservice@alzscot.org</a>  <b>Tel</b> 01592 204541  <b>Fife Resource Centre Address</b>                      Hill Street, Kirkcaldy KY1 1AH  <b>Facebook</b> Alzheimer Scotland – Fife</p> <p><b>Group Contacts:</b></p> <ul style="list-style-type: none"> <li>○ <a href="mailto:CFrench@alzscot.org">CFrench@alzscot.org</a> or 07795507072                      Claire French</li> <li>○ <a href="mailto:LDewar@alzscot.org.uk">LDewar@alzscot.org.uk</a> or 07766445717                      Lesley Dewar</li> <li>○ <a href="mailto:MHodgson@alzscot.org.uk">MHodgson@alzscot.org.uk</a> or 07824377548                      Michelle Hodgson</li> <li>○ <a href="mailto:NHiggins@alzscot.org">NHiggins@alzscot.org</a> or 07771718538                      Natalie Higgins</li> <li>○ <a href="mailto:SRichardson@alzscot.org.uk">SRichardson@alzscot.org.uk</a> or 07827992313                      Shirley Richardson</li> </ul> <p><b>Alzheimer App:</b>  <a href="http://www.alzscot.org/alzscotapp">www.alzscot.org/alzscotapp</a> search local support 'Fife' or contact the Fife Brain Health &amp; Dementia Resource Centre to receive a monthly updated <b>What's On Guide</b></p>	<p><b>Fife-wide</b>                      Alzheimer App available to search for local supports</p> <p><b>Group Localities (as of 040124):</b></p> <ul style="list-style-type: none"> <li>○ Kirkcaldy</li> <li>○ Glenrothes</li> <li>○ Methil</li> <li>○ Dunfermline</li> <li>○ Lochore</li> <li>○ Rosyth</li> <li>○ Elie</li> <li>○ St Andrews</li> <li>○ Tayport</li> <li>○ Anstruther</li> <li>○ Cellardyke</li> <li>○ Elie</li> <li>○ Burnturk</li> </ul> <p><b>Day Care (Kirkcaldy Centre-based)</b> Thu-Fri am-pm 3-hour sessions                      £10/session</p> <p><b>Online Groups</b></p>
<p><b>Fife Private Rental Solutions (Trust in Fife)</b>  <b>Update (240122)</b></p>	<p>Private rented sector advice hub for individuals &amp; landlords; housing options advice &amp; guidance, identifying a suitable property, 'Deposit Guarantee' (in lieu of cash deposits), rent resolution, mediation</p>	<p><a href="http://www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/">www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/</a>  <b>Email</b> <a href="mailto:info@frps.co.uk">info@frps.co.uk</a>  <b>Tel</b> 01592 201849  <b>Facebook</b> @TIF.TrustInFife</p>	<p><b>Fife-wide</b>                      Access can be direct or via Fife Council's Housing Assessment Team or Prevention First Service</p>

Service:	Brief:	Contact/Links:	Other:
<p><b>Ace Fife &amp; Multiply Making Numbers Matter, Enable Update (250523)</b></p>	<p><b>Ace</b> For adults residing in Fife with a Learning Disability; community of 24 groups Scotland-wide aiming to make positive change; opportunity to meet people &amp; try new things  <b>Multiply</b> Government-funded programme to help adults improve numeracy; 19+ &amp; don't have maths GCSE grade C (or equivalent); free course to build confidence/gain qualification SVQ 5</p>	<p><a href="http://www.enable.org.uk">www.enable.org.uk</a>  <b>Email</b> <a href="mailto:stuart.cumming@enable.org.uk">stuart.cumming@enable.org.uk</a> or <a href="mailto:cjs@enable.org.uk">cjs@enable.org.uk</a>  <b>Tel</b> 07889456668</p> <p><b>Tel</b> 0300 0200 101 <b>National Helpline</b> Mon-Fri 0900-1700 for further support &amp; information</p> <p><b>Multiply</b>  <b>Email</b> <a href="mailto:neil.philip@enable.org.uk">neil.philip@enable.org.uk</a>  <b>Tel</b> 07743557637</p>	<p><b>Fife-wide &amp; National Org</b></p> <ul style="list-style-type: none"> <li>○ Mon 1805-2000 Youth Group, Cupar Youth Café</li> <li>○ Wed 1900-1955 Youth Group, Lomond Centre Glenrothes</li> <li>○ Tue last monthly 1600-1730 18+ Group, Lomond Centre Glenrothes</li> </ul> <p><b>Zoom Sessions:</b></p> <ul style="list-style-type: none"> <li>○ Tue 1800 Workshop</li> <li>○ Wed 1630 National Youth</li> <li>○ Fri 1530 Karaoke</li> </ul>
<p><b>Tartan Talkers Update (011222): Developing non-profit service</b></p>	<p>Male suicide support/recovery; support in crisis; listening, advice &amp; info; refer to other supports; daily peer buddy call; group support for families; social Media &amp; online content</p>	<p><a href="http://www.tartantalkers.scot">www.tartantalkers.scot</a>  <b>Tel</b> 01382 694517  <b>Email</b> <a href="mailto:info@tartantalkers.scot">info@tartantalkers.scot</a>  <b>Facebook</b> @tartantalkers</p>	<p><b>Fife-wide</b>  Mon-Thu 1400-0000  Fri 1400-0600  Sat 2200-0600  <b>Online Chat</b> 1800-2100</p>
<p><b>Seescape (Fife Society for the Blind) Update (081122):</b> New warm space group open to all from 181122</p>	<p>Support for people with a visual impairment; aim to empower visually impaired to live safely, independently &amp; achieve personal goals; one-stop-shop info/advice, rehabilitation, assistive technology training, befriending &amp; social groups</p>	<p><a href="http://www.seescape.org.uk">www.seescape.org.uk</a>  <b>Tel</b> 01592 644979  <b>Email</b> <a href="mailto:info@seescape.org.uk">info@seescape.org.uk</a>  <b>Facebook</b> Seescape - Fife</p>	<p><b>Fife-wide</b>  Fri 1300-1500 Warm Space – from 181122 open to all; hot drink &amp; chat from Unit H, Newark Road North, Glenrothes</p>
<p><b>Cost of Living Portal, Fife Council &amp; Partners Update (101023)</b></p>	<p>Portal for Cost of Living crisis; winter partnership programme making warm places available locally in addition to regular <b>Café Inc</b> family food service that runs through the school holidays</p>	<p><a href="http://www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces">www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces</a>  <b>Tel</b> 0800 952 0330 Community Support Line</p>	<p><b>Fife-wide</b>  Mon-Fri 0900-1700  Community Support Line</p>

Service:	Brief:	Contact/Links:	Other:
<b>Togetherall</b> <b>Update (061221)</b>	Safe, anonymous, online community supporting mental health 16-26; for young people who are feeling overwhelmed or struggling	<a href="http://www.togetherall.com">www.togetherall.com</a>	<b>Fife-wide</b> Free
<b>With You in Fife</b> <b>Update (270921)</b>	Confidential drug & alcohol service; 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	<a href="http://www.wearewithyou.org.uk/services/fife/">www.wearewithyou.org.uk/services/fife/</a> <b>Tel</b> 01333 433636 <b>Based</b> The Grieg Institute, Forth Street, Leven KY8 4PF	<b>Fife-wide</b> For over 16s living in Fife Free
<b>Barnado's Empowering Change (BEC) for families/children impacted by substance use</b> <b>Update (101023)</b>	Individual & family support with children 0-26; develop strengths, resilience & self-efficacy; aim to reduce harm & improve home conditions & recovery	<a href="http://www.barnados.org.uk/get-support/services/fife-barnados-empowering-change-intensive">www.barnados.org.uk/get-support/services/fife-barnados-empowering-change-intensive</a> <b>Email</b> <a href="mailto:ashleigh.glennie@barnados.org.uk">ashleigh.glennie@barnados.org.uk</a> <b>Tel</b> 01592 651482	<b>Fife-wide</b> Professional & self-referral
<b>TFL@Going Forth, SAMH</b> <b>Update (170823)</b>	Well-being workshops; situated in lovely grounds with mindfulness areas, wild garden, fruit & veg plots - a garden project runs from the grounds which people can use when attending Going Forth; 'To Flourish in Life' are workshops based on SAMH Tools for Living - supports people to manage mental health & well-being in an informal small group setting with different topic each week	<b>Text</b> 07713080407 <b>Tel</b> 01383 623179 <b>Email</b> <a href="mailto:goingforth@samh.org">goingforth@samh.org</a>	<b>Fife-wide</b>

Service:	Brief:	Contact/Links:	Other:
<b>Brag Enterprises</b> <b>Update (020323)</b>	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	<a href="http://www.brag.co.uk">www.brag.co.uk</a> <b>Tel</b> 0333 320 2258 <b>Facebook</b>	<b>Fife-wide</b> Partner Agencies - CARF, Frontline Fife, Clued Up, Barnardos, FEAT, Kingdom Works, Greener Kirkcaldy & Fife Voluntary Action
<b>Fife Workplace Team, Fife Health &amp; Social Care Partnership</b> <b>Update (071221)</b>	Assisting Fife's workforce with health, safety & wellbeing outcomes; training available for employers seeking to support workers with a long Covid experience to return to work	<a href="http://www.nhsfife.org/workplace/">www.nhsfife.org/workplace/</a> <b>Email</b> <a href="mailto:fife.hwlfife@nhs.scot">fife.hwlfife@nhs.scot</a> <b>Tel</b> 01592 226526	<b>Fife-wide</b> The workplace is identified as a key area for the improvement of health, safety & wellbeing by the WHO
<b>Furniture Plus</b> <b>Update (270921)</b>	Furniture re-use, recycling & repair; combat poverty & social exclusion via re-using, recycling, repairing furniture/other household goods; operating from 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	<a href="http://www.furnitureplus.org.uk">www.furnitureplus.org.uk</a> <b>Tel</b> 01592 654546 Customer Services <b>Email</b> <a href="mailto:enquiries@furnitureplus.org.uk">enquiries@furnitureplus.org.uk</a> <b>Facebook</b> Furniture Plus Ltd	<b>Fife-wide</b> Mon-Fri 0900-1645 Customer Services Mon-Sat 0900-1700 Stores Dysart & Dunfermline

Service:	Brief:	Contact/Links:	Other:
<p><b>The Big Hoose Project (The Cottage Family Centre)</b>  <b>Update (170423): New hours for NEF Hub</b></p>	<p>Partnership with Amazon distributing household goods to children &amp; families living in poverty; will work in partnership with charities, Social Workers, health visitors &amp; organisations to enable access items such as bedding, kitchen items, towels, toilet roll, nappies, rugs &amp; other household furnishings/goods; if experiencing hardship speak with a professional as they will be able to complete a referral on your behalf</p>	<p><a href="http://www.thecottagefamilycentre.org.uk/news/big-hoose-fife-project">www.thecottagefamilycentre.org.uk/news/big-hoose-fife-project</a>  <b>Email</b> <a href="mailto:administration@thecottagefamilycentre.org.uk">administration@thecottagefamilycentre.org.uk</a>  <b>Tel</b> 01592 269489 or 01592 210189</p> <p><b>Hub@Castle Furniture:</b>  <a href="http://www.castlefurniture.org/downloads">www.castlefurniture.org/downloads</a>  <b>Email</b> <a href="mailto:paulinemcilwraith@castlefurniture.org">paulinemcilwraith@castlefurniture.org</a>  Pauline Mcilwraith, Hub Co-ordinator  <b>Tel</b> 01334 654445</p>	<p><b>Fife-wide</b>  Referral system in place - via a Social Worker, health visitor, child's school or charity/organisation that supports children &amp; families  Mon-Fri 0900-1700</p> <p><b>Hub@Castle Furniture Cupar &amp; Glenrothes</b></p> <ul style="list-style-type: none"> <li>○ Tue/Thu 1100-1500 Glenrothes</li> <li>○ Mon/Wed 1100-1500 Cupar</li> </ul>
<p><b>Wellbeing Toolkit NHS Fife</b>  <b>Update (150623)</b></p>	<p>Improve mental &amp; physical wellbeing; interactive pages; tools to help you think about what you are good at &amp; how you can use this; a range of health &amp; wellbeing apps, websites, courses &amp; contacts</p>	<p><a href="http://www.nhsfife.org/services/all-services/health-promotion-service/mental-health-improvement/wellbeing-toolkit/">www.nhsfife.org/services/all-services/health-promotion-service/mental-health-improvement/wellbeing-toolkit/</a></p>	<p><b>Fife-wide</b>  Online resource</p>
<p><b>Access Therapies Fife, Fife HSCP Psychology Service</b>  <b>Update (300523): New June 2023 Step on Stress programme available - 3x1.5hr sessions which focus on learning evidence-based methods of dealing with stress</b></p>	<p>Part of Fife's Health &amp; 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 &amp; a range of activities/support locally &amp; online including a range of therapies</p>	<p><a href="http://www.accesstherapiesfife.scot.nhs.uk">www.accesstherapiesfife.scot.nhs.uk</a>  <b>Email</b> <a href="mailto:fife.atfife@nhs.scot">fife.atfife@nhs.scot</a>  <b>Tel</b> 01383 565427</p> <p><b>Write to us:</b>  Access Therapies Fife Admin Team  Psychology Department, Lynebank Hospital  Halbeath Road  Dunfermline KY11 4UW</p>	<p><b>Fife-wide</b>  In-person &amp; Online</p>

Service:	Brief:	Contact/Links:	Other:
<b>Phoenix Futures Scotland Communities of Recovery Fife</b> <b>Update (141223)</b>	Peer Mentor Service recruit mentors who are stable in their recovery journey to support people struggling with substance use; one-to-one supporting mentees to help attend necessary appointments, to promote socialisation & improve support networks with others in recovery; mentors have the opportunity to participate in training - Phoenix Induction, SMART Recovery, Naloxone Train the Trainers; Mentees, depending on stability, have the opportunity to progress to mentor role; recovery cafes throughout Fife to reduce isolation & build friendships – art therapy, dry spot blood testing, naloxone training, cooking	<a href="http://www.phoenix-futures.org.uk">www.phoenix-futures.org.uk</a> <b>Email</b> <a href="mailto:charlene.gilmour@phoenixfutures.org.uk">charlene.gilmour@phoenixfutures.org.uk</a> <b>Tel</b> 07704019622 Charlene Gilmour or 07521870511 David	<b>Fife-wide</b> Contact to refer or self-refer <b>Groups:</b> <ul style="list-style-type: none"> <li>○ Mon/Wed/Fri 1100-1400 Recovery Through Nature, Balhousie Care Home Methil</li> <li>○ Tue/Thu 1030-1230 Pickleball, Kirkcaldy Sports Centre</li> <li>○ Tue/Thu 1230-1430 Recovery Café, YMCA Kirkcaldy</li> <li>○ Wed 1300-1500 Football (Street Soccer Scotland), Michael Woods Centre Glenrothes</li> <li>○ Monthly Football Tournaments (Street Soccer Scotland)</li> </ul>
<b>Fife Young Carers</b> <b>Update (290224)</b>	Children & young people up to 25 who look after someone in their family who are ill or have a disability; individual support; groups; residential/day trips; info & advice; awareness raising; advocacy; befriending	<a href="http://www.fifeyoungcarers.co.uk">www.fifeyoungcarers.co.uk</a> <b>Email</b> <a href="mailto:admin@fifeyoungcarers.co.uk">admin@fifeyoungcarers.co.uk</a> <b>Tel</b> 01592 407262 <b>Facebook</b> Fife Young Carers <b>Centre:</b> Unit H, Newark Road North, Eastfield Industrial Estate, Glenrothes, Fife KY7 4NT	<b>Fife-wide</b>
<b>InterActions Counselling</b> <b>Update (160524)</b>	Array of counselling & support services, helping to empower clients towards their own well-being; issues incl stress, trauma, loss, bereavement, addictions & abuse	<a href="http://www.counsellingfife.co.uk">www.counsellingfife.co.uk</a> <b>Email</b> <a href="mailto:info@interactions.uk.com">info@interactions.uk.com</a> <b>Tel</b> 01592 262869 <b>Write to:</b> Interactions PO Box 26724 Kirkcaldy KY1 2NW	<b>Fife-wide</b> Based in Kirkcaldy & have clients throughout Scotland & UK

Service:	Brief:	Contact/Links:	Other:
<b>Fife Boomerang</b> <b>Update (180624)</b>	Registered mental health charity for adults under 65; 2 activities per week; 2 annual holidays; all members including volunteers have lived experience; volunteer opportunities	<b>Email</b> <a href="mailto:fifeboomerang@yahoo.co.uk">fifeboomerang@yahoo.co.uk</a> <b>Tel</b> 01592 775650 <b>Facebook</b> Fife Boomerang <b>Referral Packs Available:</b> Exit Community Centre Glenrothes KY7 4RH	<b>Fife-wide</b> ○ Based in Glenrothes with pick up points Glenrothes, Leven, Kirkcaldy & Dunfermline ○ GP or CPN referrals
<b>NHS Fife Bowel &amp; Bladder Service (BABS)</b> <b>Update (180624)</b>	Advice, support & guidance for bladder/bowel dysfunction; specialist support/training for health care professionals & for those who assess for containment pads; helps improve lifestyles; provide containment pad home delivery services to homes/care homes where options assessed	<b>Email</b> <a href="mailto:fife.communitycontinence@nhs.scot">fife.communitycontinence@nhs.scot</a> <b>Tel</b> 01592 869924  <b>Based at:</b> Rosewell Clinic 2 Ballingry Road Lochore KY5 8ET	<b>Fife-wide</b>
<b>ADHD Fife</b> <b>Update (041124)</b>	Peer support beyond traditional medication-focused approaches; range of methods encompassing holistic/experimental therapies, buddying & peer supports; opportunities for self-education; not a professional entity, utilises learned experience, external professional services/resources	<a href="http://www.adhdfife.co.uk">www.adhdfife.co.uk</a> <b>Tel</b> 07460774648 <b>Email</b> <a href="mailto:ADHDFife@outlook.com">ADHDFife@outlook.com</a>	<b>Fife-wide</b>
<b>SHOUT Fife (Fife Health Promotion Service, SHOUT &amp; Our Minds Matter Partnership)</b> <b>Update (230125)</b>	Free, confidential mental health support for young people living in Fife experiencing distress; text day or night; trained advisor will connect	<b>Text</b> 'FIFE' to 85258	<b>Fife-wide</b> 24/7 free service & will not show on phone bills
<b>Fife Neurology, NHS</b> <b>Update (080425)</b>	Comprehensive care across multiple sites with clinics at Victoria & Queen Margaret Hospitals; specialist clinics	<b>Tel</b> 01592 643355 Hospital Switchboard <b>Ext</b> 28676 Neurology Secretaries	<b>Fife-wide</b> Referral via GP or specialist

## Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
<b>Link Living, Better Than Well</b> <b>Update (180422): Open to new referrals</b>	Up to 8 supported self-help sessions adults 16+ whom experienced childhood trauma to stay safe/stable using CBT approach; to help participants understand impact of trauma, identify outcomes & how to work towards these & connect to other supports; available by telephone/video call; approx. 4-6 weeks waiting period for a coach	<b>Tel</b> 01592 644048 <b>Email</b> <a href="mailto:selfhelp@linkliving.org.uk">selfhelp@linkliving.org.uk</a> <b>Write to</b> Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	<b>Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy</b> Participants must live in the abovementioned localities <b>North East Fife &amp; South West Fife</b> Sessions will always only be available via telephone or video call  Referrals can be self or on behalf of (with consent)
<b>Sporting Memories</b> <b>Update (041124): New Cupar Group</b>	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	<a href="http://www.sportingmemories.uk">www.sportingmemories.uk</a>  <b>Local Contact Gary Waddell</b> <b>Tel</b> 07941123278 <b>Email</b> <a href="mailto:gary.waddell@sportingmemories.uk">gary.waddell@sportingmemories.uk</a>	<b>Kirkcaldy, Glenrothes, Methil, Dunfermline &amp; Cupar</b> <ul style="list-style-type: none"> <li>○ Mon 1400-1530 Methil Bayview Stadium</li> <li>○ Tue 1030-1200 Dunfermline Abbeyview Bowling Club</li> <li>○ Wed 1030-1200 Cupar Duffas Park Bowling Club</li> <li>○ Wed 1030-1200 Kirkcaldy Rugby Club</li> <li>○ Wed 1330-1530 Glenrothes St Columba's Church</li> <li>○ Thu 1030-1200 Glenrothes Community Sports &amp; Health Hub</li> </ul>
<b>Scotland Hourglass (Action on Elder Abuse)</b>	Free shopping bag delivery for older people in isolation.	<b>Tel</b> 07496323801 <b>Email</b> <a href="mailto:colinscott@wearehourglass.org">colinscott@wearehourglass.org</a>	<b>Dunfermline &amp; West Fife</b>

Service:	Brief:	Contact/Links:	Other:
<b>Dunfermline Central Mosque</b>	Shopping/essential deliveries including halal; free food parcels for those 60+ in need	<b>Telephone or SMS</b> 07946636913	<b>Dunfermline to Rosyth</b>
<b>F3 Food for Families, Gillespie Memorial Church, Dunfermline</b>	Free fresh food during summer school holidays for families struggling to feed the family	<a href="http://www.gillespiechurch.org/mission-outreach/f3-food-for-families/">www.gillespiechurch.org/mission-outreach/f3-food-for-families/</a> <b>Tel</b> 07518902602 Leave a message or text & you will get a call back <b>Email</b> <a href="mailto:f3gillespiechurch@gmail.com">f3gillespiechurch@gmail.com</a> <b>Facebook</b> F3 or foodforfamiliesdunfermline	<b>Dunfermline &amp; West Fife</b> Service commences from 060720
<b>Benarty Fruits, Lochore</b>	Fruit/Veg deliveries	<a href="http://www.benartyfruits.co.uk/shop">www.benartyfruits.co.uk/shop</a> <b>Tel</b> 07786025233	<b>Oakley to Glenrothes</b> Mon-Sat (time slots)
<b>Fife Curnie Clubs</b> <b>Update (200222):</b> Glenrothes Club will be relocating Apr 23 to St Columba's Church, Rothes Road	Adults 26-65; socially isolated/lonely; face-to-face groups incl gardening, social activities, arts/crafts, peer support, personal development & therapeutic <b>Flourish With Nature</b> Socially isolated &/or mild-moderate depression, low mood, anxiety or stress; transport/lunch provided; delivered in blocks to help people connect with nature, others & self <b>FASD Fife</b> for those who care for & work with FASD or are suspected of having been exposed to alcohol pre-birth	<a href="http://www.fifecurnieclubs.org">www.fifecurnieclubs.org</a> 07384514478 Kirkcaldy (Jo) 07384514479 Dunfermline (Karen) 07807011951 General Enquiries (Donald) <b>Email</b> <a href="mailto:curnieclubsinfife@gmail.com">curnieclubsinfife@gmail.com</a> Curnie Clubs <b>Facebook</b> @FifeCurnieClubs  <b>Tel/Text</b> 07384514478 Jo, Flourish With Nature <b>Email</b> <a href="mailto:jo.mitchell@fassaction.org.uk">jo.mitchell@fassaction.org.uk</a>  <b>Email</b> <a href="mailto:fasd.fife@fassaction.org.uk">fasd.fife@fassaction.org.uk</a> FASD Fife <b>Facebook</b> @FASDFife	<b>Kirkcaldy, Dunfermline, Levenmouth &amp; Glenrothes</b> Mon Glenrothes Relocating Apr 23 Tues 1100-1400 Bennoch Hub, Kirkcaldy Wed 1000-1300 Gillespie Church, Dunfermline Wed 1000-1300 Buckhaven Community Centre  <b>Fide-wide</b> Thu 1000-1430 <b>Flourish With Nature</b> at/from Kirkcaldy base with field trips <b>FASD</b> (Fetal Alcohol Spectrum Disorder) Fife
<b>Employment Plus, Salvation Army</b> <b>Update (241120)</b>	Free & confidential help with employability, training, in-work support & well-being & life skills	<a href="http://www.salvationarmy.org.uk/employability">www.salvationarmy.org.uk/employability</a> <b>Tel</b> 0800 652 4276 <b>Email</b> <a href="mailto:employmentplus@salvationarmy.org.uk">employmentplus@salvationarmy.org.uk</a> <b>Local Contact</b> 07827037013 Dawn Hinton <b>Email</b> <a href="mailto:dawn.hinton@salvationarmy.org.uk">dawn.hinton@salvationarmy.org.uk</a>	<b>Levenmouth, Glenrothes, Kirkcaldy, Lochgelly &amp; Cowdenbeath</b>

Service:	Brief:	Contact/Links:	Other:
<b>Womens Wellbeing Club</b> <b>Update (050923):</b> New Glenrothes venue from 050923, now located Leslie	18+ female only well-being peer group for any women who needs a safe space to talk – online & in-person resource	<a href="http://www.womenswellbeingclub.co.uk">www.womenswellbeingclub.co.uk</a> <b>Email</b> <a href="mailto:glenrothes@womenswellbeingclub.co.uk">glenrothes@womenswellbeingclub.co.uk</a> <a href="mailto:standrews@womenswellbeingclub.co.uk">standrews@womenswellbeingclub.co.uk</a> <a href="mailto:dunfermline@womenswellbeingclub.co.uk">dunfermline@womenswellbeingclub.co.uk</a> <b>Facebook</b>	<b>Glenrothes, St Andrews &amp; Dunfermline</b> Tue 1830-2030 <ul style="list-style-type: none"> <li>○ New Hope Community House, Leslie</li> <li>○ 3a St Marys Place, St Andrews</li> <li>○ St Margaret's Church, Dunfermline</li> </ul>
<b>Pain Association</b> <b>Update (171122):</b> Groups & learning will be online & in-person; new programmes available for 2023	Professionally-led training group for people with all forms of chronic pain; sessions focus on building skills that help people to regain control & cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event	<a href="http://www.painassociation.co.uk">www.painassociation.co.uk</a> <b>Tel</b> 0800 783 6059 <b>Email</b> <a href="mailto:info@painassociation.com">info@painassociation.com</a> To join a zoom meeting – include a contact telephone number and which locality group you wish to join) <b>Email</b> <a href="mailto:awaugh@painassociation.com">awaugh@painassociation.com</a> For information or a programme	<b>Dunfermline (Townhill Community Centre)</b> from 080223 in-person <b>Kirkcaldy (St Bryce Kirk Centre)</b> from 120123 <b>Levenmouth (Buckhaven Community Centre)</b> 120123 <b>Cupar (YMCA)</b> from 200223 <b>Fife (online)</b> from 180123
<b>Walking Netball (Netball Scotland &amp; Age Scotland)</b> <b>Update (040523)</b>	For those with fond memories of playing netball when they were younger or who always wanted to play but were worried about the rules or about not keeping up with the game Walking Netball could very well be the programme for you; also provide guidance to set up new groups	<a href="http://www.netballscotland.com/get-involved/walking-netball-3/">www.netballscotland.com/get-involved/walking-netball-3/</a> <b>Email</b> <a href="mailto:membership@netballscotland.com">membership@netballscotland.com</a>  <b>Tel</b> 07872470567 Jackie Moore, WN Glenrothes <b>Email</b> <a href="mailto:megan.buchanan@fife.gov.uk">megan.buchanan@fife.gov.uk</a> Megan Buchanan, WN Glenrothes	<b>Dunfermline &amp; Glenrothes</b> National network with local groups: <ul style="list-style-type: none"> <li>○ Mon 2000-2100 Dunfermline High School £3.50</li> <li>○ Wed 1000-1100 Lomond Centre Glenrothes £3.50</li> </ul>
<b>Best Foot Forwards (Walking Groups), Fife Council Community Sports Leader-led</b> <b>Update (040521)</b>	Gentle walks for all abilities meeting at local locations in Dunfermline & Rosyth; daytime & evening walking groups; walks are 1.5 or 3 miles	<b>Tel</b> 07496053380 <b>Facebook</b>	<b>Dunfermline &amp; Rosyth</b>

Service:	Brief:	Contact/Links:	Other:
<p><b>Crossroads Befriending Service</b>  <b>Update (201125):</b>                      Befriending Groups now Glenrothes &amp; Kirkcaldy</p>	<p>Befriending opportunities for adults who are socially isolated &amp; lonely; regular social interaction with a Volunteer Befriender either one-to-one or group setting; new referrals &amp; volunteer enquiries welcome; space may be limited &amp; waiting list may apply</p>	<p><a href="http://www.crossroadscentral.org">www.crossroadscentral.org</a>  <b>Email</b> <a href="mailto:suzanne@crossroadsq.co.uk">suzanne@crossroadsq.co.uk</a>  <b>Tel</b> 01592 630253 or 07955047757 Suzanne Forsyth, Co-ordinator</p>	<p><b>Fife excluding Dunfermline &amp; West Fife</b>  <i>Befriending Groups:</i></p> <ul style="list-style-type: none"> <li>○ Tue 1000-1200 St Columba's, Glenrothes</li> <li>○ Thu 1100-1300 Overton Community Centre, Kirkcaldy</li> </ul>
<p><b>Andys Man Club</b>  <b>Update (231023):</b>                      Kincardine group launches 201123</p>	<p>National coverage with local groups; free peer-to-peer group providing a place for men to come together in a safe &amp; 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</p>	<p><a href="http://www.andysmanclub.co.uk">www.andysmanclub.co.uk</a>  <b>Email</b> <a href="mailto:info@andysmanclub.co.uk">info@andysmanclub.co.uk</a>  <b>Facebook</b> search 'Andys Man Club' followed by the town</p>	<p><b>Glenrothes, St Andrews, Cupar, Dunfermline, Kirkcaldy, Cowdenbeath, Dalgety Bay &amp; Kincardine</b>                      Mon 1900-2100:</p> <ul style="list-style-type: none"> <li>○ Glenrothes Collydean Community Centre &amp; Strollers FC</li> <li>○ St Andrews 3a St Marys Place</li> <li>○ Cupar Howe of Fife Rugby Club</li> <li>○ Dunfermline Townhill Bowling Club &amp; McKane Park Rugby Club</li> <li>○ Kirkcaldy Stark's Park, Raith Rovers FC</li> <li>○ Dalgety Bay That Place in the Bay</li> <li>○ Cowdenbeath Central Park</li> <li>○ Kincardine Community Centre</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<p><b>Breathe Easy Fife (affiliated to the British Lung Foundation)</b>  <b>Update (101023):</b> New Glenrothes group to launch 260224 Mon 1300 CISWO, South Street, Glenrothes (4th Mon of month); subscribe to newsletter, contact or check Facebook for dates of monthly meetings</p>	<p>Monthly support &amp; social groups which bring people together who are living with or who care for people with lung conditions</p>	<p><a href="http://www.blf.org.uk">www.blf.org.uk</a>  <b>Tel</b> 01333 426544 or 07730436966 Agnes Whyte (Chairperson) or 01334 650914 Ray/Janice for North East Fife  <b>Email</b> <a href="mailto:breatheeasyfife@yahoo.com">breatheeasyfife@yahoo.com</a>  <b>Facebook</b> Breathe Easy Fife</p> <p><b>Or, National Helpline Asthma &amp; Lung UK:</b>  <b>Tel</b> 03000 030 555 Mon-Fri 0900-1700</p>	<p><b>Levenmouth, St Andrews, Kirkcaldy, Dunfermline &amp; Glenrothes</b>  <b>Contact for monthly dates:</b></p> <ul style="list-style-type: none"> <li>○ Thu 1300-1530 Methil, Fife Renewable Innovation Centre</li> <li>○ Mon 1300-1500 St Andrews Scoonie Hill Community Centre</li> <li>○ Thu 1300-1530 Kirkcaldy, Templehall Community Centre</li> <li>○ Thu 1300-1530 Parkgate Community Centre Rosyth</li> <li>○ Mon 1300 CISWO Glenrothes (from 260224)</li> </ul>
<p><b>Making it Work for Lone Parents (Fife Gingerbread &amp; CARF)</b>  <b>Update (170621)</b></p>	<p>For lone parents in work or seeking employment; tailored support helping parents work towards a positive future &amp; maintain a healthy work/life balance; financial advice</p>	<p><a href="http://www.fifegingerbread.org.uk">www.fifegingerbread.org.uk</a>  <b>Tel</b> 01592 725210  <b>Email</b> <a href="mailto:info@fifegingerbread.org.uk">info@fifegingerbread.org.uk</a></p>	<p><b>Cowdenbeath, Kirkcaldy, Glenrothes &amp; Levenmouth</b></p>
<p><b>East Fife Community Transport &amp; Good Neighbours (RVS Community Transport)</b>  <b>Update (230921)</b></p>	<p>Community Transport for trips where mobility issues make it difficult/impossible to use public transport or if they live in rural areas with limited transport; trips include hospital/GP appointments &amp; shops/town or social activities; delivered by volunteers</p>	<p><a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>  <b>Email</b> <a href="mailto:fifegnhs@royalvoluntaryservice.org.uk">fifegnhs@royalvoluntaryservice.org.uk</a>  <b>Tel</b> 01592 269654</p>	<p><b>East Fife</b>  Mon-Fri 0830-1600</p>

Service:	Brief:	Contact/Links:	Other:
<b>Largo Links 'Online Local Directory of Events'</b> <b>Update (181121)</b>	Hosted on Largo Communities Together detail of activities in Largo & further afield	<a href="http://www.largocommunitiestogether.org.uk">www.largocommunitiestogether.org.uk</a> Click on the 'Largo Links' and look for Online Directory	<b>Upper Largo &amp; wider area (Includes activities Cupar &amp; East Neuk)</b>
<b>Link Living Social Café</b> <b>Update (210322): New group Tayport</b>	Free social café for socially isolated adults 65+; refreshments & activities; aims to help tackle loneliness & social isolation in carers & older people by bringing people together in a welcoming environment; transport may be available for people unable to make their own way there (volunteer drivers); referral form available	<a href="http://www.linkliving.org.uk">www.linkliving.org.uk</a> <b>Email</b> <a href="mailto:referralsOPS@linkliving.org.uk">referralsOPS@linkliving.org.uk</a> <b>Tel</b> 01592 644048	<b>Torryburn, Cowdenbeath, North Queensferry &amp; Tayport</b> <ul style="list-style-type: none"> <li>○ Tue 1030-1230 Torryburn Community Centre</li> <li>○ Wed 1030-1230 Larick Centre, Tayport</li> <li>○ Thu 1030-1200 Cowdenbeath Bowling Club</li> <li>○ Fri 1100-1230 North Queensferry Community Centre</li> </ul>
<b>Contact Point (Wheatley Care – previously Barony Housing Association)</b> <b>Update (221121): New opening times</b>	Mental health day resource centre including dual diagnosis (for example: mental health & learning disability or mental health &/or drug/alcohol problems); adults 18+ wishing to improve/maintain mental health, reduce hospital admissions/re-admissions; groups, activities & events created by service users	<a href="http://www.wheatley-care.com">www.wheatley-care.com</a> <b>Tel</b> 01592 571873	<b>Kirkcaldy &amp; Levenmouth</b> Contact first before attending
<b>Chest Heart &amp; Stroke Scotland (CHSS) Fife Peer Groups</b> <b>Update (070323)</b>	Peer exercise & social in-person groups; locality-based; until further notice new referrals should go via the Peer Support Team; self-referrals welcomed to Kirkcaldy Stroke Club	<b>Email</b> <a href="mailto:peersupportteam@chss.org.uk">peersupportteam@chss.org.uk</a> for information/to refer (referral from available)	<b>Glenrothes &amp; Kirkcaldy</b> <ul style="list-style-type: none"> <li>○ Glenrothes (Heart) Exercise -remobilised</li> <li>○ Thu Fortnightly 1300-1500 Stoke (Social) Kirkcaldy, Linton Lane Centre</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Evergreen Kirkcaldy &amp; GROW Dunfermline, SAMH</b> <b>Update (220224):</b> Seek to mitigate barriers to allow someone less physically able to attend	Promoting recovery & wellbeing using horticulture; structured gardening programme to develop coping strategies, enhance employability providing education/training in horticulture	<a href="http://www.samh.org.uk">www.samh.org.uk</a> <b>Email</b> <a href="mailto:dave.ross@samh.org.uk">dave.ross@samh.org.uk</a> <b>Tel</b> 01592 260534 or 07595244753 David Ross, Senior Horticulture Practitioner	<b>Kirkcaldy &amp; Dunfermline</b> Contact for referral form
<b>Sunflower Hub (SAMH)</b> <b>Update (100924):</b> Groups no longer operating	Well-being project where people can connect with others, chat, take part in art, crafts & board games; all welcome; free; adults can attend with young family members to chat about all things well-being & SAMH services	<a href="http://www.samh.org.uk">www.samh.org.uk</a> <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a> <b>Tel</b> 01383 623179 SAMH Fife	<b>Lochgelly, Cupar &amp; St Andrews</b> <ul style="list-style-type: none"> <li>○ Mon 1200-1600 Lochgelly Centre, Lochgelly</li> <li>○ Wed 0900-1230 YMCA-YWCA, Cupar</li> <li>○ Thu 1200-1600 Cosmos Centre, St Andrews</li> </ul>
<b>Wellbeing in Fife (Barnardo's)</b> <b>Update (030222):</b> New service for children & young people	Early preventative support for people aged 5-26 & their families to avoid deterioration in mental health & equip them for the everyday challenges; 1-to-1 & group support for those with anxiety, low self-esteem, depression, gender identity issues, bereavement, self-harm/injury, trauma, substance use, relationship issues, exam stress & body image issues;	<a href="http://www.barnardos.org.uk/scotland">www.barnardos.org.uk/scotland</a> <b>Email</b> <a href="mailto:fifeservices@barnardos.org.uk">fifeservices@barnardos.org.uk</a> <b>Tel</b> 01592 651482	<b>Kirkcaldy, Glenrothes, Cowdenbeath, Leven &amp; North East Fife</b> Self-referral encouraged
<b>Indoor Cricket Training for Seniors &amp; Juniors (Glenrothes Cricket Club)</b> <b>Update (080222)</b>	Senior training including fun & fitness; open to all including those new or returning to the game; Junior sessions cover both softball & hardball; focused on fun, enjoyment & respect	<a href="http://www.glenrothescc.co.uk">www.glenrothescc.co.uk</a> <b>Facebook</b> @GlenrothesCC or @GlenrothesGladiators <b>Meet:</b> Archery Hall, Cluny Activities KY2 6QU	<b>Glenrothes &amp; Kirkcaldy</b> Tue Fortnightly 1800-2000 <b>Seniors</b> £5 - Discounts Fri Fortnightly 1800-2000 <b>Juniors</b> £2

Service:	Brief:	Contact/Links:	Other:
<b>Falling UP Together</b> <b>Update (050522):</b> Creative to support Mental Wellbeing	Innovative art, mental illness & recovery model based on Gugging system; an art collective for mental wellbeing facilitating socially integrated artistic collaborations for all levels of mental health; qualified artists (researchers in art, mental illness & recovery) artistically mentor participants within art collaborations; artistic mentors will include those with mental illness in recovery lifestyles; short & long-term collaborations to access cultural society through creativity in self-actualised art practices of purpose & meaning; no age restriction or expected prior level of ability or experience; work within informal attendance-grouping, formal groups, families & individuals	<b>Email</b> <a href="mailto:fallinguplivinginart@gmail.com">fallinguplivinginart@gmail.com</a> Rab or Drew <b>Facebook</b> @fallinguptogether	<b>Dunfermline &amp; Silverburn, Leven</b> Studio space in the Fire Station Creative, Dunfermline & at FEAT, Silverburn Park Leven
<b>Shaz's Practical Solutions</b> <b>Update (131022):</b> Privately purchased support	Light domestic, gardening, companionship & shopping/collection services; assemble flat pack furniture & change light bulbs	<b>Email</b> <a href="mailto:sairey_aw@hotmail.com">sairey_aw@hotmail.com</a> <b>Tel</b> 07900301079	<b>Dunfermline &amp; South West Fife (town specific)</b> £16/hour min 30 minutes Service self-indicates staff have PVG membership
<b>Fair Start Scotland</b> <b>Update (201020)</b>	Flexible employment support to help ready people for work; voluntary participation; tailored; pre-work & in-work support	<a href="http://www.startscotland.scot/fair-start-scotland">www.startscotland.scot/fair-start-scotland</a> <b>Email</b> <a href="mailto:SaraW@triagecentral.co.uk">SaraW@triagecentral.co.uk</a> <b>Tel</b> 07979534027 <b>Facebook</b> Triage Fife	<b>Glenrothes &amp; Leven</b> Criteria– Clients must match one (includes: disability; care leaver; refugee)
<b>Aberdour Bakery, Aberdour</b>	Bakery/some essentials; card payment or cash on delivery	<b>Tel</b> 01383 860330	<b>Aberdour 10-mile radius</b> Thu-Sat Deliveries

Service:	Brief:	Contact/Links:	Other:
<p><b>Kinship Support Groups</b> (Update 081122)</p>	<p>For people who care for a child who is not their own, but is related to them or has a close relationship with the child; Fife Kinship Team facilitate support groups across Fife &amp; you are welcome to attend any group; Men's Group also available</p>	<p>Tel 01592 583554 Mon-Fri 0900-1700</p>	<p><b>Dunfermline, Benarty, Cupar, Glenrothes, Kirkcaldy, Levenmouth, Anstruther, St Andrews</b></p> <ul style="list-style-type: none"> <li>○ Tue 1000-1130 St Johns Church, Cupar</li> <li>○ Tue 1230-1400 Linton Lane Centre Kirkcaldy</li> <li>○ Wed 1000-1230 Benarty Primary School Lochore</li> <li>○ Wed 1000-1230 St Luke's Church Glenrothes</li> <li>○ Wed 1000-1130 Wellesley Parish Church Hall Methil</li> <li>○ Wed alternate 1000-1130 Anstruther Town Hall</li> <li>○ Wed alternate 1300-1430 St David's Community Hub St Andrews</li> <li>○ Thu 1000-1130 Peacock Café Pittencrieff Park, Dunfermline</li> <li>○ 1<sup>st</sup> Wed monthly 1800-2000 Men's Group Pitreavie Athletics Centre Dunfermline</li> </ul>
<p><b>Low Impact Dance</b> Update (180124): Spaces available Cupar &amp; Glenrothes; 1<sup>st</sup> session free</p>	<p>Suitable for beginners &amp; mature movers; could help weight loss; variety of dance styles &amp; music; fun way to improve fitness &amp; flexibility</p>	<p>Tel 01592 274769 or 07928371673 Carol Facebook L.I.Dance</p>	<p><b>Glenrothes &amp; Cupar</b></p> <ul style="list-style-type: none"> <li>○ Tue 1130-1230 Cupar Y</li> <li>○ Wed 1000-1100 St Columba's Church</li> </ul> <p>£5 per session</p>

Service:	Brief:	Contact/Links:	Other:
<p><b>STAND Dementia Friendly Meeting Centre Spaces</b>  <b>Update (230323): Eats Rosyth aiming to be open in Apr 23 – contact Ethan Daish on <a href="mailto:ethan@eatsrosyth.org.uk">ethan@eatsrosyth.org.uk</a> &amp; Jean Mackie Centre from 040423</b></p>	<p>Meeting spaces led by people living with a diagnosis of dementia &amp; their families; opportunity to meet/chat with others in a similar situation; activities &amp; 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</p>	<p><a href="http://www.dementiavoices.org.uk/group/stand-kirkcaldy/">www.dementiavoices.org.uk/group/stand-kirkcaldy/</a>  <b>Email</b> <a href="mailto:STANDinFife@gmail.com">STANDinFife@gmail.com</a>  <b>Tel</b> 07341842567 Ruth McCabe</p> <p><b>For Centres:</b>  <a href="mailto:ga.stokes@btopenworld.com">ga.stokes@btopenworld.com</a> or 07502226235 Gill Stokes, Kennoway Shed  <a href="mailto:cath@pilgrimcare.org">cath@pilgrimcare.org</a> or 07792941783 Cath Carter NEF Hub  <a href="mailto:Pat.Phee@fife.gov.uk">Pat.Phee@fife.gov.uk</a> or 01592 583442 Ostlers House  <a href="mailto:STANDinFife@gmail.com">STANDinFife@gmail.com</a> or 07341842567 Ruth McCabe, Kinghorn CC  <a href="mailto:Lynsey.Fraser@fife.gov.uk">Lynsey.Fraser@fife.gov.uk</a> or <a href="mailto:Helen.Oliver@fife.gov.uk">Helen.Oliver@fife.gov.uk</a> or 01592 583326 Methilhaven  <a href="mailto:Anna.Capon@fife.gov.uk">Anna.Capon@fife.gov.uk</a> or 01383 602357 Jean Mackie Centre</p>	<p><b>Levenmouth, St Andrews, Kirkcaldy, Dunfermline &amp; Kinghorn</b></p> <ul style="list-style-type: none"> <li>○ Mon 1330-1600 Kennoway Community Shed</li> <li>○ Tue 1000-1500 NEF Community Hub St Andrews</li> <li>○ Tue 1330-1530 Jean Mackie Centre</li> <li>○ Wed 1030-1230 Ostlers House Kirkcaldy</li> <li>○ Thu 1030-1230 Kinghorn Community Centre</li> <li>○ Fri 1030-1230 Methilhaven Care Home</li> </ul> <p>Free/recommended donation £5/person for 2-hrs</p>
<p><b>Square Start Project (partnership – Brag, Frontline Fife, CARF &amp; Youth 1<sup>st</sup>)</b>  <b>Update (211123)</b></p>	<p>Fully inclusive support for families using a person-centred approach; endeavour to build confidence in both parents &amp; children; offer a weekly family group Dunfermline &amp; Cupar where families can come along for a chat, a snack &amp; take part in themed educational activities for parents and children (Youth 1st attend each group on a weekly rotation for children 5yrs+); also learning opportunities available for parents</p>	<p><b>Facebook</b> Square Start Fife</p> <p><b>North East Fife:</b>  <b>Email</b> <a href="mailto:katie.mcirvine@frontlinefife.co.uk">katie.mcirvine@frontlinefife.co.uk</a> or <a href="mailto:squarestart@brag.co.uk">squarestart@brag.co.uk</a>  <b>Tel</b> 07738489862 Katie Mclrvine Frontline Fife or 01592 860296 Square Start Team</p> <p><b>Dunfermline/South West:</b>  <b>Email</b> <a href="mailto:ymccann@brag.co.uk">ymccann@brag.co.uk</a>  <b>Tel</b> 01592 860296 Ext 222 Vikki McCann Brag</p> <p><b>East Neuk:</b>  <b>Email</b> <a href="mailto:CAnderson@brag.co.uk">CAnderson@brag.co.uk</a> or <a href="mailto:squarestart@brag.co.uk">squarestart@brag.co.uk</a>  <b>Tel</b> 07534903685</p>	<p><b>North East Fife, South West Fife &amp; Dunfermline</b></p> <p>Thu 1630-1830</p> <ul style="list-style-type: none"> <li>○ Cupar, YMCA-YWCA 93 Bonnygate</li> <li>○ Dunfermline Liberty Centre, Pitreavie Way</li> </ul> <p>2<sup>nd</sup> Tue monthly (from 160124)</p> <ul style="list-style-type: none"> <li>○ Anstruther, Waid Academy Community Room</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Just Drop In, Addiction Services NHS Fife</b> <b>Update (300124)</b>	No appointment needed drop-in for people with a drug &/or alcohol problem & would like to be seen by the Addiction Service	<a href="http://www.nhsfife.org/services/all-services/addiction-services/">www.nhsfife.org/services/all-services/addiction-services/</a>	<b>Kirkcaldy &amp; Dunfermline</b> Viewforth Ward Whyteman's Brae Hospital, Kirkcaldy <ul style="list-style-type: none"> <li>○ Mon-Thu 1300-1900</li> <li>○ Fri 1300-1600</li> </ul> West Fife Community Drugs Team 8 Viewfield Terrace, Dunfermline <ul style="list-style-type: none"> <li>○ Fri 1300-1600</li> </ul>
<b>Lunch &amp; Activity Groups, Royal Voluntary Service (RVS)</b> <b>Update (041225):</b> Supporting You at Home service North East Fife now covers Tay bridgehead areas, Howe of Fife, Cupar, St Andrews, Newburgh, Leuchars & Ballmullo	Lunch & activity groups tackling isolation; most groups enjoy activities to exercise the mind & body either side of a healthy two-course lunch; varied programme emphasising companionship & enjoyment; will help with transport where able; professional or self-referral; Supporting You at Home Service (North East Fife)	<a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a> Tel 07341867148 contact Michaela Davies, Service Co-ordinator, Fife Community Services Email <a href="mailto:fife@royalvoluntaryservice.org.uk">fife@royalvoluntaryservice.org.uk</a>	<b>North East Fife including East Neuk, Dunfermline &amp; Methil</b> <ul style="list-style-type: none"> <li>○ Mon/Thu/Fri Tayport, Larick Centre</li> <li>○ Mon/Wed/Thu/Fri Dunfermline, Jean Mackie Centre</li> <li>○ Mon/Wed Methil, Care Village Complex</li> <li>○ Wed St Monans</li> <li>○ Thu Cellardyke/Anstruther</li> <li>○ Thu Springfield, Parish Church Hall</li> <li>○ Fri Newburgh, Parish Church Hall</li> </ul>
<b>Home Instead</b> <b>Update (100924)</b>	Privately purchased care at home including companionship, home help & overnight services; additional costs might apply & are subject to change (refer to provider)	<a href="http://www.homeinstead.co.uk/east-fife">www.homeinstead.co.uk/east-fife</a> Tel 01592 804700 Email <a href="mailto:jane.fargie@ef.homeinstead.co.uk">jane.fargie@ef.homeinstead.co.uk</a>	<b>East Fife including Glenrothes, St Andrews &amp; surrounding areas</b>

## Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
<b>Arden House Projects, Leven</b> <b>Update (060122):</b> Groups remain operable with restrictions in place	Day Care for older people at risk of social isolation due to complex health issues; social activities & meal; tailored groups for frail & for those with dementia; Carer support & craft	<a href="http://www.ardenproject.org.uk">www.ardenproject.org.uk</a> Tel 01333 303210 Email <a href="mailto:ardenhp@googlemail.com">ardenhp@googlemail.com</a>	<b>Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; &amp; Largo Villages</b> Mon-Fri 0900-1700 Messages can be left
<b>The Dads Class, Fife Council &amp; The Bairns Group</b> <b>(Update 301023)</b>	Babies 0-3; songs & stories; sensory play; messy play; for dads/male carers; no need to book; keep up-to-date via the web links	<a href="http://www.thebairnsgroup.com">www.thebairnsgroup.com</a>  <b>Register The Dads Class:</b> <a href="https://bookwhen.com/thebairnsgroup">https://bookwhen.com/thebairnsgroup</a>	<b>Buckhaven</b> Tue 1230 Buckhaven Community Centre
<b>It's Game Time &amp; Talk Time, East Fife Community Football Club, Bayview Stadium, Methil</b> <b>Update (120421)</b>	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	<a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a> Tel 07710532424 Alan Lowe Email <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information	<b>Levenmouth</b> Bayview Stadium, Free (no need to book): <ul style="list-style-type: none"> <li>○ Mon 1800-1900</li> <li>○ Thu 1030-1230</li> </ul>
<b>Walking Football, East Fife Community Football Club, Bayview Stadium, Methil</b>	The beautiful game at a slower pace; 45+; contact Alan Lowe in the first instance	<a href="http://www.eastfifecommunityfootballclub.com">www.eastfifecommunityfootballclub.com</a> Tel 07710532424 Alan Lowe Email <a href="mailto:alan.lowe@efcfc.co.uk">alan.lowe@efcfc.co.uk</a> for information and how to book	<b>Levenmouth</b> Book online or contact for information
<b>Bite &amp; Blether, Windygates Bowling Club</b> <b>Update (171122)</b>	Bite & blether; food, chat & entertainment; free	<b>Facebook</b> @WindygatesBowlingClub <b>Meet:</b> Windygates Bowling Club, Leven Road, Windygates	<b>Windygates</b> Fri 1800-2000 entertainment from 1900
<b>Support Work, Furniture Plus</b> <b>Update (050224): New localised provision</b>	Holistic support to those 16+ experiencing poverty/material deprivation; benefit checks/applications, income maximisation, employability, housing, mental/physical health, digital connectivity & furniture	<b>Email</b> <a href="mailto:andrew.watt@furnitureplus.org.uk">andrew.watt@furnitureplus.org.uk</a> <b>Tel</b> 07538106608 Andy Watt	<b>Levenmouth</b> Part of Furniture Plus

Service:	Brief:	Contact/Links:	Other:
<b>Sam's Mental Health Café (SAMH), Forth Street Hall, Leven</b> <b>Update (210421): New service from 060521</b>	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Tel</b> 07568127735 <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Leven (Fife-wide with enquiries or for those able to access)</b> Tue/Wed/Sat 1200-2000
<b>Buckhaven Community Centre (Kinneir Street)</b> <b>Update (230921): Groups remobilising</b>	Social & activity groups; badminton courts available for hire (telephone centre)	<b>Tel</b> 01592 583472 <b>Email</b> <a href="mailto:buckhaven.centre@fife.gov.uk">buckhaven.centre@fife.gov.uk</a> <b>Facebook</b>	<b>Buckhaven</b> <ul style="list-style-type: none"> <li>○ <b>Mon</b> Zumba 1800-1900; Pipe Band 1800-2100</li> <li>○ <b>Tue</b> Tai Chi 1400-1500, Writing Group 1400-1600</li> <li>○ <b>Thu</b> Pensioners Group 1300-1600; Pipe Band 1800-2100; Line Dancing 1830-2000</li> <li>○ <b>Fri</b> Art Class 1330-1530</li> </ul>
<b>Renew Forth Street (supported by Renew Wellbeing &amp; Leven Baptist Church)</b> <b>Update (270921)</b>	Children, young people & their families; an inclusive community space to belong, share hobbies & connect; rooms for prayer & reflection; based around the 5 Ways to Wellbeing, working on 3 principles - being present, prayerful & in partnership	<a href="http://www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife">www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife</a> <b>Tel</b> 01333 421566 <b>Email</b> <a href="mailto:levenbaptist@gmail.com">levenbaptist@gmail.com</a>	<b>Leven</b> Mon 1000-1200 Forth Street Hall, Forth Street, Leven Baptist Church
<b>Tea &amp; Technology (Fife Council)</b> <b>Update (271021): New from 041121</b>	Weekly learning assisting use of smart phones, tablets, iPads & computers; online safety; places must be booked in advance	<b>Tel</b> 01592 583472 Nic	<b>Kennoway</b> Thu 1230-1400 Sandybrae Community Centre, Kennoway
<b>Buckhaven Baptist Church</b> <b>Update (131022): Free soup kitchen every Wed</b>	Weekly food distribution & community café (The Safe Haven Café, formerly the Community Café); free Soup Kitchen Wed	<a href="http://www.buckhavenbaptist.org.uk">www.buckhavenbaptist.org.uk</a> <b>Facebook</b> Buckhaven Baptist Church	<b>Buckhaven</b> Wed 1130-1530 Soup Kitchen Fri 0900-1000 Food Distribution Fri 1000-1300 (hot meals from 1200)

Service:	Brief:	Contact/Links:	Other:
<b>Flagship Coffee &amp; More (Wellesley Centre, Church of Scotland)</b> <b>Update (270622): For people affected by imprisonment</b>	For families/individuals affected by imprisonment; friendship, practical help & support to the whole family in a safe & confidential environment; support to connect with others & ensure access to info & services	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Thu monthly 1000-1130 Free
<b>Rainbow Group (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	For people living with Dementia (need to be accompanied by a relative, friend or carer) who enjoy group singing	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Thu monthly 1400-1600 Free
<b>Bereavement Group (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	A friendly environment for people experiencing bereavement; cuppa & chat	<b>Email</b> <a href="mailto:wellesleycentre@outlook.com">wellesleycentre@outlook.com</a> <b>Tel</b> 01383 871937	<b>Methil &amp; Levenmouth</b> 1 <sup>st</sup> Wed monthly 1400-1600 Free
<b>Walk &amp; Talk! (Wellesley Centre, Church of Scotland)</b> <b>Update (270622)</b>	Walks, fun & fellowship; group of mixed abilities; different walks weekly; often stop for refreshments	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> Wed 1000 approx 2-hrs Free
<b>Bibs &amp; Burps (Wellesley Centre, Church of Scotland)</b> <b>Update (250523)</b>	Parent & Baby Group; tea, coffee & breakfast in a calm relaxed environment; enjoy the company of others	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> Mon 1000-1130 Free
<b>Little Stars (Wellesley Centre, Church of Scotland)</b> <b>Update (250523)</b>	Carers & children 1-2 years; relaxed & friendly	<b>Email</b> <a href="mailto:FKerr@churchofscotland.org.uk">FKerr@churchofscotland.org.uk</a> <b>Tel</b> 07581342245 Fiona Kerr	<b>Methil &amp; Levenmouth</b> Mon 1030-1130 Free (donations welcome)
<b>Scoonie Bowling Pavilion</b> <b>Update (250523)</b>	Hub offering chat, food, refreshments, warm space, WiFi & cooking/baking opportunities; families with children welcome	<a href="http://www.mybusct.org.uk">www.mybusct.org.uk</a>	<b>Leven</b> Mon/Wed/Thu 1000-1200 Tue/Fri/Sat 1000-1400 Warm Space
<b>Buckhaven Advice Drop-in</b> <b>Update (250424)</b>	Advice re benefits & checks, debt, local support & job searches	<b>Meet:</b> Buckhaven Community Centre	<b>Buckhaven</b> Mon 1400-1600 Buckhaven Community Centre

Service:	Brief:	Contact/Links:	Other:
<b>Hame Fae Hame, The Centre</b> <b>Update (231122)</b>	Homemade food, music & chat in a warm friendly environment	<b>Meet</b> The Centre, Commerical Road, Leven	<b>Leven</b> Thu 1200-1400
<b>PlayFit Kids, Sport Scotland Active Schools Fife</b> <b>Update (250523)</b>	Free parent & child multi-sport club for 3-5 year; older siblings welcome	<b>Email</b> <a href="mailto:Emily.Alexander@fife.gov.uk">Emily.Alexander@fife.gov.uk</a>	<b>Methil</b> Fri 1600-1700/1700-1800 Methil Community Education Centre
<b>Fit For Life, Active Fife</b> <b>Update (180523)</b>	Get active/have fun; activities like badminton, table tennis, fitness stations & carpet bowls	<b>Email</b> <a href="mailto:Emily.Alexander@fife.gov.uk">Emily.Alexander@fife.gov.uk</a>	<b>Methil</b> Mon/Tue 1000-1200 Savoy Sports Centre
<b>Scoonie Man Chat</b> <b>Update (220523)</b>	Men's group; no pressure, no agenda, just chat; refreshments	<b>Tel</b> 07936962597 <b>Email</b> <a href="mailto:ian.tinkler@icloud.com">ian.tinkler@icloud.com</a> <b>Facebook</b> Scoonie Man Chat	<b>Leven</b> Thu 1900-2100 Scoonie Bowling Pavilion, Scoonie Crescent
<b>Living Fierce Yoga</b> <b>Update (250523)</b>	Yoga specific to user groups; @ The Studio, Den Walk	<b>Tel</b> 07385189317 Lesley <b>Facebook</b> LivingFierceyoga	<b>Leven</b> <ul style="list-style-type: none"> <li>o Wed 0930-1030 Mother &amp; Baby</li> <li>o Wed 1330-1430 Chair Yoga</li> </ul>
<b>Wemyss Warm Welcome Inn</b> <b>Update (250523)</b>	Warm space; free with homemade soup & cuppa; all welcome	<b>Where:</b> Coaltown of Wemyss Bowling Club	<b>Coaltown of Wemyss</b> Thu 1200-1400 Until Dec 2023
<b>St Margaret's Episcopal Church Hall, Social &amp; Knitting Groups</b> <b>Update (110822)</b>	Social Knitting Groups; all welcome; yarn/needles provided (tuition available); centre located corner Victoria Rd/Waggon Rd	<b>Tel</b> 07718990666 For pastoral matters & hall hire <b>Facebook</b>	<b>Leven</b> Wed 1030-1200 Cuppa Chat Thu 1900-2100 Knot Just Knitting
<b>Thursday Club, Rotary</b> <b>Update (220224): To be held in Methil Community Centre until further notice</b>	Meet new friends & get something to eat; games for kids & bingo at 1930; soup, stovies, toasties & burgers; free	<b>Tel</b> 07908152576 <b>Facebook</b> The Rotary Club of Buckhaven & Methil	<b>Methil</b> Thu 1700 – food 1730-1900 – bingo 1900 Methil Community Centre
<b>Youth 2, Levenmouth Youth Hub</b> <b>Update (021023): New day/time</b>	Safe space support group for young people 12-18 identifying as LGBT or who are exploring or questioning their gender	<b>Facebook</b> Levenmouth Youth Hub	<b>Levenmouth</b> Tue 1600-1730 Buckhaven Community Centre

Service:	Brief:	Contact/Links:	Other:
<b>Airlie Cancer Care Association (Airlie Medical Practice)</b> <b>Update (021023):</b> Pending meets 2610 & 231123	For patients with a recently received cancer diagnosis & their families; reps from local Listening Service, Fife Forum & Improving Cancer Journey; friendly chat & light lunch	Tel 01333 426083 Tracy Simpson, Business Manager Airlie Medical Practice Email <a href="mailto:tracy.simpson@nhs.scot">tracy.simpson@nhs.scot</a>	<b>Buckhaven &amp; Levenmouth</b> Monthly Thu 1300-1500 Church Hall, Methilhill Parish Church
<b>The Drop In (Partnership Initiative)</b> <b>Update (140324)</b>	16-26; range of organisations in an informal setting - Clued Up, Barnardos, The Well, Frontline Fife, Link Life Fife & Community Learning & Development; drop-in providing support & info - Mental/Physical/Sexual Health, Substance Use & Harm Reduction, Housing & Homelessness, Benefits/Money & Employability/Learning	Email <a href="mailto:info@cluedup-project.org.uk">info@cluedup-project.org.uk</a> for info	<b>Levenmouth</b> Thu 1300-1500 Methil Community Centre (Bowling Green Street, Methil KY8 3DH)
<b>Craft &amp; Natter, Balmaise Community Centre</b> <b>Update (100823):</b>	Bring your own craft or learn a new craft; meet new friends, refreshments & chat	Tel 01334 659384 Balmaise Centre	<b>Leven</b> Thu 1300-1500 £2
<b>Levenmouth Local Activity Groups Active Fife</b> <b>Update (170823)</b>	Free weekly activities for older adults; Body Boosting Bingo where calls linked to a movement seated and standing; Wellbeing Walk all abilities; East Fife Sporting Memories; Fit for Life activities	Email <a href="mailto:Emily.Alexander@fife.gov.uk">Emily.Alexander@fife.gov.uk</a>	<b>Levenmouth</b> <ul style="list-style-type: none"> <li>○ Mon 1000-1200 Body Boosting Bingo Savoy Centre</li> <li>○ Mon 1400-1530 East Fife Sporting Memories Bayview Stadium</li> <li>○ Tue 1000-1200 Fit for Life Savoy Centre</li> <li>○ Fri 1300-1400 Well-being Walk Savoy Centre</li> </ul>
<b>Move, Relax, Chat Chair-based Group</b> <b>Update (250524)</b>	Gentle chair-based movement, relaxation & a cup to tea; referral only by GP or supporting org	Tel/Text 07931258465 Email <a href="mailto:admin@edinburghcommunityyoga.co.uk">admin@edinburghcommunityyoga.co.uk</a>	<b>Levenmouth</b> Tue 1045-1230 The Coffee Bar, Methil Com Ed Centre

## Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
<p><b>Later Life Choices Glenrothes (formerly Age Concern Glenrothes)</b>  <b>Update (100924): Fife Counselling Service providing short term counselling &amp; group support for adults 55+</b></p>	<p>Active Ageing Groups Mon-Thu (Mon &amp; 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; for adults 55+ Fife Counselling Service (this service is Fife-wide) &amp; can be carried out using a range of methods</p>	<p><a href="http://www.laterlifechoicesglenrothes.org">www.laterlifechoicesglenrothes.org</a>  <b>Tel</b> 01592 756316  <b>Email</b> <a href="mailto:info@laterlifechoicesglenrothes.org">info@laterlifechoicesglenrothes.org</a>  <b>Facebook</b></p> <p><b>Fife Counselling Service:</b>                      Contact Fiona Mackay as above</p>	<p><b>Glenrothes, Leslie, Markinch, Thornton &amp; Coaltown of Balgonie</b> (including Kinglassie for 'Help to Stay at Home' service)                      £10/group attendance with 2-course meal &amp; transport (£7 without transport)</p>
<p><b>Leslie Community Pantry</b></p>	<p>Food pantry free to the local community; if you are struggling to get out &amp; need a parcel, delivery can be arranged</p>	<p><b>Telephone or text</b> 07730789255  <b>Facebook</b> Leslie Community Pantry</p>	<p><b>Leslie</b>                      Food Pantry closes 1700 located 277 High St, back of the Station Hotel</p>
<p><b>Collydean Community Centre, Glenrothes – Community Supports</b>  <b>Update (160223): Free Coffee, Chat &amp; Crochet group Wed 1600-1700</b></p>	<p>Food parcels; shopping; picking-up/delivering prescriptions &amp; medical supplies; Community Fridges &amp; freezers; distribution of FareShare &amp; neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices &amp; free Wi-Fi to the elderly &amp; vulnerable; telephone befriending</p>	<p><b>Free food parcels, shopping, prescriptions, etc</b> 01592 359012  <b>Disbursement of Funds</b> 01592 742913  <b>Digital Connectivity</b> 01592 359022  <b>Telephone Befriending</b> 01592 359040  <b>Coffee, Chat &amp; Crochet</b> tel 07539150499 or email <a href="mailto:pearlmuir@hotmail.com">pearlmuir@hotmail.com</a> Pearl</p> <p><b>Further information please contact Rose Duncan, Centre Manager</b> on 01592 742913 or 07926503923  <b>Email</b> <a href="mailto:rose@collydeancommunitycentre.co.uk">rose@collydeancommunitycentre.co.uk</a></p>	<p><b>North Glenrothes (including Cadham &amp; Leslie)</b></p> <ul style="list-style-type: none"> <li>○ Mon-Fri 0900-1645 Community Pantry</li> <li>○ Wed &amp; Fri 1700-1800 Community Larder (from the Gilvenbank Sports Hub)</li> <li>○ Wed 1600-1700 Coffee, Chat &amp; Crochet</li> </ul>
<p><b>Leslie Baptist Church</b></p>	<p>Assisting those struggling with loneliness or providing food for their family</p>	<p><b>Email</b> <a href="mailto:community@lesliebaptistchurch.org.uk">community@lesliebaptistchurch.org.uk</a></p>	<p><b>Leslie</b></p>

Service:	Brief:	Contact/Links:	Other:
<b>Glenrothes Art Club</b> <b>Update (160921):</b> Reopened	Non-members welcome to come along & try; membership (equivalent to £1.15/week)	<a href="http://www.glenrothesartclub.org.uk">www.glenrothesartclub.org.uk</a> <b>Email</b> <a href="mailto:secretary@glenrothesartclub.org.uk">secretary@glenrothesartclub.org.uk</a> Contact via web link	<b>Glenrothes</b> Non-members can visit Mon-Fri 1300-1500 (Tue Crafts)
<b>Linda' Ladies</b> <b>Update (151123):</b> Time change	An informal group for ladies supporting mental well-being; chat & a cuppa	<b>Email</b> <a href="mailto:dev@gsfc.org.uk">dev@gsfc.org.uk</a> <b>Facebook</b> Glenrothes Strollers Football Club	<b>Glenrothes</b> Wed 1300-1500 Overstenton Park
<b>Glenrothes Strollers Mens Lets Talk Tactics in Life</b> <b>Update (040521)</b>	Inclusive football for men 18+ to help improve fitness & well-being	<b>Email</b> <a href="mailto:strollersletstalktactics@gmail.com">strollersletstalktactics@gmail.com</a> <b>Facebook</b> Glenrothes Strollers Football Club	<b>Glenrothes</b> Tue 1830-1930 Overstenton Park, Glenrothes KY6 2NG
<b>Step Out With The Strollers</b> <b>Update (171122):</b> From 211122	Walking group for people who enjoy walking & talking; cuppa & biscuit at end; all ages	<b>Tel</b> 07769317710 Sarah <b>Facebook</b> Glenrothes Strollers Football Club	<b>Glenrothes</b> Mon 1045 at Overstenton Park
<b>Cowden &amp; Glenrothes Strollers Football Fans in Training</b> <b>Update (040521):</b> Commences 120521	Uses football to help weight loss & improve lifestyle in a friendly environment; free 12-week programme; must be male 35-65 with a waist line 38 inches+; group meets at Overstenton Park (KY6 2NG)	<a href="http://www.glenrothesstrollersfc.co.uk/news/2838">www.glenrothesstrollersfc.co.uk/news/2838</a> <b>Tel</b> 07949315276 Ask for Ross <b>Email</b> <a href="mailto:dev@gsfc.org.uk">dev@gsfc.org.uk</a> <b>Facebook</b> Glenrothes Strollers Football Club	<b>Glenrothes</b> Wed 1930-2100
<b>HeART</b> <b>Update (060921)</b>	Art, sensory & well-being studio where children/young people explore, learn & express; focus on process of making & doing rather than the finished product	<a href="http://www.heartstudiofife.co.uk">www.heartstudiofife.co.uk</a> <b>Tel</b> 07889808569 <b>Email</b> <a href="mailto:heartstudio@yahoo.com">heartstudio@yahoo.com</a>	<b>Glenrothes (based)</b> Book sessions via website (cost applied)
<b>Welcome-In (St Ninian's Parish Church, Cawdor Drive</b>	Social & activities group; open to all	<a href="http://www.stninians.co.uk/adults/welcome-in/">www.stninians.co.uk/adults/welcome-in/</a> <b>Tel</b> 01592 610560 <b>Facebook</b> @StNiniansParishChurch	<b>Glenrothes</b> Wed 1330
<b>MAGiiC Project Coffee Morning</b> <b>Update (221121):</b> Dementia friendly group	Coffee morning; all welcome; dementia friendly	<b>Tel</b> 07566768285 Susan Arnott	<b>Leslie</b> Thu 1000-1200 Masonic Hall, Leslie Adults £2 & Children £1

Service:	Brief:	Contact/Links:	Other:
<b>Glenrothes Community Sports &amp; Health Hub, Gilvenbank</b> <b>Update (091123)</b>	Community Sport Hub; 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; for up-to-date programme see website or Facebook	<a href="http://www.gilvenbankhub.co.uk">www.gilvenbankhub.co.uk</a> <b>Facebook</b> @GlenrothesCommunitySportsHealthHub  To arrange a free shower time: Contact via Facebook or email <a href="mailto:suzanne.mcroberts@glenrotheshub.co.uk">suzanne.mcroberts@glenrotheshub.co.uk</a>  <b>Sporting Memories:</b> <b>Tel</b> 07941123278 Gary <b>Parents &amp; Toddlers Music &amp; Movement:</b> <b>Tel</b> 07725639549	<b>Glenrothes</b> <ul style="list-style-type: none"> <li>○ Mon-Fri 1000-1600 Showering Facilities Free</li> <li>○ Mon 1600-1800 Crafty Chatters £3.50</li> <li>○ Tue 1100-1145 Chair Dancing with Ginny £1.50</li> <li>○ Wed/Fri 1400-1600/1700-1800 Community Larder</li> <li>○ Wed 1300-1430 Parents &amp; Toddlers Music &amp; Movement £2</li> <li>○ Thu 1030-1200 Sporting Memories Club</li> <li>○ Sat 1000 Bums off Seats</li> </ul>
<b>Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op)</b> <b>Update (220222): Fully remobilised</b>	Craft Shed, Polytunnel, fully equipped workshops, computer suite, kitchen, coffee room; new members welcome (can pop along for a couple of free sessions); purpose is to provide recreational facilities & advance the social needs/well-being of men & women in the area	<a href="http://www.theglenrothesmensshed.org.uk">www.theglenrothesmensshed.org.uk</a> <b>Email</b> <a href="mailto:glenrothesmensshed@outlook.com">glenrothesmensshed@outlook.com</a> <b>Tel</b> 01592 769271 During opening hours <b>Facebook</b> @glenrothesmensshed	<b>Glenrothes</b> <ul style="list-style-type: none"> <li>○ Mon/Wed/Fri 1000-1300</li> <li>○ Tue 1000-1600</li> <li>○ Thu 1000-1300 &amp; 1900-2200</li> </ul>
<b>Therapeutic Art, Christ's Kirk in collaboration Brighter Futures Health Hub</b> <b>Update (210322)</b>	Welcoming & creative group; no experience necessary; creative activities to benefit mental health; gifted placements may be available	<b>Tel</b> 07530314636 Catherine Mills <b>Facebook</b> Brighter Futures Health Hub	<b>Glenrothes</b> Thu 1030-1130 Christ's Kirk, Cadham £5 includes materials
<b>Otters Head Coffee Afternoon</b> <b>Update (141223)</b>	Seniors coffee afternoon; make friends, keep warm & socialise; all welcome	<b>Tel</b> 01592 396327 <b>Facebook</b> Otters Head	<b>Glenrothes</b> Wed 1200-1500 £2 Otters Head, 41 Happer Crescent

Service:	Brief:	Contact/Links:	Other:
<b>Cadham Neighbourhood Centre</b> <b>Update (120123)</b>	Community Larder to complement Larder at the Glenrothes Sports Hub	<b>Tel</b> 01592 620141 to book Warm Space <b>Facebook</b> @CadhamCentre	<b>Glenrothes</b> Mon 1745-1845 Community Larder
<b>Butterfly Bereavement Café</b> <b>Update (130723)</b>	Bereavement Cafe; welcomes everyone; for company & chat for people experiencing loss; tea & coffee	<b>Tel</b> 07706209018 <b>Email</b> <a href="mailto:butterflybereavementcafe22@gmail.com">butterflybereavementcafe22@gmail.com</a>	<b>Glenrothes</b> <ul style="list-style-type: none"> <li>○ Mon 1000-1130 Collydean Community Centre</li> <li>○ Tue last monthly 1900-2030 Morrison's Community Room</li> </ul>
<b>The Haven Café</b> <b>(Update 081122)</b>	Free - chat, cuppa & warmth	<b>Facebook</b> TheHavenKingdomCentre  <b>Meet:</b> <ul style="list-style-type: none"> <li>○ Christ's Kirk, Pitcoudie Avenue</li> <li>○ Markinch Church Hall, Kirk Brae</li> <li>○ St Columba's, Rothes Road</li> <li>○ St Margaret's, Woodside Road</li> </ul>	<b>Glenrothes &amp; Markinch</b> <ul style="list-style-type: none"> <li>○ Mon 1000-1200 Christ's Kirk</li> <li>○ Tue 1100-1400 Markinch Church Hall</li> <li>○ Wed 1130-1400 St Columba's</li> <li>○ Fri 1100-1500 St Margaret's Church</li> </ul>
<b>Pitcarin Pensioners Social Group</b> <b>Update (240322)</b>	Friendship, entertainment, weekly raffle, bingo & refreshments; seniors welcome	<b>Tel</b> 01592 742913 Collydean Community Centre <b>Facebook</b> collydeancommunitycentre	<b>Glenrothes</b> Thu 1400-1600 Collydean Community Centre
<b>Kinglassie Miners Welfare Institute</b> <b>Update (050922): Remobilised</b>	Community hub offering a range of activities: Monthly Tea Dance, Line Dancing, Dominoes, Indoor Bowling, Bingo, Country & Western Night, Disco & Karaoke	<a href="http://www.kinglassieminerswelfare.co.uk">www.kinglassieminerswelfare.co.uk</a> Tel 01592 882230	<b>Kinglassie</b> <ul style="list-style-type: none"> <li>○ Mon 1930 Line Dancing</li> <li>○ Tue 1400 Dominoes; 1930 Indoor Bowling</li> <li>○ Thu 1930 Bingo</li> <li>○ 2<sup>nd</sup> Wed monthly 1400-1700 Tea Dance</li> <li>○ Fri monthly 1930 Country &amp; Western Night</li> <li>○ Sat 2000 Disco &amp; Karaoke – if nothing else is on</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<p><b>Exit Community Centre (Glamis Centre, Pitteuchar)</b>  <b>Update (160223):</b>  Extended opening hours 1430-1700 Mon-Fri  Warm Space Group</p>	<p>Community Centre offering activities/groups Mon-Fri &amp; Café Mon-Sat 0930-1345; all ages (some groups 12+ if accompanied by an adult)</p>	<p><b>Tel</b> 01592 772583  <b>Facebook</b></p>	<p><b>Glenrothes</b></p> <ul style="list-style-type: none"> <li>○ Mon/Wed 0915/0930 Aerobics</li> <li>○ Mon/Thu 1030/1300 Zumba</li> <li>○ Mon 1815 Tae Kwon Do</li> <li>○ Tue/Thu 1000 Elderobics 40+</li> <li>○ Tue 1900 Ladies Club</li> <li>○ Wed 1300 Toddlers</li> <li>○ Wed 1830 Youth 9-18</li> <li>○ Fri 1200 Sunshine Club (Disabled £3/Carers free)</li> <li>○ Fr 1930 Community Cafe</li> </ul>
<p><b>Markinch Wednesday Club</b>  <b>Update (090223):</b> New members warmly welcomed</p>	<p>Social for local older people; entertainment/refreshments (bring your own mug), raffle; celebrate special events (Christmas &amp; Burns Night); members bring a small gift for monthly raffle</p>	<p><b>Tel</b> 01592 773893 Jan Clark</p>	<p><b>Markinch</b>  Wed 1200-1400 Markinch Town Hall  Membership Fee £3  Weekly £3</p>
<p><b>Peace 'n' Jam Community Pantry, Kitchen &amp; Hub (St Luke's Episcopal Church)</b>  <b>Update (211022):</b> New Wed Club including meal &amp; games</p>	<p>Community hub in the centre of Auchmuty within St. Luke's Scottish Episcopal Church; 'Bite &amp; a Blether', 'Friends &amp; Crafts' &amp; Community Larder; home cooked food &amp; snacks; social; donations welcomed; volunteering opportunities</p>	<p><b>Email</b> <a href="mailto:enquiries@peacenjam.org.uk">enquiries@peacenjam.org.uk</a>  <b>Tel</b> 01592 754206  <b>Facebook</b> peacenjamproject</p> <p>For Afternoon Tea please book:  <b>Tel</b> 07947321687 Ross Stirling-Young  <b>Email</b> <a href="mailto:Ordinand@stlukesglenrothes.onmicrosoft.com">Ordinand@stlukesglenrothes.onmicrosoft.com</a>  <b>Or</b> pop in to the Hub</p>	<p><b>Glenrothes</b></p> <ul style="list-style-type: none"> <li>○ Mon 1200-1400 Afternoon Tea</li> <li>○ Tue 1215-1500/Thu 1030-1300 Bite &amp; a Blether</li> <li>○ Tue 1215-1400 Community Larder</li> <li>○ Tue 1000-1200 Games</li> <li>○ Wed 1500-1700 Club &amp; Meal</li> <li>○ Thu 1000-1200 Friends &amp; Craft</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Star Village Hall</b> <b>Update (040722)</b>	Local hub; Monday Club (chat & cuppa); Scottish Dance Fitness Class (Highland Hustle)	<b>Facebook</b> Highland Hustle with Kim mobile 07766753563	<b>Star</b> Mon 1000-1200 Monday Club Wed 1800-1845 Dance
<b>The 252 Memorial Hall, Markinch</b> <b>Update (270323)</b>	Local hub hosting interest groups including Stitch Group (Knitting, embroidery; crochet; tapestry); Markinch Heritage Group; Tai Chi Workshops	<a href="http://www.252hall.co.uk">www.252hall.co.uk</a> <b>Facebook</b> 252 Memorial Hall, Markinch  <b>Tel</b> 01592 754892 or 01592 759761 Stich Group <b>Tel</b> 07770499269 or email <a href="mailto:unseenstream1@gmail.com">unseenstream1@gmail.com</a> Tai Chi, Jackie Smith <b>WhatsApp</b> 077758771144 to register interest in Markinch Youth Project	<b>Markinch</b> Wed 1400-1600 Stitch Group <b>Markinch Youth Project:</b> <ul style="list-style-type: none"> <li>○ Mon 1800-1930 Arts &amp; Crafts Café (term-time) P6-S6</li> <li>○ Fri 1900-2100 Markinch Café S1-21 Free</li> <li>○ Mon 1800-2000 Monthly Cooking Class S1-21 £2</li> <li>○ Mon 1600-1900 Monthly Youth Yoga S1-21 Free</li> <li>○ Sun Monthly Litter Picking &amp; Tree Planting/Climate Arts Activities &amp; Café</li> </ul>
<b>Lomond Centre</b> <b>Update (310123)</b>	Local hub for activities for all ages including a 'Warm Space' group (free lunch & activities; if transport is needed this can be provided free from ADTRA)	<b>Email</b> <a href="mailto:glenrothes.halls-centres@fife.gov.uk">glenrothes.halls-centres@fife.gov.uk</a> <b>Tel</b> 01592 583473  <b>Email:</b> <a href="mailto:Adtra107@hotmail.com">Adtra107@hotmail.com</a> for Warm Space transport	<b>Glenrothes</b> Programme available from centre: <ul style="list-style-type: none"> <li>○ Wed 1100-1300 Mixed Media Art Class</li> <li>○ Wed 1330-1530 Portrait Art Class</li> <li>○ Fri 1000-1100 Nifty Fifties</li> </ul>
<b>Knit &amp; Natter Crafy &amp; Chatter</b> <b>Update (220224)</b>	Social craft group	<b>Meet:</b> Anderson Hall, Leslie	<b>Leslie</b> Mon 1200-1400 £2

Service:	Brief:	Contact/Links:	Other:
<b>Jayne's Wool &amp; Buttons, 1 Edison House Fullerton Road</b> <b>Update (081122)</b>	Number of weekly clubs – knitting, crochet; all abilities welcome; no annual/term membership fees to join	<a href="http://www.jayneswool.co.uk/about-us">www.jayneswool.co.uk/about-us</a> <b>Tel/Text</b> 07722388124 Jayne	<b>Glenrothes</b> <ul style="list-style-type: none"> <li>○ Mon Wed, Thu, Sat 1100-1300</li> <li>○ Tue 1900-2100</li> </ul> £4 per visit - £2 for additional
<b>Thornton OAP Club</b> <b>Update (100823)</b>	Social & activities such as coffee morning, bingo. Dominoes & light lunch; summer bus trip, high tea & entertainment; Xmas Party	<b>Tel</b> 01592 774121 <b>Meet:</b> Thornton Memorial Park, Town Hall	<b>Thornton</b> <ul style="list-style-type: none"> <li>○ Mon 0900-1200 Coffee Morning</li> <li>○ Wed 1000-1200 OAP Club</li> </ul> Free, donations welcomed
<b>Friendship Cabin</b> <b>Update (141123)</b>	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	<a href="http://www.thefriendshipcabin.com">www.thefriendshipcabin.com</a> <b>Tel</b> 07423154632 Pearl Weepers <b>Email</b> <a href="mailto:info@thefriendshipcabin.com">info@thefriendshipcabin.com</a> <b>Facebook</b>  <i>Contact Pearl Weepers in advance to ensure placement &amp; current cost</i>	<b>Fife-wide &amp; Glenrothes Warm Space:</b> Mon-Thu 1400-1600 Free, Woodside Community Hall <b>Lunch Clubs (Glenrothes):</b> <ul style="list-style-type: none"> <li>○ Tue-Thu 1000-1400 Woodside Community Hall</li> <li>○ Mon 1000-1400 Gilvenbank Community Sports Hub</li> </ul> <b>Tea Party (Glenrothes):</b> Fri 1630-1900 Woodside Community Hall

## North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Auchtermuchty Community Centre</b> <b>Update (060123):</b> New Warm Space group Fri 1200-1400 offering chat & homemade food	Hot meal deliveries; Foodbank; free packed lunches during school breaks	<b>Tel</b> 01337 827068 <b>Facebook</b> PM for free packed lunches @AuchtermuchtyCommunityCentre	<b>Auchtermuchty &amp; Dunshalt</b> <ul style="list-style-type: none"> <li>○ Mon 1400-1500 Foodbank</li> <li>○ Wed 1730-1830 Foodbank</li> <li>○ Fri 1200-1400 Warm Space Group (sit in &amp; takeaway)</li> </ul> Free, donations welcomed
<b>Health Walks (Health Walks, Paths for All &amp; Pilgrim Care)</b> <b>Update (150321):</b> Recommence 220321	Free health walks & all welcome; walks arranged around St Andrews Botanic Garden (Canongate); walkers must ensure they wear appropriate footwear/clothing; telephone to pre-book a space	<b>Tel</b> 07792941783 Cath Carter (Pilgrim Care, Parish Nurse) <b>Email</b> <a href="mailto:cath@pilgrimcare-standrews.org">cath@pilgrimcare-standrews.org</a>	<b>St Andrews</b> Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)
<b>Ardross Farm, Elie</b> <b>Update (200820):</b> Returning to normal hours daily 0930-1730; deliveries still possible	Food & meals delivery service (£4.50 delivery charge); via Facebook <a href="https://www.facebook.com/ArdrossFarmShop">@ArdrossFarmShop</a> a series of live behind the scene tours with some of their favourite producers (interactive)	<a href="http://www.ardrossfarm.co.uk">www.ardrossfarm.co.uk</a> <b>Tel</b> 01333 331400 <b>Email</b> <a href="mailto:info@ardrossfarm.co.uk">info@ardrossfarm.co.uk</a>	<b>North East Fife</b> Payments are made over the telephone prior to delivery
<b>Community Aid St Andrews (CASA)</b> <b>Update (070323)</b>	Public group established by the community to support others during the pandemic; requests for support can be made & individual connections made	<b>Tel</b> 03000 122014 <b>Email</b> <a href="mailto:hello@communityaidstandrews.co.uk">hello@communityaidstandrews.co.uk</a> <b>Facebook</b> Community Aid St Andrews (CASA) Scotland	<b>St Andrews</b> The group is not a formal or official organisation, but is a place where individuals can connect with/help each other
<b>Couthie Cuppa (St Ayle Church, Anstruther)</b> <b>Update (241023)</b>	Cuppa & chat	<a href="http://www.stayle.org">www.stayle.org</a>	<b>Anstruther</b> Tue 1000-1130 St Ayle Church, School Green
<b>snappysopper.co.uk</b>	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	<b>Check App</b> Premier in Cupar are part of this service

Service:	Brief:	Contact/Links:	Other:
<b>Crail.Info, Crail Community Partnership</b> <b>Update (261023)</b>	What's on portal to Crail including 'Community' info; get in touch/add entry via the page	<a href="http://www.crail.info">www.crail.info</a>	<b>Crail</b>
<b>NE Fife Community Hub, St David's Centre, St Andrews</b> <b>Update (080425)</b>	The primary objective of the North East Fife Community Hub is to create a sustainable community facility, hosting a wide variety of activities designed to reduce loneliness, enhance mental & physical well-being, & to promote social inclusion	<b>Tel</b> 07584489606 <b>Email</b> <a href="mailto:nefcommunityhub@gmail.com">nefcommunityhub@gmail.com</a> <b>Facebook</b> @CommunityHubNEF <b>Email</b> <a href="mailto:fundingnefcommunityhub@gmail.com">fundingnefcommunityhub@gmail.com</a> For information on the development of The Hub or to become involved	<b>St Andrews/NE Fife</b> <ul style="list-style-type: none"> <li>○ Storehouse (Foodbank)</li> <li>○ Clothesline (Clothing bank)</li> <li>○ Post Office</li> <li>○ Credit Union</li> <li>○ Coffee with a Cop</li> <li>○ Fife Law Centre</li> <li>○ Let's Chat</li> <li>○ Health &amp; Social Care - The Well</li> <li>○ Knitting, Craft &amp; Sewing</li> <li>○ Board Games &amp; Chat</li> <li>○ Hope at the Hub</li> <li>○ Lunch Club</li> <li>○ Gentle Exercises</li> <li>○ Accessible Cinema</li> <li>○ Student Study Group</li> <li>○ Music Memories</li> </ul>
<b>Menopause Support Group</b> <b>Update (290623): Plan to next meet Sept 2023</b>	Developing informal peer support for women to share strategies for living with symptoms, support & encourage each other; occasional social	<b>Email</b> <a href="mailto:janeehsmith28@gmail.com">janeehsmith28@gmail.com</a> for further info	<b>St Andrews</b> Meet at NEF Community Hub St David's Centre
<b>J B Penmans Butchers, Crail</b> <b>Update (200820): Deliveries still possible</b>	Food & meals delivery service (no charge for delivery) & no order too small	<b>Facebook</b> J.B Penman Butchers <b>Tel</b> 01333 450218 <b>Email</b> <a href="mailto:jbpenman01@btconnect.com">jbpenman01@btconnect.com</a>	<b>East Neuk, St Andrews &amp; surrounding area</b>

Service:	Brief:	Contact/Links:	Other:
<b>Cupar Community Fridge, County Buildings (St Catherine Street)</b>	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	<b>Email</b> <a href="mailto:Katy.Bald@fife.gov.uk">Katy.Bald@fife.gov.uk</a>	<b>Cupar Area</b> Tues 1100-1200
<b>Death Café, The Byre Theatre, St Andrews</b> <b>Update (170123): New dates on website Jan-Mar 2023</b>	Held across the UK, Death Cafés are welcoming, safe & friendly meetings for people to openly discuss something that affects us all; there is no set agenda, topic or designated expert; it is not a support group or grief counselling but is a safe space to have a conversation with open hearts, open minds & respect for all; free but tickets should be booked via the Byre Theatre	<a href="https://byretheatre.com/upcoming/wellbeing/">https://byretheatre.com/upcoming/wellbeing/</a> (ctrl & click to follow link) to find dates and to book a free ticket; main website <a href="http://www.byretheatre.com">www.byretheatre.com</a>  <b>Tel</b> 01334 475000 Box Office  <a href="http://www.deathcafe.com">www.deathcafe.com</a> General Information	<b>St Andrews – National Initiative</b> Free ticketed event  For future events contact the Box Office
<b>#Food2o, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews)</b> <b>Update (040321): From 030321</b>	Top up with items such as cupboard essentials & toiletries at no cost	For information: <b>Tel</b> 077852711797 Vicki Blair, Com Ed Worker <b>Email</b> <a href="mailto:Claire.Fisher@fife.gov.uk">Claire.Fisher@fife.gov.uk</a> Claire Fisher, Lead Officer	<b>St Andrews</b> Wed 1600-1730
<b>Cosy Café, East Neuk Centre Anstruther</b>	Free hot lunch & chat; all welcome	<b>Email</b> <a href="mailto:heather.whyte@fife.gov.uk">heather.whyte@fife.gov.uk</a> <b>Tel</b> 07873616027	<b>Anstruther</b> Mon 1200-1330 No booking required
<b>Community Café Burnside Hall, Balmullo</b> <b>Update (060921)</b>	Weekly friendly community café (dementia friendly); soup, sandwiches & home baking at reasonable prices	<b>Email</b> <a href="mailto:info@bramblecatering.co.uk">info@bramblecatering.co.uk</a> Christine Dormund <b>Tel</b> 07983547399	<b>Balmullo</b> Wed 1115-1400
<b>Castlehill Badminton Club</b> <b>Update (141123)</b>	Badminton club	<b>Tel</b> 07815911801 David	<b>Cupar</b> Mon 1400-1500/1900-2200 Corn Exchange

Service:	Brief:	Contact/Links:	Other:
<b>St Andrews Ladies Friendship Club</b> <b>Update (070323): Private group open to members (476 current members)</b>	A platform for women to meet up; 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 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 commitments & if you struggle with anxiety getting out the group states they have all been there & embrace all; only members can see who is in the group & posts; no age limit	<b>Facebook</b> St Andrews Ladies Friendship Club (must apply to join group in order to view/post)	<b>St Andrews &amp; Surrounding Area</b>
<b>ENeRGI</b> <b>Update (261023)</b>	Provide support & info for people who have experienced or are experiencing mental health &/or substance misuse issues as well as their carers; Drop-In Centre, Befriending, Anti-Poverty projects, Self-Directed Support Project; Housing Support Service; Men's & Women's groups from the Pittenweem Coastal Church Hall	<a href="http://www.energi.org.uk">www.energi.org.uk</a> Tel 01333 730477 or 07377354654 for Groups Email <a href="mailto:energirecovery@btconnect.com">energirecovery@btconnect.com</a> Facebook Energi	<b>East Neuk</b> <ul style="list-style-type: none"> <li>○ Mon-Fri 1000-1400 Drop-in 32 East Street, St Monans</li> <li>○ Mon 1100-1300 Men's Group Pittenweem Coastal Church Hall</li> <li>○ Thu 1100-1300 Women's Group Pittenweem Coastal Church Hall</li> </ul> <b>Outreach</b> covers East Neuk, Levenmouth & St Andrews
<b>Crochet Café</b> <b>Update (101023)</b>	Learn crochet	Email <a href="mailto:Mandy.Ferguson@fife.gov.uk">Mandy.Ferguson@fife.gov.uk</a> Tel 07921288423	<b>Cupar</b> Tue 1100-1230 County Buildings (from 241023)
<b>Y Singing, YMCA</b> <b>Update (070921)</b>	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	Email <a href="mailto:merigoad@gmail.com">merigoad@gmail.com</a> to book a place contact Meri	<b>Cupar</b> Thu (seasonal) 1915-2045 £4 suggested donation per session

Service:	Brief:	Contact/Links:	Other:
<p><b>Tayside Institute, Newburgh</b>  <b>Update (121023):</b>  Updated Autumn/Winter Programme available; other groups available beyond those listed</p>	<p>Community hub, including social café groups; cyber café open for public use Mon-Fri 0900-1700 (excluding Tue/Thu am) £1/hr</p>	<p><a href="http://www.taysideinstitute.org.uk">www.taysideinstitute.org.uk</a>  <b>Tel</b> 01337 840709</p>	<p><b>Newburgh</b></p> <ul style="list-style-type: none"> <li>○ Mon/Fri 1000-1100/1700-1800 Foodbank</li> <li>○ Mon 1400-1600 Ladies Social Club</li> <li>○ Tue/Thu 0900-1100 Café Club</li> <li>○ Tue 0930-1130 Community Job Club</li> <li>○ Tue 1000-1100 Gentle Exercise</li> <li>○ Wed 1000-1200 Craft Group</li> <li>○ Wed 1400-1600 Wellbeing Choir</li> <li>○ Thu 0900-1100 Café Club</li> <li>○ Thu 1000-1100 Adult Basic Education</li> <li>○ Thu 1400-1600 Thursday Club</li> <li>○ Sat 1000 Coffee Morning</li> </ul>
<p><b>St Andrews Men's Shed</b>  <b>Update (110821):</b>  Numbers attending are restricted, so if interested in visiting please contact to arrange a time</p>	<p>Group of men, usually but not always retired, looking to fill their free time usefully; range of practical activities - make garden chairs/planters; turn wooden bowls; carved wooden spoons; repair bikes; repair &amp; renovate garden machinery</p>	<p><a href="http://www.standrewsmensshed.org.uk">www.standrewsmensshed.org.uk</a>  <b>Tel</b> 07977131635</p>	<p><b>St Andrews</b>  In the Botanic Gardens at the rear entrance beneath the viaduct  Mon-Tue 0930-1230 &amp; 1300-1600  Thu 0930-1330</p>
<p><b>Coffee Morning &amp; Afternoon, The Coach House Centre</b></p>	<p>Weekly; drop-in</p>	<p><b>Tel</b> 01334 870038  <b>Facebook</b> @stathernasechurchnews</p>	<p><b>Leuchars</b>  Tue 1000-1400 Coach House Centre, Main St</p>

Service:	Brief:	Contact/Links:	Other:
<b>Lucky Ewe (Work Placements in the Countryside)</b> <b>Update (210921)</b>	Offers people with additional support needs, including mental health, experience of farming, animal husbandry & land management; all abilities & backgrounds; build skills & experience to support progress towards employment; volunteer, membership & intern opps - intern 14-25; placements enhance well-being	<a href="http://www.luckyewe.org.uk">www.luckyewe.org.uk</a> <b>Tel</b> 07817278630 <b>Email</b> <a href="mailto:contact.luckyewe@gmail.com">contact.luckyewe@gmail.com</a> <b>Facebook</b>	<b>North East Fife (based at Bonnyton Farm)</b>
<b>Coastline Friendship Club, Coastline Community Church</b> <b>Update (151121): New group Crail from 291021</b>	Weekly Pittenweem 'Drop-in'; tea/coffee/a chat/prayer 1100-1400 in the cafe & Sanctuary; Friendship Club at Crail Community Hall	<a href="http://www.coastlinecommunitychurch.org.uk">www.coastlinecommunitychurch.org.uk</a> <b>Email</b> <a href="mailto:info_coastline@btinternet.com">info_coastline@btinternet.com</a> <b>Tel</b> 01333 312041 <b>Facebook</b> @coastlinecommunitychurch	<b>Pittenweem &amp; Crail</b> <ul style="list-style-type: none"> <li>○ Fri 1100-1400 Pittenweem Coastline Church</li> <li>○ 2<sup>nd</sup> Fri monthly 1130-1330 Crail Community Hall</li> </ul>
<b>Let's Chat! (Chatty Café Scheme - Friendship Café)</b> <b>Update (220921): New service</b>	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 'Let's Chat!'	Attend venues on day – tables marked	<b>St Andrews (for people in North East Fife)</b> <ul style="list-style-type: none"> <li>○ Mon 1000-1200 NEF Community Hub</li> <li>○ Thu 1700-1900 Zest Café (95 South Street)</li> </ul>
<b>Scout About Toon</b> <b>Update (190422): Weekly &amp; new meeting place</b>	Originally for people affected by stroke/mobility issues, extending to those at home alone or who just want to go out to meet new people & to reconnect	<b>Meet:</b> Baptist Church Hall, 79 Bonnygate <b>Tel</b> 07776440699 Liz Laing	<b>Cupar</b> Wed 1300-1500 £3 activities & refreshments
<b>Colinsburgh Community Cinema</b> <b>Update (120922): Season 14 started</b>	Fri night screenings; covid measures in place; pay on night (£4 cash or card at door); no food/refreshments on sale (bring your own); programme online	<a href="http://www.colinsburghcommunitycinema.co.uk">www.colinsburghcommunitycinema.co.uk</a> <b>Tel</b> 01333 340360 Pete Marshall <b>or</b> 01333 340275 Doug Grant	<b>Colinsburgh-based</b> See website for film detail, time & dates School playground can no longer be used for parking

Service:	Brief:	Contact/Links:	Other:
<p><b>Pop-up Post Office, Dairsie Mini Mart</b>  <b>Update (281021): New service</b></p>	<p>Pop-up Post Office services in a variety of locations within North East Fife with staged start dates</p>	<p><b>Facebook</b> @dairsiemini mart  <b>For Balmullo Tel</b> 07763890145 Lynn Murray is happy to be contacted regarding the Pop-up Post Office, Community Café or any other activities supported within the Hall</p>	<p><b>Balmullo, Strathkinnes, Ladybank, Newport &amp; St Andrews</b>  <b>Balmullo Burnside Hall</b> Thu 1230-1430 aiming to change to Wed 1230-1430 from 101121  <b>Strathkinnes Village Hall</b> Mon 1230-1430 &amp; Fri 1300-1445  <b>Ladybank Library</b> Tue 1400-1500 &amp; Thu 1000-1200  <b>Newport Church Hall</b> Wed &amp; Fri 0930-1130  <b>St Andrews NEF Community Hub (St David's Centre)</b> Mon 1230-1430 &amp; Thu 1300-1500</p>
<p><b>Tayport Lunch Club for Older People (Castle Furniture)</b>  <b>Update (180624)</b></p>	<p>Social lunch club for older people in the Taybridgehead Area; group based in Tayport; £9 to cover costs of meal &amp; transport (latter within Tayport &amp; Newport); outings</p>	<p><a href="http://www.castlefurniture.org">www.castlefurniture.org</a>  <b>Email</b> <a href="mailto:samingram@castlefurniture.org">samingram@castlefurniture.org</a> Sam Ingram <b>or</b> <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a>  <b>Tel</b> 01334 654445 Cupar Office <b>or</b> 01592 501068 Glenrothes Office</p>	<p><b>Tayport-based</b>  Tue 1000-1300 £9  Bus collects members from Tayport &amp; Newport from 0930</p>
<p><b>Aqua Move, Clayton Caravan Park</b>  <b>Update (061221): From 241121</b></p>	<p>Low impact water exercises; all abilities; Wed (excluding school holidays)</p>	<p><b>Tel</b> 01334 870242 Option 3 to book</p>	<p><b>Clayton (based)</b>  Wed 1145 £5.50 per 40min session</p>
<p><b>Auchtermuchty Seniors Lunch Clubs &amp; Other Centre Activities</b>  <b>Update (071221): Remobilised</b></p>	<p>Local older people lunch clubs held at the Auchtermuchty Community Centre Tues &amp; Wed; other activity groups at the centre (see online programme – includes crafts)</p>	<p><a href="http://www.auchtermuchtycommunitycentre.org.uk">www.auchtermuchtycommunitycentre.org.uk</a>  <b>Tel</b> 01337 827068 to book &amp; for transport or for Centre information  <b>Facebook</b></p>	<p><b>Auchtermuchty</b>  Small charges apply for lunch &amp; transport</p>

Service:	Brief:	Contact/Links:	Other:
<b>Haydays</b> <b>Update (170123):</b> Revamped website	Arts & leisure for the over 50s; 170+ members predominantly from St Andrews itself but also Fife-wide; membership-based; classes are pre-booked with payment by cheque; multiple interests & activities including salsa, stained glass, art, Tai Chi, yoga, decoupage, calligraphy; volunteer-led with tutors; social element (currently restricted but looking to reintroduce)	<a href="http://www.haydaysfife.co.uk">www.haydaysfife.co.uk</a> <b>Email</b> <a href="mailto:haydays@outlook.com">haydays@outlook.com</a> <b>Tel</b> 01334 477402 <b>Facebook</b> Haydays Fife	<b>St Andrews (based in)</b> Must pre-book in advance; Covid measures in place – prior to attending the group very gently reminds people to take an LFT prior to attending & if people are experiencing cold/fly symptoms not to attend until these subside
<b>Forgan Arts Centre</b> <b>Update (180523):</b> Spring Summer programme available	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; for all ages & abilities	<a href="http://www.forganartscentre.co.uk">www.forganartscentre.co.uk</a> <b>Email</b> <a href="mailto:info@forganartscentre.co.uk">info@forganartscentre.co.uk</a> <b>Tel</b> 01382 542062	<b>Newport-on-Tay (based in)</b> Located in the old Leng Centre
<b>Larick Centre, Tayport</b> <b>Update (100222):</b> Community Hub & Café	Daily activities & community resources including free legal advice & Community Fridge	<a href="http://www.tayport.org.uk">www.tayport.org.uk</a> <b>Email</b> <a href="mailto:larickcentre@tayportct.org.uk">larickcentre@tayportct.org.uk</a> <b>Tel</b> 01382 549727 <b>Facebook</b>	<b>Tayport</b> Mon-Sun 1000-1600 Café
<b>Falkland Lunch Club</b> <b>Update (280422):</b> Aim to remobilise 020522	Volunteer-led lunch club for older people; 2 course lunch, refreshments & entertainment; waiting list might apply	<b>Contact in writing</b> The Lunch Club c/o Community Hall, Back Wynd, Falkland, Fife KY15 7BX	<b>Falkland, Freuchie &amp; Dunshelt</b> Mon 0930-1330 £5 per session (transport provided)
<b>Include Me Citizen Advocacy North East Fife</b> <b>Update (170322)</b>	Adults 16-65 residing in NE Fife requiring advocacy support due to a Learning Disability, Physical Disability, Mental Health Issue, Early Onset Dementia, Brain Injury, Personality Disorder, Autism Spectrum Disorder or Chronic Health Condition	<a href="http://www.includeme.org.uk">www.includeme.org.uk</a> <b>Email</b> <a href="mailto:contact@includeme.org.uk">contact@includeme.org.uk</a> <b>Tel</b> 07487 566 442 Mon-Wed <b>Tel</b> 07487 566 937 Tue-Thu	<b>North East Fife</b> Open Mon-Thu

Service:	Brief:	Contact/Links:	Other:
<b>PLANT (People Learning About Nature in Tayport)</b> <b>Update (100222)</b>	Grow food & flowers, reducing carbon emissions & enhancing Tayport's natural environment; opportunities 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 people	<a href="http://www.tayportgarden.org">www.tayportgarden.org</a> <b>Email</b> <a href="mailto:admin@tayportgarden.org">admin@tayportgarden.org</a> or <a href="mailto:volunteer@tayportgarden.org">volunteer@tayportgarden.org</a> <b>Facebook</b> @plantgroup	<b>Tayport</b>
<b>St Andrews Memory Café (St Mark's Church, St Mary's Place)</b> <b>Update (260522)</b>	Group for all adults with memory issues & carers/companions; varied entertainment programme & refreshments	<b>Tel</b> 07518345187 Sylvia <b>Email</b> <a href="mailto:standrewsmemorycafe@gmail.com">standrewsmemorycafe@gmail.com</a>	<b>St Andrews</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month 1400-1530 St Mark's Opposite Bus Station
<b>Coffee Cup</b> <b>Update (290623)</b>	Free refreshments & biscuits; friendly warm space; toys & baby facilities available	<b>Email</b> <a href="mailto:standrewsmemorycafe@gmail.com">standrewsmemorycafe@gmail.com</a>	<b>St Andrews</b> Fri 1000-1130 St Mark's Opposite Bus Station
<b>Dementia Friendly Outdoor Activity Group, Sensory Trust</b> <b>Update (080425): Now closed</b>	Operating from the NEF Community Hub; fortnightly outdoor group; suitable for people living with mild-moderate dementia & their carers	<b>Tel</b> 07419356464 Karen Marnie to book a place	<b>St Andrews</b> Must be pre-booked Tue fortnightly 1330-1500 Meet NEF Community Hub, St David's
<b>Footprint East Neuk</b> <b>Update (090622)</b>	Encourage sustainable living, reduce the carbon footprint of local communities & reconnect people with the natural world; voluntary tree-planting late winter-early spring with tools/equipment provided	<a href="http://www.footprinteastneuk.com">www.footprinteastneuk.com</a> <b>Email</b> <a href="mailto:footprinteastneuk@gmail.com">footprinteastneuk@gmail.com</a> <b>Tel</b> 07939147150 Sonja	<b>East Neuk</b>
<b>St Monans Community Larder (Town Hall)</b> <b>Update (090622)</b>	Community Larder; food & other goods; free refreshments; clothes & books swap	<b>Facebook</b>	<b>St Monans</b> Fri 1100-1200 Town Hall

Service:	Brief:	Contact/Links:	Other:
<b>East Neuk Eats! Community Fridge (East Neuk Centre Trust)</b> <b>Update (090622):</b> Volunteers needed (own transport required)	Free foodstuff to help reduce food waste; Community Wardrobe providing free clothes available; free cup of tea or coffee & biscuit	<a href="http://www.eastneukcentre.org.uk">www.eastneukcentre.org.uk</a> Email <a href="mailto:info@eastneukcentre.org.uk">info@eastneukcentre.org.uk</a> Tel 01333 311977 Facebook @eastneukcentre.trust	<b>Anstruther</b> East Neuk Centre: <ul style="list-style-type: none"> <li>○ Thu 1300-1500 Fridge Drop-in</li> <li>○ Mon-Fri 1000-1500 Community Wardrobe</li> </ul>
<b>Continuing Care North East Fife</b> <b>Update (160823)</b>	Affordable transportation for medical/associated appointments for residents in North East Fife who do not have ready access to personal/public transport; strive to cater for non-emergency transportation for the elderly, disabled & vulnerable	<a href="http://www.continuingcarenef.org.uk">www.continuingcarenef.org.uk</a> Tel 07468887900	<b>North East Fife Residents</b> Travel can be arranged for appointments out with Fife (for example: Ninewells Hospital)  Services provided by volunteers & to cover costs a donation is requested - costs/level of donation can be agreed when booking
<b>Ceres Village Café Good Companions Lunches</b> <b>Update (280722)</b>	Community tearoom & takeaway which provides a free weekly lunch to help tackle isolation & loneliness for people within the local & surrounding area	<b>Facebook</b> @thevillagecafeceres <b>Meet</b> 38 Main Street, Ceres	<b>Ceres</b> Mon 1200-1400 Good Companions Lunches
<b>Age Concern Cupar</b> <b>Update (040722):</b> Open to referrals; waiting list might operate; cost under review owing to fuel increases	Day Service for elderly, frail & disabled people who may be lonely & need some outside stimulation; social activities with tea & coffee 1000-1200 & a 2-course lunch served at 1230	<a href="http://www.ageconcerncupar.org">www.ageconcerncupar.org</a> Email <a href="mailto:ageconcerncupar@btconnect.com">ageconcerncupar@btconnect.com</a> Tel 01334 653597 Anne Ronaldson Facebook Age Concern Cupar	<b>Cupar (based)</b> Serves Freuchie, Falkland, Letham, Ladybank, Kingskettle, Pitlessie, Springfield, Ceres, Craigrothie & Dairsie Mon-Fri 0900-1500 £8.50
<b>Falkland Tuesday Club</b> <b>Update (050922):</b> Resumes 060922	Whist & Dominoes with tea & biscuits at half time	Tel 01337 858451 Bill Graves or 01337 857846/07379878006 Henry Normand	<b>Falkland</b> Tue 1300 Falkland Community Hall £2 Annually & £2 weekly

Service:	Brief:	Contact/Links:	Other:
<b>Cupar St John's &amp; Dairsie United Parish Church</b> <b>Update (170123):</b> New Warm Space group Cupar	Church activities & Friendship Circle (all welcome); Warm Space Group Cupar	<a href="http://www.cuparstjohnsanddairsie.org/worship-and-church-activities/">www.cuparstjohnsanddairsie.org/worship-and-church-activities/</a> <b>Facebook</b> @StJohnsAndDairsieUnitedParishChurch	<b>Cupar &amp; Dairsie</b> <ul style="list-style-type: none"> <li>○ Wed 1030-1330 Warm Space Group, St John's Bonnygate, Cupar</li> <li>○ 2<sup>nd</sup> &amp; 4<sup>th</sup> Mon monthly 1400-1530 Friendship Circle, Church Hall, Dairsie</li> </ul>
<b>Falkland Chess Club</b>	Chess club with all ages & skills welcomed	<b>Tel</b> 07864329258 Chris	<b>Falkland</b> Thu 1845 Community Hall
<b>The Walkie Talkies</b> <b>Update (090622)</b>	Walk, chat & coffee; all welcome; start from Town Hall	<b>Email</b> <a href="mailto:spotjewijd@gmail.com">spotjewijd@gmail.com</a>	<b>St Monans</b> Thu 0915 Start Town Hall
<b>Square Start Cupar (BRAG enterprises)</b> <b>Update (270723):</b> <b>Launches 170823</b>	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	<a href="http://www.brag.co.uk">www.brag.co.uk</a> <b>Tel</b> 01592 860296 <b>Email</b> <a href="mailto:SquareStart@brag.co.uk">SquareStart@brag.co.uk</a>	<b>Cupar</b> Thu 1630-1830 YMCA, 93 Bonnygate, Cupar
<b>Planting For Your Piece, St Andrews Botanic Garden</b> <b>Update (100223)</b>	Aim to improve mental health through gardening sessions, exploring process of growing & creating food from patch to plate	<a href="http://www.standrewsbotanic.org">www.standrewsbotanic.org</a> <b>Email</b> <a href="mailto:rduncan@standrewsbotanic.org">rduncan@standrewsbotanic.org</a> Rebecca <b>Facebook</b>	<b>North East Fife (based St Andrews)</b> Wed fortnightly 1330-1530 from 010323
<b>Friendship Lunch@Elie &amp; Colinsburgh, Church of Scotland</b> <b>Update (110923)</b>	Soup & sandwich 1 <sup>st</sup> Wed of the month Elie Church Hall; soup & pudding 3 <sup>rd</sup> Wed of the month in Colinsburgh Town Hall	<b>Email</b> <a href="mailto:info@eastneuktrinity.org.uk">info@eastneuktrinity.org.uk</a> <b>Tel</b> 01333 317096	<b>Elie/Colinsburgh</b> 1 <sup>st</sup> Wed monthly Elie Church Hall 3 <sup>rd</sup> Wed monthly 1245 Colinsburgh Town Hall
<b>Dairsie Community Singers, Church Hall</b> <b>Update (070921)</b>	Community singing group; weekly from 2109-0712	<b>Email</b> <a href="mailto:merigoad@gmail.com">merigoad@gmail.com</a> to book a place contact Meri	<b>Dairsie</b> Tue (seasonal) 1915-2045

Service:	Brief:	Contact/Links:	Other:
<b>Old Parish Centre</b> <b>Update (141123)</b>	Hub for community groups; interest & peer	<a href="http://www.cuparold.org.uk/pages/old-parish-centre">www.cuparold.org.uk/pages/old-parish-centre</a>  <b>Group Contacts:</b> <ul style="list-style-type: none"> <li>○ U3A Ladies Dance/Exercise <a href="mailto:jandance1010@hotmail.com">jandance1010@hotmail.com</a> or 07478329864 Jan Knight</li> <li>○ Cupar Forum 01334 650301 Keith McIntosh or 01592 643743 Janet Henderson Fife Forum</li> <li>○ Community Café <a href="mailto:help@cic.scot">help@cic.scot</a> or 07726959777</li> <li>○ Hard of Hearing Group <a href="mailto:cuparhardofhearinggroup@gmail.com">cuparhardofhearinggroup@gmail.com</a></li> <li>○ Memory Café <a href="mailto:shenaporteous@hotmail.com">shenaporteous@hotmail.com</a> or 01334 653361 Shena Porteous</li> <li>○ Cupar Quilters 01334 828521 Lesley Marr</li> <li>○ LGBTQ+ Hub <a href="mailto:help@cic.scot">help@cic.scot</a> or 07942369874</li> </ul>	<b>Cupar</b> <ul style="list-style-type: none"> <li>○ Mon 1345-1445 U3A Ladies Dance/Exercise</li> <li>○ Mon 1030-1130 Cupar Forum Keep Fit 50+</li> <li>○ Sat 1200-1600 Community Café (free)</li> <li>○ Last Mon monthly (excl July/Aug) 1400-1600 Hard of Hearing Group</li> <li>○ 3<sup>rd</sup> Tue monthly 1400-1530 Memory Café</li> <li>○ 1<sup>st</sup> Wed monthly 1900 Cupar Quilters</li> <li>○ 3<sup>rd</sup> Fri monthly 1800-2000 North East Fife LGBTQ+ Hub</li> <li>○ Fri last monthly 1400-1600 Cupar Forum 50+</li> </ul>
<b>Reading Round (community initiative supported by the Royal Literary Fund)</b> <b>Update (190821)</b>	Read & discuss writing with a local published author – no pens, paper, no advance reading, like a book club without the homework	<b>Email</b> <a href="mailto:geoff.barker@rifeducation.org.uk">geoff.barker@rifeducation.org.uk</a> To reserve a free place	<b>Cellardyke</b> Wed 1030-1200 Sun Tavern, Scottish Fisheries Museum (reserve place and spaces limited)
<b>Newburgh Wellbeing Choir, TICC</b> <b>Update (070921)</b>	Community choir, all welcome; music, refreshments, cakes & chat; optional donation	<b>Email</b> <a href="mailto:nbchoir3@gmail.com">nbchoir3@gmail.com</a>	<b>Newburgh</b> Wed 1400-1530 remobilising from 150921
<b>Scottish Country Dancing, RSCDS</b> <b>Update (141123)</b>	Scottish Country Dancing welcoming dancers of all levels of experience; weekly	<a href="http://www.rscdsstandrews.co.uk">www.rscdsstandrews.co.uk</a> <b>Membership enquiries:</b> <b>Email</b> <a href="mailto:rscds.standrews@gmail.com">rscds.standrews@gmail.com</a> <b>General enquiries:</b> <b>Email</b> <a href="mailto:90florida@gmail.com">90florida@gmail.com</a> <b>Facebook</b> RSCDS St Andrews	<b>St Andrews</b> Application required Thu 2000-2130 Town Hall (until Memorial Hall reopens)

Service:	Brief:	Contact/Links:	Other:
<b>Ceres Coffee &amp; Chat, Ceres, Kemback &amp; Springfield PC</b> <b>Update (091123)</b>	Weekly refreshments, soup & scones with rotating advice clinic (welfare, fuel, health, family support); donations welcomed	<b>Facebook</b> Cks Parich Church	<b>Ceres</b> Wed 1000-1200 Refreshments & 1400-1600 Rotating Advice Clinic
<b>Howe Table Tennis</b> <b>Update (141123)</b>	Table tennis & spare bats available; all levels welcome		<b>Letham</b> Thu 1900 £2 1 <sup>st</sup> session free Letham Village Hall
<b>Ready Steady Ceilidh-fit!</b> <b>Update (141123)</b>	Keep fit, meet new friends & have fun; opportunity to brush up on traditional dances	<b>Tel</b> 01334 652418 <b>Email</b> <a href="mailto:dancej.anderson@btinternet.com">dancej.anderson@btinternet.com</a>	<b>Collessie</b> Wed 1900 Collessie Village Hall
<b>Sam's Mental Health Café (SAMH)</b> <b>Update (180124)</b>	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Tel</b> 01383 623179 Tues <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Cupar (Fife-wide with enquiries or for those able to access)</b> Tue 0900-1700 Community Voice, 19 Crossgate
<b>Pilgrim Care</b> <b>Update (020524):</b> Groups moved to Holy Trinity Church Hall from 010424	Pilgrim Care is a Christian Charity whose objective is to provide care for the elderly of St Andrews; available to a host of clients, volunteers, carers, professionals; includes sharing a cuppa & chat, practical advice, advocacy, goal setting, listening	<a href="http://www.pilgrimcare.org">www.pilgrimcare.org</a> <b>Tel</b> 07792941783 Cath Carter, Parish Nurse <b>Email</b> <a href="mailto:cath@pilgrimcare.org">cath@pilgrimcare.org</a> <b>Facebook</b> Pilgrim Care  <b>Groups Meet:</b> Holy Trinity Church Hall, Queens Terrace, Sta Andrews KY16 9QF	<b>St Andrews</b> ○ Mon-Tue 1100-1430 Health Walk at the Botanic Gardens with lunch (dementia friendly) ○ Wed 1100-1430 Arm Chair Exercise, Lunch & Games ○ Thu 1315 Hope at the Hub ○ Thu 1400-1700 Cinema Club ○ Fri 1000-1530 Dementia Friendly Meeting Centre with Music Memories 1400-1500
<b>St Andrews Parkinson's Café, Parkinson's UK</b> <b>Update (020524)</b>	A meeting place for people with Parkinson's, their families and friends; informal drop-in	<b>Contact via Website:</b> <a href="http://www.fife.parkinsonsuk.group/">www.fife.parkinsonsuk.group/</a>	<b>St Andrews</b> Last Mon 1100-1230 bar Jul/Dec Cosmos Centre

Service:	Brief:	Contact/Links:	Other:
<p><b>St Andrews &amp; North East Fife Ramblers Group</b>  <b>Update (180624)</b></p>	<p>Welcome anyone interested in walking in the area between the Firth of Tay &amp; the Firth of Forth; each walk is led by a member of the group, who, together with a fellow member, will have made a recent recce of the walk to make sure that it is both viable &amp; safe; longer walks weekends, shorter ones midweek; welcome guests from other Ramblers' groups or from non-members wishing to try out walking; to join any walk contact the Walk Leader; in addition to a regular programme they aim to organise a walking holiday &amp; Christmas lunch</p>	<p><a href="http://www.standrewsnefiferamblers.com">www.standrewsnefiferamblers.com</a>                      Tel 01334 470066</p>	<p><b>St Andrews &amp; NEF</b></p>
<p><b>Castle Furniture Drop-in Lounge</b>  <b>Update (180624)</b></p>	<p>Group befriending based at the Lounge at Tom Rodgers Mill; members are offered refreshments; aged 55+; outings organised</p>	<p><a href="http://www.castlefurniture.org">www.castlefurniture.org</a>                      Tel 01334 654445                      Email <a href="mailto:enquiries@castlefurniture.org">enquiries@castlefurniture.org</a></p>	<p><b>Cupar</b>                      Mon/Wed/Fri 1030-1530 Tom Rodgers Mill Free</p>
<p><b>Supporting You at Home (SYAH), RVS</b>  <b>Update (100924): New service</b></p>	<p>For older people; short-term support to 'get back on their feet'; goal orientated volunteer matches to support people who have lost their confidence; provide companionship, an assisted shopping trip with lunch, &amp; improved mobility support; can refer on to RVS groups; monthly fish supper &amp; entertainment trip in Anstruther; telephone befriending</p>	<p><a href="http://www.royalvoluntaryservice.org.uk">www.royalvoluntaryservice.org.uk</a>                      Tel 07970506135 Kimberley Gray, Operational Support Officer                      Email <a href="mailto:fife@royalvoluntaryservice.org.uk">fife@royalvoluntaryservice.org.uk</a></p>	<p><b>East Neuk</b></p> <ul style="list-style-type: none"> <li>○ Services are free at point of entry &amp; telephone befriending is not time limited</li> <li>○ Assisted Shopping Service limited spaces &amp; £5 charge</li> <li>○ Referral form available</li> </ul>

## Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
<b>Care &amp; Share Companionship</b> <b>Update (040722):</b> Waiting list in place	Adults 60+ who are living in isolation &/or living alone; early onset dementia; 1-1 visit either weekly/fortnightly 1-2 hours	<a href="http://www.careandsharecompanionship.org">www.careandsharecompanionship.org</a> Tel 07494129112 Teresa Naylor Facebook care and share companionship	<b>Kirkcaldy Area</b> Directed by Scottish Government guidelines on a weekly basis
<b>Lang Toun Larder (Community Pantry) &amp; Community Meals, Greener Kirkcaldy</b> <b>Update (290421):</b> Meals to Go ceased; ongoing Community Pantry & Community Meals once per week	People can apply to become members & 'shop' in the pantry once a week; weekly fee £2; members receive points which can be used to 'spend' on fresh, frozen & store-cupboard ingredients; also, a 'pick and mix' refill station to top up basic essentials such as flour, tea, coffee, rice & pasta; Greener Kirkcaldy provides members with a shopping bag, a cool bag, & refill containers to use each week; Community Meal also available to takeaway (once per week – free, donations)	<a href="http://www.greenerkirkcaldy.org.uk">www.greenerkirkcaldy.org.uk</a> Tel 01592 858458 Email <a href="mailto:communitymeals@greenerkirkcaldy.org.uk">communitymeals@greenerkirkcaldy.org.uk</a>	<b>Kirkcaldy &amp; Dysart</b> People can self-refer or be registered by an agency <ul style="list-style-type: none"> <li>○ Thu 1100-1400 <b>Lang Toun Larder</b>, 8 East Fergus Place (must apply for membership first)</li> <li>○ Wed 1530-1730 <b>Community Meal</b> (Takeaway – bring a bag and mask), 8 East Fergus Place</li> </ul>
<b>Linktown Tenants &amp; Residents Association</b>	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school kids	Private message their <b>Facebook</b> page	<b>Kirkcaldy Area</b> Mon-Fri
<b>The Cottage Family Centre</b> <b>Update (080222):</b> New service The Big Hoose Project (see p34)	Family centre catering for children 0-16 & their families; core services & other services (example: Dad's Project; Counselling)	<a href="http://www.thecottagefamilycentre.org.uk">www.thecottagefamilycentre.org.uk</a> Email <a href="mailto:info@thecottagefamilycentre.org.uk">info@thecottagefamilycentre.org.uk</a> Tel 01592 269489 or 01592 210189 Or contact via <b>Facebook</b>	<b>Kirkcaldy Area</b> Mon-Fri 0900-1700  <b>The Big Hoose Project is Fife-wide</b>
<b>Chess Club</b> <b>(Update 081122)</b>	Chess for all ages & abilities		<b>Kirkcaldy</b> Wed 1800-1900 St Bryce Kirk

Service:	Brief:	Contact/Links:	Other:
<b>Linton Lane Centre, Kirkcaldy</b> <b>Update (120123):</b> New free Soup 'n' Talk & Walk 'n' Talk groups from 230123	Host a number of adult & younger people groups including food support, interest groups & support groups (see website); Foodbank (Mon-Fri); podcasts highlighting local resources	<a href="http://www.lintonlanecentre.com">www.lintonlanecentre.com</a> Tel 01592 643816 Or contact via <b>Facebook</b> <b>Podcasts</b> <a href="http://www.lintonlanecentre.com/adapt">www.lintonlanecentre.com/adapt</a> <b>Lunch Group:</b> Email <a href="mailto:bebetterconnected@gmail.com">bebetterconnected@gmail.com</a> Tel 07581813545 Mark	<b>Templehall Area, Kirkcaldy</b> <ul style="list-style-type: none"> <li>○ Mon &amp; Wed 1230 Soup 'n' Talk</li> <li>○ Thu 1200 Lunch Group</li> <li>○ Thu 1000 Walk 'n' Talk</li> <li>○ Sun 1900-2100 Veterans Best Friend Group</li> </ul>
<b>Warm Welcome Hub at Newcraigs, Newcraigs Evangelical Church</b> <b>Update (301023)</b>	A place to go for warmth, company & food; no charge; tea/coffee from 1100 & soup & sweet treats from 1200	Email <a href="mailto:office@newcraigs.co.uk">office@newcraigs.co.uk</a> <b>Facebook</b> Warm Welcome Hub at Newcraigs	<b>Kirkcaldy</b> Mon 1100-1400 Newcraigs Evangelical Church, Forres Drive
<b>Grey Panthers, Linton Lane Centre, Kirkcaldy</b> <b>Update (270921):</b> Remobilised	Social, activities & lunch club for over 60s; activity after lunch; small charge to cover costs	To book contact Mandy Henderson: Tel 01592 643816 Email <a href="mailto:mandyhenderson75@hotmail.com">mandyhenderson75@hotmail.com</a> <b>Facebook</b> Grey Panthers at Linton Lane	<b>Templehall Area, Kirkcaldy</b> Wed 1200-1415
<b>#Food2Go</b> <b>Update (220422):</b> There is no 'Food2Go' at Hayfield Community Centre Fridays until further notice due to a lack of response - Cafe remains open Wed 1200-1400 & children eat free	Pick up a free bag with all the essentials for 3 days of lunches; available from venues in the area; social distancing measures in place & must be adhered to	#Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane <a href="https://www.facebook.com/LinktownCommunityAid">#Food2Go@LinktownCommunityAid</a>	<b>Kirkcaldy &amp; Burntisland</b> Available Tue/Fri 1145-1300: <b>Toll Community Hub,</b> Burntisland <b>Linton Lane Centre,</b> Kirkcaldy <b>Hayfield Community Centre,</b> Kirkcaldy <b>Linktown Community Aid,</b> Kirkcaldy
<b>Cornerstone Café</b> <b>Update (230223)</b>	Free hot food & friendship, every Wed in the Church Halls	<a href="http://www.burntislandparishchurch.org/community/">www.burntislandparishchurch.org/community/</a> <b>Facebook</b> Cornerstone Café	<b>Burntisland</b> Wed 1200-1400 Burntisland Parish Church Halls Free
<b>Let's Connect @ Kirkcaldy Salvation Army</b> <b>Update (041124):</b> Local debt advice	Social group with optional crafts, books, board games, music & thought for the day; open to all; debt advice service	<a href="http://www.salvationarmy.org.uk/kirkcaldy">www.salvationarmy.org.uk/kirkcaldy</a> Tel 01592 265621 Church Office or 07776965943 Corps Officer Email <a href="mailto:Scotlanddas@salvationarmy.org.uk">Scotlanddas@salvationarmy.org.uk</a> Debt Advice <b>Facebook</b>	<b>Kirkcaldy</b> Church of Christ Building, Hayfield Road

Service:	Brief:	Contact/Links:	Other:
<b>Sam's Mental Health Café (SAMH), Greener Kirkcaldy, Kirkcaldy</b> <b>Update (060521): new time &amp; venue</b>	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	<a href="http://www.samscafe.org.uk">www.samscafe.org.uk</a> <b>Tel</b> 07971892886 <b>Write to</b> Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS <b>Email</b> <a href="mailto:sams.cafe@samh.org.uk">sams.cafe@samh.org.uk</a>	<b>Kirkcaldy (Fife-wide with enquiries or for those able to access)</b> Mon, Fri 1200-2000 Meet Greener Kirkcaldy 8 East Fergus Place
<b>The Ecology Centre, Kinghorn Loch</b> <b>Update (140222): Lochsiders Dementia Groups - pm placements currently available</b>	Set up/managed by the local community & residents of Craigencaft Farm for community use; volunteers sought to help with the day-to-day running; 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	<a href="http://www.theecologycentre.org">www.theecologycentre.org</a> <b>Tel</b> 01592 891567 <b>Email</b> <a href="mailto:admin@theecologycentre.org">admin@theecologycentre.org</a> <b>Email</b> <a href="mailto:liz@theecologycentre.org">liz@theecologycentre.org</a> Dementia Friendly Sessions	<b>Based Kinghorn Loch</b> Thu 1000-1200/1330-1600 Dementia Friendly Groups - good level of physical mobility required & must be in the early-mild stages of dementia; process for joining involves completing application, a site visit; & a 2-week trial Fri-Sun 1000-1500 Nest Café
<b>The Olive Branch Café, Bennoch Parish Church</b> <b>Update (070921): Café remobilising 090921 Thu 1100-1400</b>	Aim to support people into volunteering, loneliness with companionship, individuals on low income by offering low-cost meals/refreshments; all welcome; volunteering opps; internet access/WiFi	<a href="http://www.bennochparishchurch.org.uk">www.bennochparishchurch.org.uk</a>	<b>Kirkcaldy</b> Thu 1100-1400 Community Café  Looking to remobilise various activities as before - tai chi, yoga, computer support
<b>Mental Wellbeing Group</b> <b>Update (150623): Starts Wed 280623</b>	Try new activities in a supportive environment; chance to connect with others	<b>Email</b> <a href="mailto:communitysocialwork@fife.gov.uk">communitysocialwork@fife.gov.uk</a> <b>Tel</b> 03451 555 555 Ext 430155	<b>Burntisland</b> Wed 1400-1600 Meet at Burntisland Library
<b>Flexercise</b> <b>Update (060423)</b>	Fusion of exercise dance, fitness & music for active retired 60+; at St Bryce Kirk Centre	<a href="http://www.fl-exercise.com">www.fl-exercise.com</a> <b>Tel</b> 0131 4672984 or 07759714199 Rhona <b>Facebook</b> @FLexercise.uk	<b>Kirkcaldy</b> Mon 1400 Seniors 60+ Mon 1500 Active Retired
<b>SOBS Kirkcaldy</b> <b>Update (160524)</b>	Support for adults bereaved by suicide; self-help safe & confidential groups; peer volunteers	<a href="http://www.sobskirkcaldy.org.uk">www.sobskirkcaldy.org.uk</a> <b>Email</b> <a href="mailto:help@sobskirkcaldy.org.uk">help@sobskirkcaldy.org.uk</a> <b>Tel</b> 07707697739	<b>Kirkcaldy</b> Part of a national network

Service:	Brief:	Contact/Links:	Other:
<b>Cultural Connections at Kirkcaldy Galleries (supported by Life Changes Trust)</b> <b>Update (121021)</b>	Cuppa & exploring local history for people with dementia; free; must be able to attend independently or be accompanied	<b>Tel</b> 01592 583206 <b>Email</b> <a href="mailto:kirkcaldy.galleries@onfife.com">kirkcaldy.galleries@onfife.com</a>	<b>Kirkcaldy-based</b> Thu monthly 1400-1500 check first for dates
<b>Hayfield Community Centre (Hayfield Road)</b> <b>Update (220422): No 'Food2Go' Fri until further notice - fresh inexpensive meals with children eating free remains Wed</b>	Offering help to those most affected by loneliness & isolation in the community providing fresh home cooked meals for only £1 with kids eating for free; Cafe @ Hayfield hosting from 160222 Wed 1200-1400; other activities available (see website)	<a href="http://www.hayfieldcommunitycentre.org.uk">www.hayfieldcommunitycentre.org.uk</a> <b>Email</b> <a href="mailto:hayfieldcc@gmail.com">hayfieldcc@gmail.com</a> <b>Tel</b> 01592 328687 <b>Facebook</b> @HayfieldCommunity	<b>Kirkcaldy</b> Mon/Wed/Fri 0900-1200 Office Out-of-hours contact by email or message on Facebook
<b>Morrisons 'Make Good Things Happen' (Period Poverty initiative - free sanitary products)</b> <b>Update (240222)</b>	Support with free sanitary products; visit Customer Service Desk & ask for a 'Package for Sandy'; will be handed a discreet free package	<a href="http://www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/">www.morrisons-corporate.com/media-centre/corporate-news/package-for-sandy---morrisons-local-initiative-goes-nationwide-to-tackle-period-poverty/</a>	<b>Kirkcaldy</b> Esplanade store (this is a nation-wide initiative)
<b>Create With Catherine for Adults with ASN</b> <b>Update (270323)</b>	Art class; no experience necessary; friendly & social; develop creative skills & try out different arts & crafts techniques	<b>Tel</b> 07530314636 Catherine Mills to book a place	<b>Kirkcaldy</b> Wed 1015-1145 £8 incl art materials; refreshments
<b>Templehall Community Centre</b> <b>Update (160524)</b>	Community hub within the Templehall area of Kirkcaldy;	<b>Tel</b> 01592 583363 o <a href="mailto:digitalskills1@gmail.com">digitalskills1@gmail.com</a> or 01592 583475 HELP Digital Skills	<b>Kirkcaldy</b> Tue 1800 Dancefit £4 Tue 0900-1300 HELP Digital Skills & Advice
<b>Toll Community Centre Burntisland</b> <b>Update (230322)</b>	Playgroup, Out of School Service, Youth & Over 50s Club, Tai Chi & Sittersize exercise	<b>Tel</b> 01592 872854 <b>Email</b> <a href="mailto:communitycouncil91@gmail.com">communitycouncil91@gmail.com</a> <b>Facebook</b> TollCommunityCentre	<b>Burntisland</b> Mon 1230-1330 Sittersize Group £4
<b>Women's Social (Raith Rovers Foundation)</b> <b>Update (040822): New group starts 160822</b>	Women's peer & fitness group; for those keen to be active, connect & support one another; led by a fitness instructor	<b>Email</b> <a href="mailto:community@raithrovers.net">community@raithrovers.net</a>	<b>Kirkcaldy</b> Tue Stark's Park - 30 mins peer support followed by 30 mins fitness (contact to book)

Service:	Brief:	Contact/Links:	Other:
<b>Grain &amp; Sustain, 135 High Street</b> <b>Update (310723)</b>	Zero waste store -food, household & bathroom	<a href="http://www.grainandsustain.co.uk">www.grainandsustain.co.uk</a> <b>Tel</b> 01592 372152 <b>Email</b> <a href="mailto:grainandsustain@outlook.com">grainandsustain@outlook.com</a> <b>Facebook</b> Grain & Sustain - Zero Waste Life in Fife	<b>Burntisland</b> Mon-Fri 1200-1600 Sat 1000-1600
<b>BEK Youth Club</b> <b>Update (230922)</b>	Burntisland Parish, Erskine United Free & Kinghorn Parish Churches BEK church partnership; new Youth Club to enable churches to reach out & draw in children/families	<a href="http://www.burntislandparishchurch.org/bek/">www.burntislandparishchurch.org/bek/</a> <b>Contact</b> Adrian Minnie	<b>Burntisland &amp; Kinghorn</b> Fri Starts 240223
<b>Sporting Memories Foundation Scotland Weekly Programme</b> <b>Update (061022): Local partnership initiative offering sport-linked social activities suitable for older people</b>	In conjunction with Active Fife, Raith Rovers Community Foundation & Age Scotland inclusive activity & dementia friendly	<a href="http://www.thesmf.co.uk">www.thesmf.co.uk</a> <b>Walk &amp; Talk with Raith Rovers &amp; Walking Football:</b> <b>Email</b> <a href="mailto:paul.greig@raithrovers.net">paul.greig@raithrovers.net</a> <b>Tel</b> 07981197318 <b>Bite &amp; Blether:</b> <b>Email</b> <a href="mailto:stuart.oliver11@btinternet.com">stuart.oliver11@btinternet.com</a> <b>Walking Basketball:</b> <b>Email</b> <a href="mailto:fifesteelbasketball@htomail.com">fifesteelbasketball@htomail.com</a> <b>Tel</b> 07982641975 Ross <b>Sporting Memories:</b> <b>Email</b> <a href="mailto:gary@thesmf.co.uk">gary@thesmf.co.uk</a> <b>Tel</b> 07941123278 <b>Bums off Seats:</b> <b>Email</b> <a href="mailto:bumsoffseats.project@fife.gov.uk">bumsoffseats.project@fife.gov.uk</a>	<b>Kirkcaldy</b> <ul style="list-style-type: none"> <li>• Mon 1030-1200 Starks Park Walk &amp; Talk with Raith Rovers</li> <li>• 2<sup>nd</sup> Tue monthly 1200-1400 Rugby Club Bite &amp; Blether</li> <li>• Tue 1830-1930 Walking Basketball</li> <li>• Wed 1030-1200 Sporting Memories</li> <li>• Wed 1315-1415 Bums of Seats Walks</li> <li>• 2<sup>nd</sup> Thu monthly 1100-1300 Starks Park Reminiscing Raith</li> <li>• Fri 1330-1430 Starks Park Walking Football</li> </ul>
<b>Women's Support Group, Community Social Work</b> <b>Update (170823)</b>	Peer group; all women welcome		<b>Kirkcaldy</b> Wed 1000-1130 Park Road Community Centre

Service:	Brief:	Contact/Links:	Other:
<p><b>St Bryce Kirk Centre</b>  <b>Update (060423)</b></p>	<p>Community hub &amp; café</p>	<p><a href="http://www.stbrycekirk.org">www.stbrycekirk.org</a>  <b>Tel</b> 01592 640016  <b>Facebook</b> St Bryce Kirk Centre &amp; Café  <b>Tel</b> 07484145416 Nicotine Anonymous, Reuben  <b>Tel</b> 07834328821 or <b>email</b> <a href="mailto:katie.cook@peoplefirstscotland.org">katie.cook@peoplefirstscotland.org</a> People First, Katie Cook</p>	<p><b>Kirkcaldy</b></p> <ul style="list-style-type: none"> <li>○ Mon-Thu 0900-1700 Open</li> <li>○ Mon-Thu 1000-1400 Café</li> <li>○ Tue 1830-1930 Nicotine Anonymous Meeting</li> <li>○ 2<sup>nd</sup> Thu monthly 1300-1430 People First Fife Women's Group</li> </ul>
<p><b>YMCA Gallatown Hub</b>  <b>Update (091123)</b></p>	<p>Local hub &amp; cafe for groups Mon-Sat covering a variety of interests &amp; activities from Hendry Crescent; Bike Hub offers free repairs; free Community Breakfast &amp; advice available</p>	<p><a href="http://www.ymcakirkcaldy.co.uk">www.ymcakirkcaldy.co.uk</a>  <b>Tel</b> 01592 645530  <b>Contact details via website</b>  <b>Facebook</b> Ymca Kirkcaldy</p>	<p><b>Kirkcaldy</b>  <b>Includes:</b></p> <ul style="list-style-type: none"> <li>○ Tue/Thu 1300-1500/1130-1300 Talking Café 16+ low level mental health</li> <li>○ Tue 1000-1200 Free Community Breakfast &amp; Support</li> <li>○ Tue 1000-1500 Darn Good Yarn &amp; Lunch</li> <li>○ Tue 1530-1830 LGBTQ Talking Café (12-17)</li> <li>○ Wed 1500-1630 Free Kids Teas</li> <li>○ Thu 1000-1200 Talking Café (non-English speaking Women)</li> <li>○ Thu 1100-1400 Gallatown Over 65s Social Group</li> <li>○ Fri 1100-1300 Burds on Bikes (women)</li> <li>○ Sat 1000-1500 Bike Hub</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Park Gowf (Japan Park Golf), Dunniker Park Community Golf</b> <b>Update (050923):</b> Introducing Park Golf to Scotland	Park Gowf removes all the technical challenges of playing traditional golf; simple & safe involving a player, one club & one ball played over a short course; free taster session	<a href="http://www.dpcomgolf.com">www.dpcomgolf.com</a> <b>Email</b> <a href="mailto:DPComGolf@gmail.com">DPComGolf@gmail.com</a> Raymond Johnston, Secretary <b>Facebook</b> DPCG – Dunniker Park Community Golf	<b>Kirkcaldy</b>
<b>Social Football, Raith Rovers Community Foundation &amp; Kingdom Works</b> <b>Update (260923)</b>	Social football & training/employment advice; 18+ regardless of employment status; post-game opportunity to have refreshments & discuss training opportunities with Kingdom Works staff	<b>Email</b> <a href="mailto:community@raithrovers.net">community@raithrovers.net</a> or <a href="mailto:kingdomworks@kha.scot">kingdomworks@kha.scot</a>	<b>Kirkcaldy</b> Thu Starks Park <ul style="list-style-type: none"> <li>○ 1500-1600 Game</li> <li>○ 1600-1630 Refreshments &amp; Training Advice</li> </ul>
<b>Couple O' Mugs Craft Club</b> <b>Update (261023)</b>	Craft Club with no cost for attending; coffee, cake, tea, soup & hot dogs are available to buy but it is not a necessity; for local adults of all ages crafting whatever their chosen craft is	<b>Facebook</b> Couple O' Mugs <b>Where:</b> Unit 11 Olympia Arcade, Kirkcaldy	<b>Kirkcaldy</b> Thu 1700-2000 Olympia Arcade
<b>Music Helps People with Dementia</b> <b>Update (100823)</b>	Music to help manage symptoms of memory loss, improve mood, reduce the need for drugs & strengthen relationships/reconnect families	<b>To find out more visit:</b> Dementia Carers Café Estate & Facilities Meeting Room Phase 1 Victoria Hospital <b>Tel</b> 01592 634455 Ext 28429 Helen Skinner Dementia Nurse Consultant	<b>Kirkcaldy</b> Thu last monthly 1230-1330
<b>DJ Paul's Happy Disco</b> <b>Update (250424)</b>	Disco for adults with learning difficulties, disabilities & additional support needs; bring your own lunch; refreshments available for purchase	<b>Where:</b> Templehall Community Centre	<b>Kirkcaldy</b> Tue/Fri 1200-1400 Templehall Community Centre £4

## Cowdenbeath Locality

Service:	Brief:	Contact/Links:	Other:
<b>Benarty Peoples Pantry BRAG Enterprise, Benarty</b>	Food Bank type service to receive essential Food Packages for the most vulnerable families & individuals	Tel 01592 860296	<b>Benarty Area; Glenraig, Crosshill, Lochore &amp; Ballingry</b> Mon-Fri 1000-1500 Tel; answer a few questions to become a member; receive time & day for delivery
<b>The Kettle's on at the Pantry, Brag Enterprises Update (151123)</b>	For company & a wee bit of lunch; all welcome; free	<a href="http://www.brag.co.uk">www.brag.co.uk</a> Tel 01592 860296 Email <a href="mailto:enquiries@brag.co.uk">enquiries@brag.co.uk</a> Facebook Brag Enterprises Crosshill	<b>Crosshill</b> Fri 1200-1400 Brag Enterprises, Crosshill Business Centre
<b>Cowdenbeath Salvation Army Update (030823): New church leader &amp; contact details for area</b>	Emergency food parcels can be accessed Tue only (1000-1200)	Email <a href="mailto:isabel.flanagan@salvationarmy.org.uk">isabel.flanagan@salvationarmy.org.uk</a> Tel 01383 513384 Facebook Cowdenbeath Salvation Army	<b>Cowdenbeath Area Only</b> Tue 1000-1200 Food support available Sat-Sun messages can be left
<b>Fife Council Cowdenbeath Area, Befriending</b>	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	Tel 07925397314	<b>Cowdenbeath Area</b>
<b>Our Cowdenbeath</b>	Information regarding work going on across the locality including supports available	<a href="http://www.our.fife.scot/cowdenbeatharea/">www.our.fife.scot/cowdenbeatharea/</a> Facebook @ourcowdenbeath	<b>Cowdenbeath Locality</b>
<b>Cardenden Community Fridge, Bowhill Community Centre Update (240620): new dedicated line</b>	Free fresh produce as well as tinned & packaged items to help reduce food waste	Tel 07767047957	<b>Cardenden Area</b> Mon 1300-1500 Fri 1400-1600 <b>Note:</b> Access by side door; social distancing & hygiene rules will be observed
<b>Lo'Gelly Lunches, Lochgelly</b>	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	<b>Lochgelly Area</b> Attend Friday 1100-1300

Service:	Brief:	Contact/Links:	Other:
<b>Benarty Walk &amp; Talks Group</b> <b>Update (070622):</b> <b>Starts 160522</b>	Local routes; discuss the area & mental health; finish with a hot drink/chat at the centre; no equipment needed - water bottles provided; suitable for all ages & abilities; dogs & children welcome but are the responsibility of the walker	Tel 07563380172	<b>Benarty</b> Monthly 1330 Meet at the Benarty Centre
<b>Fife Day Care Services</b> <b>Update (070622):</b> New referrals accepted	Day Service provider for people aged 65+; accepting referrals by telephone/email whereupon eligibility will be explored	<a href="http://www.fifedaycareservices.org.uk">www.fifedaycareservices.org.uk</a> Tel 01592 782889 Email <a href="mailto:fifedaycare@gmail.com">fifedaycare@gmail.com</a>	<b>Cowdenbeath Area</b> Messages can be left & will be responded to
<b>Oliver's Army Assistance &amp; Therapy Dogs Drop-in</b> <b>Update (261021)</b>	Mental Health drop-in session; emotional support, help with forms/CVs/supporting emails & letters; internet access; meet a therapy dog; listening ear; cuppa & a chat	<a href="http://www.oliversarmyassistancedogs.com">www.oliversarmyassistancedogs.com</a> Email <a href="mailto:management@oliversarmyassistancedogs.org">management@oliversarmyassistancedogs.org</a> Tel 01592 869484 or 07546940232 Facebook Private Group	<b>Crosshill/Lochgelly (National Organisation with local base &amp; drop-in)</b> Fri 0930-1400 Drop-in Entrance Q, Unit 19, Crosshill Business Centre
<b>The Clearing</b> <b>Update (140222):</b> <b>Groups remobilised</b>	Christian-led Community Space; 6 days/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; £2 per session	Email <a href="mailto:theclearing@btinternet.com">theclearing@btinternet.com</a> Tel 07802 414418 Facebook @streetpastorbase  If attending advise in advance	<b>Cowdenbeath</b> <ul style="list-style-type: none"> <li>○ Mon 0900 Prayers; 1100 Cookery; 1400 Sewing</li> <li>○ Tue 1030-1600 Knitting &amp; Crochet</li> <li>○ Wed 1030 Knitting</li> <li>○ Fri 1600 Crafts; 2000 Prayers via Zoom</li> <li>○ Sun 1000 Prayers</li> </ul>
<b>The Whispering Women, Cowdenbeath</b>	Free packed lunches & baby food	<b>Facebook &amp; Messenger</b> <a href="http://www.facebook.com/TheWhisperingWomen/">www.facebook.com/TheWhisperingWomen/</a>	<b>Cowdenbeath Area</b> Deliveries once a week
<b>Knit &amp; Natter, Bowhill Community Centre</b> <b>Update (170522):</b> <b>From 250522</b>	Peer led crafts & social group	Tel 01592 583471 Margaret King to book a place or drop-in Facebook @BowhillCentre	<b>Cardenden</b> Wed 1300-1500

Service:	Brief:	Contact/Links:	Other:
<b>Wanna Talk Groups</b> <b>Update (160622)</b>	Monthly separate men & women groups to support mental health & well-being held at The Kings, Kelty	<b>Tel</b> 07563380172 Kirsty, CEW <b>Facebook</b> message Mandy @The Kings	<b>Kelty</b> <ul style="list-style-type: none"> <li>○ 2<sup>nd</sup> Tue monthly 1830-2030 Women only</li> <li>○ 4<sup>th</sup> Tue monthly 1930-2030 Men only</li> </ul>
<b>Max's Light Bites, Maxwell Centre</b> <b>Update (241022):</b> From 241022	Soup, stovies & chat	<b>Tel</b> 01383 602470	<b>Cowdenbeath</b> Mon 1300-1430
<b>Benarty Centre</b> <b>Update (050923)</b>	Community hub in Lochore hosting local groups including Library, Multi Gym Facility, Youth Work Programme & groups	<b>Email</b> <a href="mailto:benarty.centrefife.gov.uk">benarty.centrefife.gov.uk</a> <b>Tel</b> 01592 583385 <b>Facebook</b> Benarty Centre	<b>Benarty</b> <ul style="list-style-type: none"> <li>○ Mon 1330-1530 History Group, all ages 50p refreshments</li> <li>○ Wed 1430-1630 Ladies Circle 60+ £3, bingo &amp; blether</li> <li>○ Fri 1030-1330 Free 60+ Group - call if attending</li> </ul>
<b>Over 50s Club</b> <b>Update (190923)</b>	Free breakfast & get together	<b>Tel</b> 01383 602343	<b>Kelty</b> Mon 0900 Kelty Community Centre
<b>Community Drop-in Lochgelly Salvation Army</b> <b>Update (301023)</b>	Hot rolls & drinks; fresh food pick-up (dependant on what is available) & Store Cupboard food; meet new people	<b>Email</b> <a href="mailto:lochgelly@salvationarmy.org.uk">lochgelly@salvationarmy.org.uk</a> <b>Tel</b> 07747839995 <b>Facebook</b> Lochgelly Salvation Army	<b>Lochgelly</b> Wed 1000-1200 Lochgelly Salvation Army, 1 Auchterderran Road
<b>Benarty Food Angels</b> <b>Update (090221):</b> From 080221	Free packed lunches every Monday 1200-1330; no booking required	<b>Email</b> <a href="mailto:benartyfoodangels@gmail.com">benartyfoodangels@gmail.com</a> <b>Facebook</b>	<b>Benarty</b> Collect from Benarty Community Centre
<b>Football Discussion Group</b> <b>Update (300124)</b>	Share ideas, opinions & stories; meet new people; free with tea, coffee & snack	<b>Email</b> <a href="mailto:chelsey.brown@fife.gov.uk">chelsey.brown@fife.gov.uk</a>	<b>Lochgelly</b> Tue 1000-1200 Lochgelly Centre
<b>Cuppa &amp; Craft</b> <b>Update (300124)</b>	Craft & a cuppa; meet new people	<b>Email</b> <a href="mailto:chelsey.brown@fife.gov.uk">chelsey.brown@fife.gov.uk</a>	<b>Lochgelly</b> Wed 1330-1500 Lochgelly Centre

Service:	Brief:	Contact/Links:	Other:
<b>Lochgelly Women's Group</b> <b>Update (300124)</b>	Friendly social group for women to meet other, join in activities & offer support; free refreshments	<b>Email</b> <a href="mailto:chelsey.brown@fife.gov.uk">chelsey.brown@fife.gov.uk</a>	<b>Lochgelly</b> Thu 1000-1200 Lochgelly Centre
<b>Knights Templar Goodwill Charity of Scotland</b> <b>Update (140324)</b>	Charity founded by Veterans; run by a board of trustees & volunteers whose mission is to help those in need in Scotland; everything they raise stays in Scotland to help Veterans, the homeless & those living in poverty; locality-based provision in Cowdenbeath	<a href="http://www.ktgcscotland.com">www.ktgcscotland.com</a> <b>Email</b> <a href="mailto:enquiries@ktgcscotland.com">enquiries@ktgcscotland.com</a> <b>Tel</b> 0800 193 1307 <b>Facebook</b> The Knights Templar Goodwill Charity of Scotland  <b>Based:</b> Unit 12 Thistle Innovation Park Seco Place Cowdenbeath KY4 8PD	<b>Cowdenbeath-based Community Hub &amp; Operation Open Grow Open to All</b> (incl. Food; Clothing Bank; Wellbeing; Internet Access) <ul style="list-style-type: none"> <li>○ Mon/Wed 0930-1430</li> <li>○ Thu 1600-2100</li> <li>○ Sat 1000-1500</li> </ul> <b>Veterans Supper Club</b> <ul style="list-style-type: none"> <li>○ 2<sup>nd</sup> &amp; 4<sup>th</sup> Tue monthly 1900-2100</li> </ul>
<b>Walk &amp; Talk</b> <b>Update (100924)</b>	Low level accessible walks around the village with a hot cuppa & biscuit at the end; friendly dogs on leads welcome	<b>Email</b> <a href="mailto:kirsty.mcelhinney@fife.gov.uk">kirsty.mcelhinney@fife.gov.uk</a> <b>Tel</b> 07399668547	<b>Kelty &amp; Cowdenbeath</b> <ul style="list-style-type: none"> <li>○ Mon Fortnightly 1315-1500 Meet Kelty Community Centre</li> <li>○ Mon Fortnightly 1045-1145 Meet Maxwell Centre Cowdenbeath followed by Maxys Meals 1200 (free social, soup &amp; sandwich)</li> </ul>
<b>Carers Blether Together, Fife Carers Centre</b> <b>Update (250424)</b>	Twice monthly social group for unpaid carers	<b>Email</b> <a href="mailto:janet.love@fifecarers.co.uk">janet.love@fifecarers.co.uk</a> <b>Tel</b> 07736918213	<b>Lochgelly</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Wed monthly 1000-1130 Lochgelly Centre

## City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
<b>Abbeyview Day Centre</b> <b>Update (130524)</b>	Day service provider for older people 65+; Kit Club social group am & pm sessions; Dementia Café Mon & Thu; Day Care 5 days/week; Outreach for visits, shopping & walks; professional & self-referral accepted	<b>Tel</b> 01383 621738 for information or to refer to groups & supports <b>Email</b> <a href="mailto:info@abbeyviewdaycentre.co.uk">info@abbeyviewdaycentre.co.uk</a>	<b>Dunfermline &amp; surrounding area</b> <ul style="list-style-type: none"> <li>○ Mon-Fri 1000-1500 Day Care</li> <li>○ Mon/Thu 1030-1330 Dementia Café</li> <li>○ Tue/Fri 1000-1230 &amp; 1315-1545 Kit Club</li> <li>○ Wed 1000-1500 Outreach Service</li> </ul>
<b>Food for Future - Community Pantry, Tryst Centre, Dunfermline</b> <b>Update (210521): Centre change</b>	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members £2 per week & shop for a minimum of 10 items)	<b>Tel</b> 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday <b>Email</b> <a href="mailto:foodforyourfutureenquiries@gmail.com">foodforyourfutureenquiries@gmail.com</a>	<b>Abbeyview, Halbeath, Duloch, Brucefield &amp; Touch (Dunfermline)</b> Telephone registration only (Wednesday 1000-1400)
<b>GrocerOnLine (Nisa Local Abbeyview), Dunfermline</b>	Online local grocer	<b>Tel</b> 01383 733048 <b>Facebook</b> groceronlineabbeyview	<b>Abbeyview, Dulloch Park, Central Dunfermline &amp; surrounding areas up to 3.5 miles from store</b> Mon-Sat 1200-1600
<b>RC Ferguson Florists</b>	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	<b>Tel</b> 01383 733048	<b>Dunfermline Area</b> free delivery Card payments only
<b>Gillespie Memorial Church</b> <b>Update (150623)</b>	Café available to all; low cost lunches Tue & Thu; you do not have to be a church member	<b>Tel</b> 01383 621253	<b>Dunfermline &amp; Parish (out to Wellwood)</b> Tue/Thu 1000-1300
<b>Food Trolley, St Margaret's Church of Scotland</b>	Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting	<a href="http://www.stmargscos.org.uk">www.stmargscos.org.uk</a> <b>Facebook</b> @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	<b>Touch, Dunfermline</b> Daily Food Trolley situated outside church (Abel Place)

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

Service:	Brief:	Contact/Links:	Other:
<b>Revive Wellbeing Café &amp; Hub (Supported by Embracing Life), Vine Conference Centre</b> <b>Update (211123):</b> New Warm & Well Wed 1530-1930 (free meal, games, company, warm space – booking advised)	A safe & welcoming space for the community; café & crafts Tue-Thu 0930-1430 & Well-being sessions Tue 1100 & Wed 1830 - sessions include overcoming challenges, healthy boundaries & self-esteem; children welcome as activities are available for them	<a href="http://www.embracinglife.co.uk/revive/">www.embracinglife.co.uk/revive/</a> <b>Email</b> <a href="mailto:info@embracinglife.co.uk">info@embracinglife.co.uk</a>  <b>Warm &amp; Well Space booking:</b> <a href="http://www.revivewarmandwell.eventbrite.co.uk">www.revivewarmandwell.eventbrite.co.uk</a> <b>Tel</b> 01383 631005 <b>Or</b> pop in - The Vine, 131 Garvock Hill KY11 4JU	<b>Dunfermline</b> Café at the Vine Conference Centre (131 Garvock Hill) Wed 1530-1930 Free Warm & Well
<b>Football Fans in Training (The Pars Foundation &amp; SPFL Trust)</b> <b>Update (060122):</b> Programme starts Mon 170122	Training programme which gives people the tools needed to be fitter, healthier and happier; Men's & Women's Group; free programme; register by email	<a href="http://www.spfltrust.org.uk">www.spfltrust.org.uk</a> <b>Email</b> <a href="mailto:iain@parsfoundation.co.uk">iain@parsfoundation.co.uk</a> to register	<b>Dunfermline</b> <ul style="list-style-type: none"> <li>○ Mon 170122 1800 Men's cohort 13 weeks, East End Park DAFC</li> <li>○ Mon 170122 1845 Women's cohort 13 weeks, East End Park DAFC</li> </ul>
<b>Dunfermline Dynamos Walking Football Teams</b> <b>Update (270122):</b> New Thu evening sessions from 030222	Non-contact, non-competitive football for the over 50s; regular sessions Wed 1000-1100; £25 joining fee (strip will be given) & £10 monthly subscription	<a href="http://www.walkingfootballscotland.org">www.walkingfootballscotland.org</a> <b>Email</b> <a href="mailto:bobingono1@sky.com">bobingono1@sky.com</a> or <a href="mailto:cfirth1956@gmail.com">cfirth1956@gmail.com</a> <b>Facebook</b> @DunfermlineDynamos	<b>Dunfermline</b> <ul style="list-style-type: none"> <li>○ Wed 1000-1100 Pitreavie Sports &amp; Soccer Centre</li> <li>○ Thu 1900-2000 Pitreavie Sports &amp; Soccer Centre (from 030222)</li> </ul> Contact via Facebook £3 per session during Feb
<b>Keep Kicking On (The Pars Foundation)</b> <b>Update (080222):</b> New initiative for 16-25 from 310122	Positive mental health football programme aimed at males 16-25; play football in a relaxed environment & tackle stigma associated with mental health; post-match they offer space to speak, using football as the catalyst to improve physical & mental well-being; free	<b>Email</b> <a href="mailto:Eddie@dafc.co.uk">Eddie@dafc.co.uk</a> to register	<b>Dunfermline</b> Mon 1800-1900 Queen Anne High School (indoor pitch)

Service:	Brief:	Contact/Links:	Other:
<b>Feel Good Friday</b> <b>Update (170322):</b> Commenced 110222	Arts & crafts, chat & healthy snack available during term time	<b>Email</b> <a href="mailto:feegoodfriday2021@gmail.com">feegoodfriday2021@gmail.com</a>	<b>Dunfermline</b> Fri 1230-1430 St Ninian's Church, Abbeyview Donations welcomed
<b>Bereavement Group, The Abbey Church of Dunfermline</b> <b>Update (250722)</b>	Open to anyone who have been bereaved, and will offer tea, coffee & the opportunity to talk to others; offers a listening ear	<a href="http://www.dunfermlineabbey.com">www.dunfermlineabbey.com</a> <b>Meets:</b> Dunfermline Abbey Church Halls, 6 Abbey Park Place, Dunfermline	<b>Dunfermline</b> Thu last monthly 1100-1230
<b>Crossgates Welfare Group Warm Space</b> <b>Update (101122)</b>	Free group for cuppa, chat & heat running from the Kirk Hall – donations welcome; table/activity space for children	<b>Facebook</b> Crossgates Welfare Group	<b>Crossgates</b> Tue 1030-1200 Kirk Hall
<b>Warm Space Group St Ninians Church</b> <b>Update (171122):</b> From 181122	Free warm space for all; refreshments, snacks & chat	<b>Meets:</b> St Ninians Church, Allan Crescent, Dunfermline	<b>Dunfermline</b> Fri 1100-1500 Free
<b>Dunfermline North Parish Church</b> <b>Update (210323)</b>	Local community hub	<b>Meet:</b> Golfdrum Street, Dunfermline KY12 8DG	<b>Dunfermline</b> <ul style="list-style-type: none"> <li>○ 1<sup>st</sup> Tue monthly 1830 Golfdrum Street Residents Group</li> <li>○ Wed 1900-2100 Recovery Group</li> <li>○ 3<sup>rd</sup> Thu monthly 1400-1600 Friendship Group</li> <li>○ Fri 1530-1830 Starlet Dance Group</li> <li>○ Sat Fortnightly 1000-1200 Golfdrum Community Garden Group</li> <li>○ Sun 1100 Morning Worship followed by Tea/Coffee</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Townhill Community Centre</b> <b>Update (060423)</b>	Local community hub & cafe	<b>Tel</b> 01383 602341  <b>Email</b> <a href="mailto:aapete19@gmail.com">aapete19@gmail.com</a> Bridge, Sandra Peters	<b>Dunfermline</b> ○ Mon Fortnightly 1000-1200 Townhill Together Café ○ Wed 1300-1600 Bridge
<b>Rockfit Fife with Sagan</b> <b>Update (180523)</b>	Rock, metal & fitness classes; if new to class arrive 10-15 mins early to complete a PAR-Q form	<b>Email</b> <a href="mailto:sagan.rockfit@gmail.com">sagan.rockfit@gmail.com</a> <b>Facebook</b> Rockfit Fife with Sagan	<b>Dunfermline</b> Thu 1830 James Allan Community Centre £6/session or 5 classes for £25 Cash on arrival
<b>Dunfermline Page Turners</b> <b>Update (260923)</b>	Informal monthly book club; new members welcome; 2 <sup>nd</sup> hand books for sale £1	<b>Email</b> <a href="mailto:lou@haitihelp.org.uk">lou@haitihelp.org.uk</a> <b>Tel</b> 07732263467	<b>Dunfermline</b> 3 <sup>rd</sup> Mon monthly 1100
<b>Scottish Country Dancers, RSCDS</b> <b>Update (141123)</b>	Small & very friendly group of Scottish Country Dancers; run a range of classes & events throughout the year; info available through the menu options on website; all welcome whatever your level; adults & age 5+	<a href="http://www.rscds-dline.org.uk">www.rscds-dline.org.uk</a> <b>Email</b> <a href="mailto:secretary@rscds-dline.org.uk">secretary@rscds-dline.org.uk</a> <b>Facebook</b> RSCDS Dunfermline Branch	<b>Dunfermline &amp; Rosyth</b> For programme see website
<b>Tuesday Music Group</b> <b>Update (300124)</b>	Fortnightly group for 'improvers' assisted by proficient players; Scottish, traditional & other types of music	<b>Tel</b> 01383 279595 Michael Gilmartin	<b>Dunfermline</b> Tue 1130-1330 fortnightly The Abbeyview Centre
<b>Chow &amp; Chat, James Allan Community Centre</b>	Free community group with chat & a cuppa	<b>Tel</b> 07956145999 Jo Cairns <b>Email</b> <a href="mailto:Jo.Carins@fife.gov.uk">Jo.Carins@fife.gov.uk</a>	<b>Dunfermline</b> Fri 1100-1300
<b>Playhouse Theatre Company</b> <b>Update (140324)</b>	Weekly dance workouts; fun, sociable way to get fit & dance with different music themes every week; other creative classes/workshops available	<a href="http://www.playhousetheatrecompany.com">www.playhousetheatrecompany.com</a> <b>Email</b> <a href="mailto:info@playhousetheatrecompany.com">info@playhousetheatrecompany.com</a>	<b>Dunfermline</b> Wed 1815-1915 Kingsgate Hall KY12 7AJ £6

## South West Fife Locality

Service:	Brief:	Contact/Links:	Other:
<b>Eats Rosyth &amp; Rosyth Community Hub</b> <b>Update (270723): New monthly Book &amp; Blether Group</b>	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	<a href="http://www.eatsrosyth.org.uk">www.eatsrosyth.org.uk</a> Tel 07782848705 Email <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> Facebook	<b>Rosyth Area</b> <ul style="list-style-type: none"> <li>○ Mon-Fri 0900-1700 Community Hub, 115A Queensferry Road</li> <li>○ Mon-Fri 1000-1400 Community Café</li> <li>○ Thu 1700 Bite n' Blether</li> <li>○ Wed last monthly 1030-1130 Book &amp; Blether</li> </ul>
<b>Rosyth Community Garden (EATS Rosyth)</b> <b>Update (090821)</b>	Just off Park Road & open to the public; significantly developed including an eco-toilet; wide range of produce growing in the garden shared with the local community; with enough volunteers they aim to plant more public spaces with food for the community so <a href="#">get in touch</a> if you would like to be involved or have a potential growing space either at your own home or business; they support you in growing your own food at home whether this be a hand preparing a growing area, you need seeds, compost or some help getting started, or if you would just like some advice	<a href="http://www.eatsrosyth.org.uk/rosyth-community-garden/">www.eatsrosyth.org.uk/rosyth-community-garden/</a> Email <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> Tel 07782 848705	<b>Rosyth</b>
<b>Men's Issues Rosyth</b> <b>Update (050923): From 050923</b>	Peer support network for men; weekly meetings; safe space; support group & counselling available	Tel 07437919925 Facebook Mens Issues Rosyth/Fife	<b>Rosyth</b> Parkgate Community Centre <ul style="list-style-type: none"> <li>○ Tue 1830-2000</li> <li>○ Fri 1100-1300</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Rosyth Centenary Orchard (EATS Rosyth)</b> <b>Update (090821)</b>	Across from the Community Garden is the Centenary Orchard which includes a classroom, different project & beehives; The orchard acts as an important part of Rosyth's biodiversity; <a href="#">Get in touch</a> if you'd like to be involved with our work in the orchard	<a href="http://www.eatsrosyth.org.uk/rosyth-centenary-orchard/">www.eatsrosyth.org.uk/rosyth-centenary-orchard/</a> <b>Email</b> <a href="mailto:info@eatsrosyth.org.uk">info@eatsrosyth.org.uk</a> <b>Tel</b> 07782 848705	<b>Rosyth</b>
<b>Louis Browns, Dalgety Bay</b> <b>Update:</b> Preparing for reopening; covid response service will cease	Free Homemade Food/bread, milk, etc	<b>Tel</b> 07711987888 or 07935664846	<b>Dalgety Bay Area</b> Collection or delivery everyday between 1200-1400 for anyone
<b>Food Pantry Club, Ballast Bank Community Centre (Inverkeithing)</b>	Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre	<a href="http://www.inverkeithingtrust.co.uk/the-food-pantry.html">www.inverkeithingtrust.co.uk/the-food-pantry.html</a> <b>Email</b> <a href="mailto:inverkeithingtrust@gmail.com">inverkeithingtrust@gmail.com</a>	<b>Inverkeithing</b> Thurs 1200-1400 (may close early depending upon food stocks)
<b>The Pantry Club, Valleyfield Community Centre</b>	Surplus food redistribution; £2 for 7 items	<b>Facebook</b> The Pantry Club Valleyfield Community Club	<b>High Valleyfield</b> <ul style="list-style-type: none"> <li>○ Tues 1715 collection</li> <li>○ Wed Deliveries – Over 70s; key workers; people shielding/Covid symptoms; vulnerable</li> </ul>
<b>Grow West Fife</b> <b>Update (151123):</b> New Repair Café launches 181123	Community vegetable garden; set up by volunteers during lockdown to grow produce for food projects in West Fife area; mission to get their community growing their own veg; Repair Café where volunteer repairers aim to help mend items where possible; visits welcome	<b>Facebook</b> Grow West Fife	<b>Based in Blair Castle by Culross</b> <ul style="list-style-type: none"> <li>○ Fri 1000-1200 Lunch Club Free/donations</li> <li>○ 1200-1600 (last items accepted for repair 1500) Repair Café</li> </ul>

Service:	Brief:	Contact/Links:	Other:
<b>Kincardine Community Centre Food Hub</b> <b>Update (040321)</b>	Food redistribution – each bag has a min of 14 dry/tin items & selection of fresh items; open to all	<b>Email</b> <a href="mailto:kincardineca@gmail.com">kincardineca@gmail.com</a> <b>Facebook</b> Kincardine Community Centre <b>Note:</b> Emergency Food Parcels available (run separately from the Food Waste Project)	<b>Kincardine</b> Wed 0930-1230 & 1400-1800 Minimum £3 donation
<b>Inverkeithing High Community Use (Active Fife)</b> <b>Update (061221)</b>	Junior & adult art & craft classes at Inverkeithing High	<a href="http://www.active.fife.scot/artsandcrafts">www.active.fife.scot/artsandcrafts</a> <b>Email</b> <a href="mailto:communityuse.inverkeithing@fife.gov.uk">communityuse.inverkeithing@fife.gov.uk</a> <b>Tel</b> 01382 602349	<b>Inverkeithing</b> ○ Wed/Thu 1600-1800 Juniors ○ Mon/Wed 1800-2000 Adults
<b>Art Group, Oakley Church</b> <b>Update (070422)</b>	Painting, drawing, chatting & tea, coffee & cake	<b>Tel</b> 07742519851 Irene Halliday	<b>Oakley</b> Thu 1300-1500
<b>Quilting &amp; Craft Group, The Manse</b> <b>Update (180422)</b>	Sewing, quilting, knitting & embroidery; all levels of skills & beginners welcome	<b>Tel</b> 01383 722186 Kate or 01383 881379 Dot Contact for details	<b>Cairneyhill &amp; Crossford</b> Wed 1300-1500 The Manse, by the Church
<b>BLOOM</b> <b>Update (060123)</b>	School term baby & toddler group; bring a snack & drink for child & refreshments provided for adults	<b>Facebook</b> see post on Rosyth Billboard (private group – request to join) <b>Meet (term time):</b> Rosyth Baptist Church	<b>Rosyth</b> Tue 1030-1215 during term time £2 per child & £1 per additional child group max 20
<b>Women's Tea Circle</b> <b>Update (180124)</b>	Safe community space for women to share, help & support	<b>Meet:</b> That Place in the Bay, 10a Ridgeway	<b>Dalgety Bay</b> Tue 1930-2130

## Contact Information:

Fife Forum

Fraser Buildings

Millie Street

Kirkcaldy

Fife KY1 2NL

Tel 01592 643743

Email [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)

Website [www.fifeforum.org.uk](http://www.fifeforum.org.uk)

Like & Follow us on **Facebook**



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

