

## Other Supports and Resources

### Access Therapies Fife

[www.accesstherapiesfife.scot.nhs.uk/](http://www.accesstherapiesfife.scot.nhs.uk/)

### Breathing Space Scotland [www.breathingspace.scot](http://www.breathingspace.scot)

Tel 0800 83 85 87

### Citizens Rights & Advice Fife (CARF)

[www.cabfife.org.uk](http://www.cabfife.org.uk)

Tel 0345 140 0095

### Fife Carers Centre [www.fifecarerscentre.org](http://www.fifecarerscentre.org)

Tel 01592 205472

### Fife Health & Social Care Partnership Community Supports [www.fifehealthandsocialcare.org/your-community/](http://www.fifehealthandsocialcare.org/your-community/)

## CONTACT US

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📘 Facebook - Fife Forum

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



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## Local Action Groups 55+

'Helping build bridges to combat  
loneliness & isolation'



## Local Action Groups for Older People



Fife Forum is an established independent charity working throughout Fife. As a key component of its work, Fife Forum supports the facilitation and development of Action Groups for older people 55+. These platforms seek to engage older people to share lived experience and influence change in relation to local Health & Social Care and national planning and policy areas. The groups help to bring older people together to participate and engage in this seeking to include learning in areas of interest and impact in a welcoming and social environment.

### Our Groups & Their Aim

The groups we facilitate can be led directly in-house, developed with interested parties or can include Fife Forum working with existing communities of older people whom might be interested engaging either regularly or periodically as part of a focus group (this could include linking with existing groups such as lunch clubs or interest groups where older people are already engaged). Common to all our groups is that they are inclusive and open and are mutually respectful for all to help maintain a welcoming environment. The groups are made up of anyone over the age of 55 living within Fife offering members an opportunity to help lead the groups they participate in.

Crucially our groups aim to facilitate a platform for older people to be heard both individually and collectively on the matters which are important to them or which might impact them.



## Joining a Group



If you are interested in joining, are an existing group of older people or an interested party looking to develop a group of this kind for your service recipients or membership, your first step is to speak with Kimberley Reid our Support & Development Worker.

For new members joining we require you to complete a membership and optional diversity form (this helps us to contact you and allows Fife Forum to anonymise and profile data for reporting purposes in line with Data Protection).

### We ask all members to:

- ◇ Be mutually respectful of others including allowing others a platform to speak and express views which might not resonate with your own
- ◇ Accept we are all different and treat others in a non-discriminatory manner
- ◇ Be welcoming to new and fellow members

### We in turn will:

- ◇ Be mutually respectful and welcoming and behave in a non-discriminatory manner
- ◇ Afford you an individual and collective voice on issues which matter to older people and support this to be heard
- ◇ Signpost to other services, which might include our own provisions where this might be helpful

### Support & Development Worker, Kimberley Reid:

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- ◇ Email [kimberley@fifeforum.org.uk](mailto:kimberley@fifeforum.org.uk)