



Fife Forum
Making Community Connections

9/10/2026

Resource & Support List

Covering Fife

info@fifeforum.org.uk | Fife Forum
WAYNE MATHIESON

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Foreword

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

Fife Forum started to collate a Resource & Support List which the staff went on to distribute among their work contacts. Since then, the list has grown and we attempted 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 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 remain valid, however, as services remobilise and evolve, it is always worth bearing in mind the provisions offered will inevitably change so please check with providers for the most up-to-date information.

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

Fife Forum aims to update this resource as often as we are able and the resource is available on our website www.fifeforum.org.uk. We also regularly post service and community updates on our Social Media platforms (search 'Fife Forum').

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

National

Service:	Brief:	Contact/Links:	Other:
Age Scotland Update (051120)	Free helpline for the over 50s & online support	www.ageuk.org.uk/scotland/ Tel 0800 12 44 222	National Mon-Fri 0900-1700
Breathing Space Update (031220)	Free helpline for people experiencing mental health issues	www.breathingspace.scot (for info & to download 'The Little Book of Caring Ways') Tel 0800 83 85 87	National Mon-Thurs 1800-0200 Fri-Mon 1800-0600
Re-engage Update (300124): 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)	www.reengage.org.uk Tel 0800 716 543 Email Sarah.McKean@reengage.org.uk Sarah McKean, Engagement Officer Scotland	National Tea Parties are held in localities including areas within Fife
Operation Connect, RAFA	Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment	www.rafa.org.uk/operation-connect/ Tel 0800 018 2361	National
Samaritans Scotland Helpline	Telephone helpline, listening ear	Tel 116 123 Email jo@samaritans.org	National
Frank Helpline	Helpline if someone wants to speak about drugs in confidence	www.talktofrank.com Tel 0300 123 3393	National 24-hour helpline
SCLD (Scottish Consortium for Learning Disabilities)	Vision is of a fairer Scotland where people with learning disabilities live full, safe, loving & equal lives; human rights defender, working to uphold, protect & raise awareness of the human rights of people with learning disabilities	www.sclد.org.uk Tel 0141 248 3733	National
Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)	Helpline for all people experiencing domestic abuse or forced marriages	www.sdafmh.org.uk Tel 0800 027 1234 Email helpine@sdafmh.org.uk Text/WhatsApp 07401288595	National 24-hr helpline Translation service available

Service:	Brief:	Contact/Links:	Other:
One Parent Families Scotland Update (070323)	Aims to enable single parent families to achieve their potential, reach a decent standard of living & contribute to Scottish society; Helpline provides advice/support to single parents from dealing with a break-up, sorting out child maintenance, understanding benefits, money when having a baby, studying or moving into work; free confidential service whatever you are going through	www.opfs.org.uk Tel 0808 801 0323 Lone Parent Helpline Email advice@opfs.org.uk	National Mon-Fri 0930-1600
Scottish Women's Aid Update (141123)	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	www.womensaid.scot Tel 0800 027 1234 Email helpline@sdafmh.org.uk Text/WhatsApp 07401288595	National 24-hr Domestic & Forced Marriage Helpline
Respect Men's Advice Line	Helpline for men experiencing domestic abuse	Tel 0808 8010327	National Mon/Wed 0900-2000 Tues/Thurs/Fri 0900-1700
LGBT Helpline Scotland & Telefriending Update (010222)	Helpline or a friendly voice for LGBT+ people; telephone befriending for LGBT+ adults 50+	www.lgbthealth.org.uk Tel 0300 123 2523 Helpline Email helpline@lgbthealth.org.uk Helpline Tel 0131 564 3972 Telebefriending Email tele@lgbthealth.org.uk Telebefriending	National Tues, Wed 1200-2100 Thurs, Sun 1300-1800 Messages can be left for telebefriending
National LGBT+ Domestic Abuse Helpline	Helpline for LGBT+ people experiencing domestic abuse	www.galop.org.uk Tel 0800 999 0327	National Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
Citizens Advice Scotland	Online advice	www.cas.org.uk Coronavirus advice - what it means to you	National

Service:	Brief:	Contact/Links:	Other:
Shelter Scotland	Housing advice & homelessness	www.scotland.shelter.org.uk Tel 0808 800 4444	National Mon-Fri Office Hours
Scottish Fire Service Update (061221): Free 'Home Fire Safety Visits' – arrange by tel or by TEXT (send 'FIRE' to 80800)	Carers/partner agencies support people to remain safe at home in relation to fire hazards; resources available online; people can still be referred for practical safety advice via the Home Fire Safety portal	www.firescotland.gov.uk Tel 0800 0731 999 www.firescotland.gov.uk/your-safety/hfsv-form.aspx for Home Fire Safety Portal	National & Fife-wide
Alzheimer Scotland Update (230125)	Scotland's dementia charity providing advice, information & signposting, including to local resources; training provider; campaigner for dementia	www.alzscot.org Tel 0808 808 300 Telephone Befriending & 24-hr Helpline Tel 0300 373 5744 Dementia Advisor Facebook Alzheimer Scotland	National 24-hour helpline
National LGBT+ Carers Group, Alzheimer Scotland Update (060721): Launches 040821	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 fsmart@alzscot.org or jadair@alzscot.org	National 1 st Wed monthly 1230-1330
Advice Line Plus, Scottish Autism Update (040822)	Advice/web chat - reassurance, guidance & support for autistic people & their families	www.scottishautism.org Tel 01259 222022 Email advice@scottishautism.org	National Tue-Fri 1000-1600 Advice Line & Live Chat online
Find Business Support Helpline (Scottish Government)	Official helpline for businesses relating to covid financial support & essential advice	Tel 0300 303 0660	National
Inclusion Scotland Update (010526): New website	Disabled people's network - support people to exercise rights, participate, collaborate & influence change	www.inclusionscotland.org Tel 0131 370 6700 Email info@inclusionscotland.org	National
AbilityNet (Technology Support)	Online events sharing 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	www.abilitynet.org.uk Tel 0800 269 545	National UK Office Hours

Service:	Brief:	Contact/Links:	Other:
Care Home FaNs	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	www.carehomefans.org	National
Chest Heart & Stroke Scotland	Kindness volunteers provide regular telephone chats; dog walking; shopping or medication deliveries	www.chss.org.uk Tel 0808 801 0899	National
Co-operate (Co-op) Update (070323)	Online community centre; find things to do in the community	www.co-operate.coop.co.uk	National
Dance For Life Update (141123)	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	To book an online class visit: www.events.restless.co.uk (search for Dance for Life)	National Check/sign up to Rest Less Events for dates/to book Free
Scotland Cycle Repair Scheme (supported by Scottish Government & administered by Cycle UK) Update (150421): Scheme ended, web link remains live for enquiries	Free bike repairs for people who wouldn't otherwise be able to afford repairs up to £50 per person; each member of a family can get a bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can be taken to participating Bike Shops for maintenance	www.cyclinguk.org/ScotCycleRepair Email (for Bike Shops) scrs@cyclinguk.org If a Bike Shop would like to participate in the scheme contact by email Check the web link for exemptions & participating Bike Shops	National

Service:	Brief:	Contact/Links:	Other:
The Good Care Group Scotland Limited (Live-in Respite Provider) Update (300523): New part time live-in care package from £995/4 days of care/week	Regulated & dedicated privately purchased live-in care provider rated outstanding by the CQC & excellent by the Care Inspectorate; in addition to 10 or 12hr packages full-time live-in care from £1295/week 6hrs/day or £1545/week 8hrs/day	www.thegoodcaregroup.com/live-in-care/locations-we-cover/scotland/ Tel 0203 728 7577 Dedicated Client Services or 0808 2581 672 Email clientservices@thegoodcaregroup.com TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl & click to follow link)	National Specialist respite care includes dementia; Parkinson's; MS An additional clinical & environmental care assessment visit required to be carried out £395.00 The cost of 24/7 live-in ongoing care £1494.00 per week Please Check with Provider for Current Pricing
Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220	Source & share tips that assist daily living for people living with dementia; all tips contributed by those living with dementia	www.dementiatip-share.org.uk Email philly@myid.org.uk for further information	National
Vegetarian for Life Update (190821): For vegans, vegetarians & meat reducers	Virtual Vegan Lunch Club via Zoom (65+); 6-week cookery courses; Pen & Phone Pals Scheme (50+)	www.vegetarianforlife.org.uk Email ellie@vegetarianforlife.org.uk for Virtual Lunch Club Tel 0161 257 0887	National 4 th Tue monthly 1300-1400
Ask for ANI, Home Office & partners (Domestic Abuse Sector, Police, Pharmacy Associations)	Codeword scheme working alongside existing supports helping victims of domestic support access emergency community supports; safe space provided within pharmacies	www.enough.campaign.gov.uk/get-support/ask-for-ani Participating Independent pharmacies & Boots Pharmacies throughout the UK	National Participating pharmacies will display posters – all victims of domestic abuse can approach staff & ask for ANI or help
Home Energy Scotland (funded by Scottish Government) Update (200521)	Energy & heating advice; identify eligibility for free energy saving home improvements through the Warmer Homes Scotland programme	www.homeenergyscotland.org Tel 0800 808 2282	National Mon-Fri 0800-2000 Sat 0900-1700 Calls are free

Service:	Brief:	Contact/Links:	Other:
SHOUT, UK Text Messaging Helpline	24/7 text messaging service for when people feel they need immediate support & are experiencing a challenging time with their mental health; available to anyone, anywhere, at any time; free & anonymous (information may be shared if someone is at risk)	www.giveusashout.org Text SHOUT to 85258 Text STOP to stop conversation Text START to 85258 to re-start conversation Text LOOFAH following your conversation to remove/scrub data from system Email info@giveusashout.org if contacting from a network listed & the service not working (include mobile phone number & network provider)	National 24/7 Free from major UK mobile networks - EE; O2; Three; Vodafone; BT; Virgin; Tesco; iD; Sky; Telecom; Libra; Giffgaff – android phones may indicate you will be charged, this is incorrect & you will not be charged
Young Dementia Network (merged with Dementia UK Nov 2020)	Movement of people committed to improving the lives of those affected by young onset dementia	www.youngdementiauk.org Tel 0800 888 6678 Email helpline@dementiauk.org Support Related Enquiry (follow link) www.youngdementiauk.org/need-advice	National
WAY Widowed & Young Update (240221)	Peer-to-peer support network for anyone who has lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation, race or religion; UK members have access to a variety of supports	www.widowedandyoung.org.uk	National Membership only (over 3700) & this should be completed online costing £25 per year (paid either by direct debit or PayPal)
British Red Cross	The British Red Cross can link people with local supports, provide information & guidance, & offer someone to chat with	General Public: National Support Line – Tel 0808 196 3651 Partner Agencies: Call Centre for Referrals (Dalkeith) – Tel 0131 654 0340	National National Telephone Support Line 1000-1800 Edinburgh, Lothians & Fife Call Centre for Referrals Mon-Fri 0900-1630
Glaucoma UK Update (100926): Online & in-person groups	Membership charity for people living with glaucoma; support at all stages of their glaucoma & professionals	www.glaucoma.uk Email helpline@glaucoma.uk Tel 01233 648170 or	National Mon-Fri 0930-1700 Local Support Groups (Kirkcaldy & Dunfermline)

Service:	Brief:	Contact/Links:	Other:
ABC (Anorexia & Bulimia Care) Update (260221)	30 years of experience promoting care & support for anyone affected by anorexia, bulimia, binge eating & all types of eating disorders; support provided online, by telephone & by appointment	www.anorexiabulimiare.org.uk Tel 03000 11 12 13 Option 1 Support Line Option 2 Family & Friends Support by appointment Skype Video Call; Telephone Chat; Online Chat - follow link www.picktime.com/ABCsupport Email support@anorexiabulimiare.org.uk or familyandfriends@anorexiabulimiare.org.uk	National Support Line Wed-Fri 0900-1300/1400-1700 Support by Appointment Wed-Fri 1400-1600
Priority Services Register Scotland (Extra Help with Electricity & Water) Update (180521)	Free UK wide service for vulnerable groups, over 60s, & those who live with children under 5; provide extra help during power cuts or an interruption to 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 supplies	www.psrscotland.com to find out more or to join the scheme For people with no access to the internet: <i>Scottish and Southern Energy Customers -</i> Tel 0800 294 3259 <i>SP Energy Networks Customers -</i> Tel 0800 092 9290 <i>Scottish Water Customer Helpline –</i> Tel 0800 0778 778 <i>Power Cuts -</i> Tel 105	National
The Spotlight – Scottish Tabletop Gaming Scene (supported by Meeple Like Us) Update (200821)	Links to various people & organisations active around Scotland in the area of board gaming, role playing games & war games; they might run blogs, be publishers, designers, or retailers	www.meeplelikeus.co.uk/the-spotlight/	National (links to active groups in Fife)
Brain Health Scotland (hosted & supported by Alzheimer Scotland) Update (241023)	Mission to inspire & empower everyone to protect their brain health & reduce the risk of disease including dementia	www.brainhealth.scot Email brainhealth@alzscot.org	National Web-based portal

Service:	Brief:	Contact/Links:	Other:
Cruse Scotland Bereavement Support Update (090522): Rebranding to better reflect the support offered	Promotes the well-being of bereaved people in Scotland helping anyone experiencing bereavement to understand their grief & cope with their loss; primarily free support is provided by volunteers; training is also provided for individuals & organisations; Step-by-Step are support groups for bereaved adults (Fife) offering a safe, relaxed & friendly environment	www.crusescotland.org.uk Tel 0808 802 6161 Free Helpline For people unable to self refer the following portal may be used: www.eu.jotform.com/build/200914641867358 Make clear the reason why you are referring on their behalf & clarify who should be liaised with to arrange support Tel 07432635406 Step-by-Step Email stepbystep@crusescotland.org.uk	National Mon-Fri 0900-2000 Sat-Sun 1300-1600 Multiple Localities (Fife) Currently 6 Step-by-Step groups operating across Fife, 5 in-person groups in Kirkcaldy, Glenrothes, Methil & Dunfermline , plus a Virtual Group held on Zoom; there is also a Walking Group which meets in various places throughout Fife; groups meet fortnightly for around 1½ hours
Home Instead (regulated home care services) Update (170621)	Care services arranged in a variety of ways from hourly visits to live-in services; minimum package is 4 hours/week which could be 2 hours each time; companionship care can include personal care; Sleeping Night service is from 2200-0700 (£179 weekday shift; £189 weekend shift); hourly rate £27 (weekday) & £29 (weekend); Live-in Care Ongoing £1495/week (Couples Care additional £180/week); Live-in Care Short Breaks Respite £270/day minimum 4 up to 7 or £245/day up to 1	www.homeinstead.co.uk/perthshire/ Tel 01738 505360 Email contact@pk.homeinstead.co.uk Address Home Instead Senior Care Perthshire, Suite A Moncreiffe Business Centre, Friarton Road, Perth PH2 8DG Home Instead Senior Care E-Brochure (ctrl & click to follow link)	Fife-wide (national network) Support SDS options & can facilitate rapid hospital discharge Specialise in dementia & Parkinson's care Caregivers are employed (not agency) Please Check with Provider for Current Pricing

Service:	Brief:	Contact/Links:	Other:
Luminate Update (070323)	Scotland's creative ageing organisation; ensure all older people in Scotland can enjoy high quality arts & creative activities, whatever their background & circumstances & wherever they live; browse website for events; includes Scotland's Dementia Inclusive Singing Network helping people affected by dementia take part in singing groups & choirs across Scotland & within the home	www.luminatescotland.org Tel 0131 668 8066 Email info@luminatescotland.org Write to: Luminate First Floor Causewayside House 160 Causewayside Edinburgh EH9 1PR	National
Virtual Village Hall (supported by Royal Voluntary Service) Update (100926): Ceases from 110926	Programme of themed online sessions designed to do at home to enjoy & learn new skill; ceases 110926 however resources remain available on YouTube	Facebook @VirtualVillageHall From 110926 resources available YouTube: www.youtube.com/VirtualVillageHallbyRoyalVoluntaryservice	National Online content
Living Life (managed & delivered by NHS 24) Update (160721)	Self-help coaches & therapists, offering appointment-based telephone support based on CBT; available to 16+ experiencing - low mood, mild to moderate depression, symptoms of anxiety, or a combination of these; when you first phone you are asked for - name, contact details, the reason you phoned & at this point you may be offered an assessment appointment or placed on their waiting list; following an assessment appointment, you will be offered a series of telephone support sessions with a self-help coach or therapist	www.breathingspace.scot/living-life/ Tel 0800 328 9655	National (Scotland only) Mon-Fri 1300-2100

Service:	Brief:	Contact/Links:	Other:
Family Fund Update (090821)	Grants for families on low incomes raising disabled or seriously ill children & young people; for essential items such as kitchen appliances, sensory toys, family breaks, bedding	www.familyfund.org.uk/grants-scotland Tel 01904 55 00 55	National Eligibility criteria applies
Hourglass Scotland (formerly Action on Elder Abuse) Update (230322): Helpline 24/7 from 160322 & free webinars can be accessed from their website	Protecting older people from harm, abuse & exploitation; info & support helpline; advice to stay safe; Community Response Service based in Fife offering specialist support including advocacy; follow-up calls; providing support & check-ins	www.wearehourglass.org Email helpline@wearehourglass.org Tel 0808 808 8141 Helpline 24/7 Free Text 07860052906	National Community Response Service based in Fife aims to offer a drop-in centre, one-to-one support supporting recovery from abuse, & group-based support for older people
Self-harm Network Scotland, Penumbra Update (270423)	Portal providing support, resources & info about self-harm; uses lived experience to work with people to find their own way forward; provide support & information to friends, families & professionals	www.selfharmnetworkscotland.org.uk Access/contact via website	National
Advocacy.Scot Update (060226): New advocacy service to support people in relation to their dealings with Social Security Scotland (replaces VoiceAbility)	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: ○ Application ○ Redetermination ○ Appeals ○ Attendance at assessments (if requested)	www.advocacy.scot E mail support@advocacy.scot Tel 0808 196 8901	National Provides a Fife-wide service accepting self and third party referrals Mon-Fri 0900-1700

Service:	Brief:	Contact/Links:	Other:
VoiceAbility Update (060226): From 010226 benefits related advocacy will no longer be provided on behalf of Social Security Scotland & will transfer to Advocacy.Scot www.advocacy.scot	Help to understand your rights & have your voice heard. Criteria: ○ Vulnerable people 16+ affected by disability, chronic illness or mental disorder, & unable to safeguard their well-being, rights, care or other interest ○ 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	www.voiceability.org/in-scotland/advocacy-in-fife E mail helpline.scotland@voiceability.org Tel 0300 303 1660	National Provides a Fife-wide service accepting self and third party referrals
SAMH Update (190422): 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	www.samh.org.uk Email communications@samh.org.uk Media Enquiries Email info@samh.org.uk SAMH Information Service Tel 0141 530 1000 General Enquiries Tel 0344 800 0550 SAMH Information Service	National Telephones & emails are monitored Mon-Fri 0900-1700 unless otherwise stated
@BuglifeScotland Guardians of our Rivers Project Update (190423): Environmental voluntary opportunities	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)	www.buglife.org.uk or www.buglife.org.uk/projects/guardians-of-our-rivers/ link Email Rebecca.Lewis@buglife.org.uk	National Free & Certificated - Theory (Via Zoom) & Practical (face-to-face at your monitoring site)

Service:	Brief:	Contact/Links:	Other:
Pet Fostering Service Scotland Update (170823)	Provide short term care for pets, when owner is unable to do so through illness, homelessness or domestic abuse & cannot arrange any alternative care	www.pfss.org.uk Tel 0344 811 9909 Email fosterenquiry@pfss.org.uk to request service Email volunteercoordinator@pfss.org.uk for volunteering	National Mon-Sun 0900-1900
Defence Medical Welfare Service (DMWS) Update (080224)	For those who have/continue to serve; single point of contact for info, advice & guidance; tailored support for 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	www.dmws.org.uk Tel 0800 999 3697 Email referrals@dmws.org.uk or ask a member of hospital or healthcare staff to refer Local Contact - Colin Blackwood Welfare Officer: Tel 07377722642 Email cblackwood@dmws.org.uk	National Mon-Fri 0900-1700 Local base, Victoria Hospital Kirkcaldy
Mental Health Motorbike Update (250424)	For the 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	www.mhmotorbike.com Email info@mhmotorbike.com	National
Marie Curie Companions Service Update (230125)	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	www.mariecurie.org.uk/help/companions Tel 0800 304 7692 for services in your area Email sara.murray@mariecurie.org.uk Tel 0800 090 2309 Free Support Line (terminal illness or bereavement)	National (Fife Companion Service)
Fares4Free Update (180422): Transport for veterans & their families	For veterans/their families; work mainly by referral but will help find support; Mental Health First Aid trained drivers for essential, recreational & therapeutic appointments; aim to help passengers engage with supports	www.fares4free.org Email leon@fares4free.org Tel 0141 266 6000 www.fares4free.org/contact Online Partners Booking Form	National Mon-Fri 0900-1700

Fife-wide

Service:	Brief:	Contact/Links:	Other:
Fife Forum Update (060226)	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 where need is identified or in partnership with other providers/interested parties	www.fifeforum.org.uk Tel 01592 643743 Email info@fifeforum.org.uk Facebook Fife Forum	Fife-wide Mon-Fri 0800-1800 Messages will be forwarded to the appropriate staff member/responded to asap
Fife Voluntary Action Update (210923)	Third sector interface for the Fife Council area; help ensure the third sector is robust, resilient & delivers high quality services; support, develop & represent community groups, voluntary organisations, social enterprises & volunteering; provide a range of support to third sector & 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)	www.fva.org Tel 0800 389 6046 Email info@fva.org Facebook Fife Voluntary Action Footcare Fife: Tel 0800 389 6046 Email footcarefife@fva.org.uk	Fife-wide Mon-Fri 0900-1700 Footcare Fife clinics: ○ Glenrothes Hospital ○ Kirkcaldy New Volunteer House; Philp Hall; Whyteman's Brae Hospital ○ Dunfermline Queen Margaret Hospital ○ Cupar Adamson Hospital ○ St Andrews Community Hospital £10/appointment Time to Live Small grants scheme to support carers to take a short break from their caring responsibilities
Kirkcaldy Central Mosque	Free Food Packs	www.kirkcaldymosque.org.uk 01592 641057	Fife-wide deliveries

Service:	Brief:	Contact/Links:	Other:
Castle Furniture Project Update (180624)	Free or low-cost household goods for disadvantaged families & individuals to relieve poverty & indebtedness in Fife; provides transport/labour to collect donations free of charge from people throughout Fife; offers marginalised groups opportunities to work in a safe, supportive, inclusive environment - the furniture the project collects/redistributes enables individuals to help others who are facing hardship; provide befriending & a Tayport Lunch Club for Older People	www.castlefurniture.org Tel 01334 654445 Cupar or 01592 501068 Glenrothes Email enquiries@castlefurniture.org	Fife-wide & Other core services based North East Fife ○ Free/Low Cost Household Goods ○ Befriending ○ Tayport Lunch Club Older People ○ Castle Home Hub for individuals & families in Glenrothes & NEF ○ House Clearances (single room or home) – quotes available
Fife Council	Local Authority services	Council Services: 03451 55 00 99 Homelessness: 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) Scottish Welfare Fund: 0300 555 02 65 (Mon-Fri 0900-1430) Social Work & Social Care: 03451 55 15 03 Covid Community Helpline: 0800 952 0330 (Mon-Fri 0900-1700) or email covid.communityhelpline@fife.gov.uk	Fife-wide
Fife International Forum Update (041023): New Community Café for New Scots from 061023	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	www.fifeinternational.uk Tel 01592 642927 Facebook Fife International Forum Email info@fifeinternational.uk Housing Advice Service: Tel 07852225826 Monica Amujo-Akomolafe Email Monica.Amujo-Akomolafe@fifeinternational.uk	Fife-wide Main chatroom & local chatrooms can be accessed Telephone 0930-1300 Community Café: Fri 1500-1700 Fife International Forum, Mercat Centre, Kirkcaldy

Service:	Brief:	Contact/Links:	Other:
Citizens Advice & Rights Fife Update (041225): In-person advice sessions are back across local offices	Information, advice & assistance; webchat; general & specialist advice available; services can be accessed online, by telephone or via CARF advice locations (appointment might be required)	www.cabfife.org.uk General Advice 0345 1400 095 Debt Advice 0345 1400 094 Universal Credit 0800 023 2581 Macmillan Service (people affected by Cancer) 0345 1400 092 Text Service for the Deaf Community 0787 2677 904 www.cabfife.org.uk/news-and-updates/in-person-advice-sessions-are-back-across-local-offices for in-person advice	Fife-wide Mon-Fri 0830-1600 CARF advice locations: ○ Cowdenbeath ○ Cupar ○ Dunfermline ○ Glenrothes ○ Kirkcaldy ○ Leven
Lead Scotland Befriending for Young Carers Update (270125)	Befriending for Young Carers aged 12-18; weekly support offered by volunteers for 4-6 months	www.lead.org.uk/fife-befriending-young-carers/ Tel 0131 228 9441 or 07733942438 Natasha/07768917248 Judith Email fifeyoungcarers@lead.org.uk or nbrodie@lead.org.uk Natasha Brodie or jknox@lead.org.uk Judith Knox	Fife-wide
Lead Scotland Learning Project Update (270125)	16+; weekly support, learn new skills including literacy, numeracy & digital	www.lead.org.uk/fife-learning-project/ Tel 0131 228 9441 Email fifeadultlearning@lead.org.uk	Fife-wide
Lead Scotland Befriending (Adults) Update (270125)	For adults/older people who feel isolated/lonely/disconnected; weekly support via volunteers for 4-6 months	www.lead.org.uk/adult-befriending-project/ Tel 0131 228 9441 or 07775844885 Kirstyn Email fifeadultbefriending@lead.org.uk	Fife-wide
Lead Scotland Adult Carers Digital Project Update (270125)	Learning for Adult Carers to develop relevant digital skills, cyber security & confidence to support their caring role	www.lead.org.uk/adult-carers-digital-skills/ Tel 07733947241 or 0131 228 9441 Email fifeadultcarer@lead.org.uk	Fife-wide Drop ins & one-to-one support available
Asda Pharmacy	Call & collect service for vulnerable people or those social distancing – prescriptions can be collected from your car at dedicated bays within car parks	Dunfermline (Halbeath) 01383 843617 Kirkcaldy (Carberry Road) 01592 657210	Fife-wide Call local Asda pharmacy team for more information

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

Service:	Brief:	Contact/Links:	Other:
Foodbanks Update (070322): For up-to-date arrangements please contact the relevant foodbank	Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link	Cupar: 07474453153 email info@cupar.foodbank.org.uk Dunfermline: 01383 432483 or 07730751895 email info@dunfermline.foodbank.org.uk East Neuk: Anstruther Church - Tue 1200-1600; Thu 1600-1800 Glenrothes: 01592 631088 email info@glenrothes.foodbank.org.uk Kirkcaldy/Burntisland: Various locations, website www.kirkcaldyfoodbank.org.uk Levenmouth: 07966502854 Delivery only St Andrews: 01334 474940 (option 2) email storehouse@kingdomvineyard.com Taybridgehead: 07840957039 emergencies	Owing to Covid-19 there may be local variations so please contact the relevant Foodbank For referrals in the following towns and their surrounding areas, tel: - South West Villages 07985739452 - Ballingry 07515290119 - Kelty 01383 650273 - Cowdenbeath 07828564232
Cosy Kingdom Update (250626)	Free & impartial energy & debt advice service available for tenants and homeowners; partnership of Greener Kirkcaldy, St Andrews Environmental Network & CARF	www.cosykingdom.org.uk Tel 01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk	Fife-wide Mon-Fri 1000-1500
Fife Carers Centre Update (250626)	Provide information, support, planning & workshop/info sessions; Power of Attorney & benefits advice; Carer Emergency Card; support workers, specialist support workers (ie. Dementia), hospital carer support workers, groups & advocacy; groups are held throughout Fife & online; issue specific groups (ie. Men's, Polish, Walking)	www.fifecarerscentre.org Tel 01592 205472 Email centre@fifecarers.co.uk Address: Carers Centre 157 Commercial Street Kirkcaldy KY1 2NS	Fife-wide For meeting places see website or contact Centre Centre Opens: - Mon-Tue & Thu-Fri 0930-1600 - Wed by appointment only - Closed for lunch Mon-Fri 1230-1315
CHARIS Foundation Update (201124): Closing 291124	Non-profit professional counselling, training & retreats; inter-denominational Christian	www.charisfoundation.co.uk Email enquiries@charisfoundation.co.uk Tel 01592 744632	Fife-wide Free

Service:	Brief:	Contact/Links:	Other:
SDS Options Fife (Disabled Person's Housing Service Fife) Update (230223): Revised email & opening hours	Independent service providing information, support & advice to people in relation to Self Directed Support (SDS); help to understand & explore options, choose personal outcomes & support to make personal decisions regarding SDS; offer online SDS Community	www.sdsoptionsfife.org.uk Tel 01592 803280 Email enquiries@dphsfife.org.uk	Fife-wide Mon-Fri 0900-1700
Express Group Fife Update (140726): Tayport Group closed	Peer support & activity groups; adults 18+ affected by mental health issues &/or isolation; light breakfast & lunch provided; support individual recovery plans; 12 groups throughout Fife; a small charge to help cover costs applies	www.expressgroupfife.org.uk Tel 01592 645331 Email info@expressgroupfife.org.uk Facebook Express Group Fife	Fife-wide ○ Mon Dunfermline & Glenrothes ○ Tue Dunfermline (seniors) & Methil ○ Wed Lochgelly & St Andrews ○ Thu Dunfermline, Glenrothes ○ Fri Inverkeithing, Kirkcaldy & Cupar
Meal Makers, Food Train Update (250626)	For people 55+ experiencing or at risk of poor nutrition, social isolation, declining health or reduced ability to prepare meals; valuable for those housebound, living alone, recently bereaved or struggling with daily routines; volunteers 16+ act as community-based cooks & companions, providing a home cooked meal, social connection & gentle wellbeing monitoring; meal sharing occurs weekly on a day & time agreed by both	www.thefoodtrain.co.uk Tel 0141 551 8118 Email mealmakers@thefoodtrain.co.uk Eat Well Age Well Helpline: Tel 0131 447 8151 Advice line to support anyone 65+ with their diet	Fife-wide Scotland-wide with Fife provision: ○ £5 per month Meal Makers ○ £1 per year membership allows access to Food Train services if available in your local area

Service:	Brief:	Contact/Links:	Other:
Gingerbread Fife Update (121021)	Lone Parent Helpline; referrals accepted for - Teen Parent Project, Making It Work (Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth); Square Start Levenmouth; Buddy Project; & Dad and Me	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Fife-wide with Local Projects Helpline: Mon-Thurs 0900-1700 Fri 0900-1530
Wells & Wells Near Me, Fife Health & Social Care Partnership & Partners Update (250626)	Free for people 16+; community-centred & online; information/general advice to help you stay well & independent; advisors direct you to support that best meet your needs; advisors are from a variety of backgrounds across health & social care & the voluntary sector	www.fifehealthandsocialcare.org/your-community/the-well/ Email thewell@fife.gov.uk Tel 03451 551 500 Mon/Thu 1300-1500 & Tue/Wed 1000-1200 Contact Form https://forms.office.com/r/LKGN8vwhuM BSL book a Near Me Consultation appointment by email or SMS 07984356580 Near Me Consultation see website	Fife-wide Drop-ins & appointments For in-person drop-in locations & other ways to contact see website
Libraries Service (On Fife) Update (190422): Mobile library & delivery service available	Free eBook, eAudiobook & digital magazine service (RBdigital); register for this free service is your library membership; mobile & home delivery service	www.onfife.com/libraries-archives/ Email rbdigital@wfhowes.co.uk if you need additional help with digital service Email homedelivery@onfife.com Mobile & Home Delivery Tel 01592 583157 Mobile & Home Delivery	Fife-wide Join by either clicking here (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible)
Fife Bus (previously known as Dial a Ride and Ring & Ride) Update (250626)	Free door-to-door transport for any age (those under 16 must be accompanied) & who have reduced mobility either permanent or temporary	www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/fifebus To request travel: Tel 03451 55 11 88 or TEXT 07985737018 Email fife.bus@fife.gov.uk	Fife-wide Book the day before you intend to travel. ○ For Fri/Sat book Thu ○ For Sun/Mon book Fri
Fife Sports & Leisure Trust Update (140723)	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	www.fifeleisure.org.uk/health/	Fife-wide Check website for updates including Health & Well Being options

Service:	Brief:	Contact/Links:	Other:
Bums off Seats, Fife Walking Initiative (supported by Active Fife & Paths for All)	Free health walks; short & local; suitable for most including those with long-term conditions incl dementia; cancer	www.active.fife.scot/about/active-fife Email hazel.donaldson@fife.gov.uk Tel 03451 55 55 55 Hazel Donaldson	Fife-wide Cupar, Dalgety Bay, Rosyth, Dunfermline, Glenrothes, Kirkcaldy, Lochore, Leven
Restoration Fife Recovery Community Update (310723)	Social activities community run by people in recovery for people in recovery; range of activities, open to family and friends to reduce isolation, loneliness & provide support with recovery; free haircuts at the Recovery Café last week of each month	Email admin@restorationfife.org.uk Tel 07734408498 Active Bookings Tel 07501176234 Jade Whyte, Community Co-ordinator or 07307197963 Nikki - Private message on social media or call, text/whatsapp Facebook @RestorationFife	Fife-wide Recovery Café ○ Mon 1100-1300 Salvation Army, Buckhaven ○ Tue 1100-1300 St Margaret's Church, Dunfermline ○ Thu 1100-1300 Sandybrae Community Centre, Kennoway ○ Fri 1100-1300 YMCA, Glenrothes
Crossroads Fife Update (140726): Closed to new referrals; to be reviewed Aug 2026	Supporting people who care for someone with an illness or disability at home; respite & palliative care, Self-Directed Support & Privately Purchased	www.crossroadsfifecentral.org Email info@crossroadsq.co.uk Tel 01592 610540 Tracy Young, Manager	Fife-wide Open to new referrals and self-referrals Free Core Service & Private Purchase
Fife Law Centre Update (240221)	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	www.fifelawcentre.co.uk Email info@fifelawcentre.co.uk Tel 01592 786710 Facebook Fife Law Centre	Fife-wide Mon-Fri 0900-1700
Carers Advice Project, DEAFBLIND Scotland Update (260721)	For carers with sensory loss or those who care for someone with sensory loss; support & information; home visiting service to help identify needs & support for carers	www.dbscotland.org.uk Tel 0795036114 Maureen Macpherson, Project Worker Email carersadvice@dbscotland.org.uk	Fife-wide (Project) & National Organisation

Service:	Brief:	Contact/Links:	Other:
Fife Parkinson's UK Branch Update (141223): 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	www.fife.parkinsonsuk.group/ Email hello@parkinsons.org.uk Tel 0808 800 0303 National Helpline (including local signposting) Local Contact: Email parkinsonsfife@gmail.com Tel 01592 713824	Fife-wide (Branch) Parkinson's UK national Fife Meetings Monthly from Thu 090921 1200-1500 new venue: Baptist Church Bridge Centre, Glenrothes Kingdom Centre
Carers' Self Help Service, Link Living Update (060423): New contact details	1:1 self-help CBT coaching sessions for Carers of children to adults with Autism Spectrum Conditions; aim to reduce isolation & offer practical skills/techniques for managing stress (active engagement with materials during & between sessions)	www.linkliving.org.uk Email carersselfhelp@linkliving.org.uk Tel 01592 644048 Write to Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE	Fife-wide Free & open to both self-referral & professional referral
Reporting Anti-social Behaviour, Fife Council Update (200521)	Online anti-social behaviour reporting form to report anti-social behaviour to the council; Council monitor Mon-Fri 0900-1700; call the police on 101 if the behaviour is happening right now or in an emergency call 999	www.fife.gov.uk/services/form-pages/report-antisocial-behaviour If anti-social behaviour is current: Tel 101 Police If the behaviour presents an emergency: Tel 999 Police	Fife-wide Online reporting
Thistle Foundation	For anyone living with a long-term health condition, disability or facing a challenging life situation; 1:1 support, wellbeing courses, community groups & supported physical activity to help people live well regardless of challenges; services include 10-week lifestyle management course; neurological & veterans specific supports; self-management tools	www.thistle.org.uk/looking-for-support Email referrals@thistle.org.uk Tel 0131 661 3366 Facebook Thistle Foundation Veterans Support: Email Claire.Cumming@thistle.org.uk Tel 07471030957 Claire Cumming	Fife-wide (National Organisation) Thistle Neurological Wellbeing Service, Thistle Wellbeing Service & Support for Veterans available in Fife

Service:	Brief:	Contact/Links:	Other:
Scottish Veterans' Rosendael Residence, Broughty Ferry (Scottish Veterans Residences) Update (090821)	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	www.svronline.org Tel 01382 477078 ask for Carol, Darren or Andy Email info@svronline.org add 'Reaching Out to Veterans' in subject header	Fife-wide (support also extends to Angus & Tayside)
Circles Network Advocacy Service Update (041124)	Recovery Advocacy - independent advocacy service to support people who are accessing or have accessed drug & alcohol services; peer advocacy service, provided by people with lived experience of drug & alcohol recovery; short or long term depending upon the issues presented Carers Advocacy - Assist carers to take control of their caring situation & ensure the best possible outcomes for themselves & those for whom they care; designed to be pro-active, assisting carers to take steps to ensure that they have access to the services & supports that they need now and for the future	www.circlesnetwork.org.uk Tel 01592 645360 Email info.fife@circlesnetwork.org.uk	Fife-wide Recovery Advocacy areas of support include: ○ Accessing support services ○ Benefits ○ Care, treatment & medication ○ Criminal justice system ○ Mental health services ○ Housing ○ Social Work involvement Cares Advocacy is for: ○ Unpaid carers ○ Carers of an adult without power of attorney in place ○ Carers who find themselves in a situation where the person cared for has reduced capacity & a guardianship order is in place ○ Carers who want to know their rights & be heard

Service:	Brief:	Contact/Links:	Other:
Relationships Scotland Couple Counselling Fife Update (060721)	Counselling for couples & individuals struggling with their marriage/relationship; sexual relationship therapy for those experiencing sexual difficulties (contribution of £30-50 per session)	www.rscf.org.uk Tel 01592 597444 Email info.rscf@gmail.com For Guidelines & costs follow www.rscf.org.uk/what-does-it-cost	Fife-wide £25 fee/£15 if unemployed for intake appointment payable at time of booking & counselling is by donation £30-50 per Sexual relationship Therapy
FRASAC Fife Rape & Sexual Assault Centre Update (010621): 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	www.frasac.org.uk Tel 01592 642336 Email info@frasac.org.uk	Fife-wide Based in Kirkcaldy
Embracing Life Update (251121)	Community Interest Group providing life coaching sessions & workshops to help build good self-esteem & positive mental health	www.embracinglife.co.uk Email info@embracinglife.co.uk Tel 07876026445 Facebook @embracinglifeforgood	Fife-wide (based Dunfermline) Not for profit; however, sessions are costed (see booking process)
Off the Rails Arthouse (Ladybank Station House, Victoria Street, Ladybank KY15 7JT) Update (050821)	Creative space to gather/learn; artist-led; explore a range of arts-related activities including design & craft & pop-up events; all welcome	www.offtherailsarthouse.com Activities booked via the website	Fife-wide Entry restricted access (steps to front door) Activities are individually priced
Careoligy Day Centre (Hayfield Clinic, Dunnikier Road, Kirkcaldy) Update (191021): New private Day Care facility	Bespoke day service for 60+ with disability/frailty/dementia; recreational, leisure & holistic activities; flexible sessions from 4 hrs to full days; 2 hrs free taster session; open Wed-Thur	www.careoligy.co.uk Email Anne.Ciarletta@careoligy.co.uk Tel 01592 210212 or 07934877463	Fife-wide Wed-Thur £50-90 per session Transport not provided

Service:	Brief:	Contact/Links:	Other:
Substances Support Scotland Update (250626): Formerly FASS & ADAPT	Drug & alcohol triage service in Fife; self or professional referral; provide assessment of needs & referral to specialist drug & alcohol services within the NHS & Third Sector; wellbeing, counselling & training services; supports both people suffering from substance misuse & their carers; KY Groups offer informal sessions bringing together a range of services & support in safe, warm spaces over a hot drink & bite to eat KY Groups facilitate: ○ Rapid access to NHS Fife addiction and recovery services ○ Housing support ○ Mental health support ○ Blood borne virus testing ○ Dental hygiene ○ Access to technology ○ Travel pass ○ Food parcels	www.substancessupportscotland.org Tel 01592 321321 Mon-Fri Address: Substances Support Scotland 24 Hill Street Kirkcaldy KY1 1HX KY locations: ○ Wed 1000-1200 KY Women's Group call 01592 321 321 for details ○ Wed 1300-1500 KY2 CLUB - Beaully Place, Templehall, Kirkcaldy, KY2 6EX ○ Thur 1100-1300 KY Women's Group call 01592 321321 for details ○ Thu 1400-1600 KY4 / CC Club Maxwell Centre, Cowdenbeath ○ Fri 1100-1300 KY8 CLUB Community Centre, Bowling Green Street, Methil KY8 3DH	Fife-wide Triage Locations: ○ Mon 0915-1215 Oakley GP ○ Mon 1300-1645 Substances Support Scotland, Kirkcaldy ○ Tue 0915-1645 Lochgelly Health Centre ○ Tue 0930-1200 Substances Support Scotland, Kirkcaldy ○ Tue 1330-1630 Dovecot Clinic, Glenrothes ○ Wed 0900-1200 Kelty Health Centre ○ Wed 0930-1300 Leven Health Centre ○ Wed 1330-1630 Rowan Clinic Cowdenbeath ○ Wed 1330-1645 St Andrews Community Hospital ○ Thu 0915-1645 Dunfermline Community Support Hub, Kingsgate Shopping Centre ○ Thu 1100-1300 YMCA, Gallatown Community Hub Kirkcaldy ○ Fri 1300-1600 Rosewell Street Clinic, Lochore

Service:	Brief:	Contact/Links:	Other:
FIRST Fife Intensive Rehabilitation & Substance Use Team Update (250626)	FIRST provides a community-based rehabilitation service to individuals in Fife with drug or alcohol issues via 1:1, group & volunteer support; one-to-one support is delivered by a combination of telephone & face-to-face appointments, usually weekly; overarching aim & purpose is to provide a quality rehabilitation service to clients who wish to change their lifestyle; dedicated workers work together with clients on goals they wish to achieve whilst in the service; abstinence or reduction support on a range of issues which may have resulted from past or current drug/alcohol use including employment, housing, benefits, low confidence & self-esteem, social isolation, parenting, relationships, offending, health & more; aftercare provided 3 & 6 months after discharge	www.firstforfife.co.uk Email enquiries@firstforfife.co.uk Tel 01592 585960 Facebook firstforfife	Fife-wide
Centre for Positive Change (in partnership with Positive Change Yoga)	Free online Zen Yoga offered to Fifiers since January extended to throughout March 2021; see website for booking information	www.positivechange yoga.com Facebook @positivechange yoga	Fife-wide
KASP Kingdom Abuse Survivors Project Update (190422): Currently recruiting volunteer befrienders	Supporting adult survivors of childhood sexual trauma; services include: counselling, younger people 16-25, domestic abuse & befriending	www.kasp.org.uk Email info@kasp.org.uk Tel 01592 644217 Text 07501221909 Facebook	Fife-wide Self or organisational referrals accepted

Service:	Brief:	Contact/Links:	Other:
Change Mental Health Fife Update (180423): Formerly Support in Mind	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	www.changemh.org/support_areas/fife/ Tel 01592 268388 Fife Services Email fifeservices@changemh.org Fife Services Email info@changemh.org National Services Tel 0300 323 1545 National Services National & Fife services include: Carers Support for people who care for those with mental health challenges (National) Mental Health & Money Advice helping friends & relatives to help those struggling with severe mental health issues (National) Information & Resilience early intervention & support to people facing the stresses of everyday life Hearing Voices for those who experience symptoms of psychosis, hear voices & experience sensory disturbances	Fife-wide (National Organisation) Local & national services available National Services: ○ Info & Support Line ○ Mental Health & Money Advice ○ Young People's Programme ○ National Rural Mental Health Forum - Online Support
Link Living Befriending (Older Person's Service) Update (051224): Help to Stay at Home Service is now reopen	Befriending for socially isolated older people 65+; Volunteer Befrienders visit/call weekly a socially isolated older person; volunteers receive travel expenses & support	www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048	Fife-wide Service delivery & volunteering
The Hive LGBT+ Centre Update (050224): New LGBTQ+ 50+ get together 1 st 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	www.fifelgbtcentre.scot Tel 0800 051 7676 Email thehive1@pinksaltire.com Facebook @TheHiveLGBTCentre Centre: 10 Whytescauseway, Kirkcaldy KY1 1XF	Fife-wide (Kirkcaldy-based) Mon-Sat 1200-2100 ○ Wed 1800-2000 Let it All Out Peer Discussion Group ○ 1st Wed monthly 1300-1500 50+ Get Together

Service:	Brief:	Contact/Links:	Other:
Rock Trust Housing Support & Housing First for Youth (in partnership with Fife Council) Update (151121)	Housing Support for young people 16-25 in their own tenancies; teach life skills & build confidence; 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	www.rocktrust.org Email alison.liddell@rocktrust.org Alison Liddell, Fife Team Leader Email hello@rocktrust.org Tel 0345 222 1425 Facebook Or Fife Council (partner) Contact: Email housing.first@fife.gov.uk	Fife-wide National organisation with local services
Alzheimer Scotland Fife Brain Health & Dementia Resource Centre (FRC) Update (040124)	Information, support & advice for those living with dementia, their families & carers; friendly supports include social groups, Drop-in Information Cafes, online groups & Carer Support Groups; Day Care Provision offered from the Kirkcaldy Resource Centre (Fife-wide, however, transport is not provided); Outreach service aimed at helping people to deal with specific issues; contact the Resource Centre for detail or for Monthly Activities & Events Calendar	www.alzscot.org Email fifeservice@alzscot.org Tel 01592 204541 Fife Resource Centre Address Hill Street, Kirkcaldy KY1 1AH Facebook Alzheimer Scotland – Fife Group Contacts: - o CFrench@alzscot.org or 07795507072 Claire French - o LDewar@alzscot.org.uk or 07766445717 Lesley Dewar - o MHodgson@alzscot.org.uk or 07824377548 Michelle Hodgson - o NHiggins@alzscot.org or 07771718538 Natalie Higgins - o SRichardson@alzscot.org.uk or 07827992313 Shirley Richardson Alzheimer App: www.alzscot.org/alzscotapp search local support 'Fife' or contact the Fife Brain Health & Dementia Resource Centre to receive a monthly updated What's On Guide	Fife-wide Alzheimer App available to search for local supports Group Localities (as of 040124): - o Kirkcaldy - o Glenrothes - o Methil - o Dunfermline - o Lochore - o Rosyth - o Elie - o St Andrews - o Tayport - o Anstruther - o Cellardyke - o Elie - o Burnturk Day Care (Kirkcaldy Centre-based) Thu-Fri am-pm 3-hour sessions £10/session Online Groups

Service:	Brief:	Contact/Links:	Other:
Fife Private Rental Solutions (Trust in Fife) Update (240122)	Private rented sector advice hub for individuals & landlords; housing options advice & guidance, identifying a suitable property, 'Deposit Guarantee' (in lieu of cash deposits), rent resolution, mediation	www.trustinfife.org.uk/services/fife-keyfund-fife-private-rental-solutions/ Email info@frps.co.uk Tel 01592 201849 Facebook @TIF.TrustInFife	Fife-wide Access can be direct or via Fife Council's Housing Assessment Team or Prevention First Service
Ace Fife & Multiply Making Numbers Matter, Enable Update (250523)	Ace For adults residing in Fife with a Learning Disability; community of 24 groups Scotland-wide aiming to make positive change; opportunity to meet people & try new things Multiply Government-funded programme to help adults improve numeracy; 19+ & don't have maths GCSE grade C (or equivalent); free course to build confidence/gain qualification SVQ 5	www.enable.org.uk Email stuart.cumming@enable.org.uk or cjs@enable.org.uk Tel 07889456668 Tel 0300 0200 101 National Helpline Mon-Fri 0900-1700 for further support & information Multiply Email neil.philip@enable.org.uk Tel 07743557637	Fife-wide & National Org ○ Mon 1805-2000 Youth Group, Cupar Youth Café ○ Wed 1900-1955 Youth Group, Lomond Centre Glenrothes ○ Tue last monthly 1600-1730 18+ Group, Lomond Centre Glenrothes Zoom Sessions: ○ Tue 1800 Workshop ○ Wed 1630 National Youth ○ Fri 1530 Karaoke
Tartan Talkers Update (011222): Developing non-profit service	Male suicide support/recovery; support in crisis; listening, advice & info; refer to other supports; daily peer buddy call; group support for families; social Media & online content	www.tartantalkers.scot Tel 01382 694517 Email info@tartantalkers.scot Facebook @tartantalkers	Fife-wide Mon-Thu 1400-0000 Fri 1400-0600 Sat 2200-0600 Online Chat 1800-2100
Togetherall Update (061221)	Safe, anonymous, online community supporting mental health 16-26; for young people who are feeling overwhelmed or struggling	www.togetherall.com	Fife-wide Free

Service:	Brief:	Contact/Links:	Other:
Seescape (Fife Society for the Blind) Update (081122): New warm space group open to all from 181122	For people with a visual impairment; aim to empower to live safely, independently & achieve personal goals; info/advice, rehabilitation, assistive technology training, befriending & social groups	www.seescape.org.uk Tel 01592 644979 Email info@seescape.org.uk Facebook Seescape - Fife	Fife-wide Fri 1300-1500 Warm Space – from 181122 open to all; hot drink & chat from Unit H, Newark Road North, Glenrothes
Cost of Living Portal, Fife Council & Partners Update (101023)	Portal for Cost of Living crisis; winter partnership programme making warm places available locally in addition to regular Café Inc family food service that runs through the school holidays	www.our.fife.scot/gethelp/topics/support-with-heating-and-utility-costs/warm-spaces Tel 0800 952 0330 Community Support Line	Fife-wide Mon-Fri 0900-1700 Community Support Line
With You in Fife Update (270921)	Trained drug & alcohol service; work towards personal goals incl 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	www.wearewithyou.org.uk/services/fife/ Tel 01333 433636 Based The Grieg Institute, Forth Street, Leven KY8 4PF	Fife-wide For over 16s living in Fife Free
Barnado's Empowering Change (BEC) for families/children impacted by substance use Update (101023)	Individual & family support with children 0-26; develop strengths, resilience & self-efficacy; aim to reduce harm & improve home conditions & recovery	www.barnados.org.uk/get-support/services/fife-barnados-empowering-change-intensive Email ashleigh.glennie@barnados.org.uk Tel 01592 651482	Fife-wide Professional & self-referral
ADHD Fife Update (041124)	Peer support beyond traditional medication-focused approaches; holistic/experimental, buddying & peer support; self-education; not a professional entity – uses learned experience, external professional services & resources	www.adhdfife.co.uk Tel 07460774648 Email ADHDFife@outlook.com	Fife-wide

Service:	Brief:	Contact/Links:	Other:
TFL@Going Forth, SAMH Update (170823)	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	Text 07713080407 Tel 01383 623179 Email goingforth@samh.org	Fife-wide
Brag Enterprises Update (020323)	Employability support at all stages of readiness; 1:1 key working to practical help with CVs/job search; consortium geared towards removing barriers to employability; referrals can be made across the consortium dependent on needs; training & workshops to provide opportunities for social interaction, engagement & confidence building, self-employment workshops & sector-based training such as SIA courses	www.brag.co.uk Tel 0333 320 2258 Facebook	Fife-wide Partner Agencies - CARF, Frontline Fife, Clued Up, Barnardos, FEAT, Kingdom Works, Greener Kirkcaldy & Fife Voluntary Action
Fife Workplace Team, Fife Health & Social Care Partnership Update (071221)	Assisting Fife's workforce with health, safety & wellbeing outcomes; training available for employers seeking to support workers with a long Covid experience to return to work	www.nhsfife.org/workplace/ Email fife.hwlfife@nhs.scot Tel 01592 226526	Fife-wide The workplace is identified as a key area for the improvement of health, safety & wellbeing by the WHO

Service:	Brief:	Contact/Links:	Other:
Furniture Plus Update (270921)	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	www.furnitureplus.org.uk Tel 01592 654546 Customer Services Email enquiries@furnitureplus.org.uk Facebook Furniture Plus Ltd	Fife-wide Mon-Fri 0900-1645 Customer Services Mon-Sat 0900-1700 Stores Dysart & Dunfermline
The Big Hoose Project (The Cottage Family Centre) Update (170423): New hours for NEF Hub	Partnership with Amazon distributing household goods to children & families living in poverty; will work in partnership with charities, Social Workers, health visitors & organisations to enable access items such as bedding, kitchen items, towels, toilet roll, nappies, rugs & other household furnishings/goods; if experiencing hardship speak with a professional as they will be able to complete a referral on your behalf	www.thecottagefamilycentre.org.uk/news/big-hoose-fife-project Email administration@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 Hub@Castle Furniture: www.castlefurniture.org/downloads Email paulinemcilwraith@castlefurniture.org Pauline Mcilwraith, Hub Co-ordinator Tel 01334 654445	Fife-wide Referral system in place - via a Social Worker, health visitor, child's school or charity/organisation that supports children & families Mon-Fri 0900-1700 Hub@Castle Furniture Cupar & Glenrothes ○ Tue/Thu 1100-1500 Glenrothes ○ Mon/Wed 1100-1500 Cupar
Wellbeing Toolkit NHS Fife Update (150623)	Improve mental & physical wellbeing; interactive pages; tools to help you think about what you are good at & how you can use this; a range of health & wellbeing apps, websites, courses & contacts	www.nhsfife.org/services/all-services/health-promotion-service/mental-health-improvement/wellbeing-toolkit/	Fife-wide Online resource

Service:	Brief:	Contact/Links:	Other:
Access Therapies Fife, Fife HSCP Psychology Service Update (300523): New June 2023 Step on Stress programme available - 3x1.5hr sessions which focus on learning evidence-based methods of dealing with stress	Part of Fife's Health & Social Care Partnership's Psychology Service; free NHS service offering a range of psychological therapies to adults in Fife; take time to look at the information on the website which will guide you to the right therapy; info on self-help & a range of activities/support locally & online including a range of therapies	www.accesstherapiesfife.scot.nhs.uk Email fife.atfife@nhs.scot Tel 01383 565427 Write to us: Access Therapies Fife Admin Team Psychology Department, Lynebank Hospital Halbeath Road Dunfermline KY11 4UW	Fife-wide In-person & Online
Phoenix Futures Scotland Communities of Recovery Fife Update (141223)	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	www.phoenix-futures.org.uk Email charlene.gilmour@phoenixfutures.org.uk Tel 07704019622 Charlene Gilmour or 07521870511 David	Fife-wide Contact to refer or self-refer Groups: ○ Mon/Wed/Fri 1100-1400 Recovery Through Nature, Balhousie Care Home Methil ○ Tue/Thu 1030-1230 Pickleball, Kirkcaldy Sports Centre ○ Tue/Thu 1230-1430 Recovery Café, YMCA Kirkcaldy ○ Wed 1300-1500 Football (Street Soccer Scotland), Michael Woods Centre Glenrothes ○ Monthly Football Tournaments (Street Soccer Scotland)

Service:	Brief:	Contact/Links:	Other:
Fife Young Carers Update (290224)	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	www.fifeyoungcarers.co.uk Email admin@fifeyoungcarers.co.uk Tel 01592 407262 Facebook Fife Young Carers Centre: Unit H, Newark Road North, Eastfield Industrial Estate, Glenrothes, Fife KY7 4NT	Fife-wide
InterActions Counselling Update (250526)	Counselling & support services, helping to empower clients towards their own well-being; issues incl stress, trauma, loss, bereavement, addictions & abuse	www.counsellingfife.co.uk Email info@interactions.uk.com Tel 01592 262869 Write to: Interactions PO Box 26724, Kirkcaldy KY1 2NW	Fife-wide Based in Kirkcaldy & have clients throughout Scotland & UK
Fife Boomerang Update (180624)	Registered mental health charity for adults under 65; 2 activities per week; 2 annual holidays; members including volunteers have lived experience; volunteer opportunities	Email fifeboomerang@yahoo.co.uk Tel 01592 775650 Facebook Fife Boomerang Referral Packs Available: Exit Community Centre, Glenrothes KY7 4RH	Fife-wide ○ Based in Glenrothes with pick up points Glenrothes, Leven, Kirkcaldy & Dunfermline ○ GP or CPN referrals
NHS Fife Bowel & Bladder Service (BABS) Update (180624)	Advice/support/guidance for bladder & bowel dysfunction; support for health care professionals & for those who assess for containment pads	Email fife.communitycontinence@nhs.scot Tel 01592 869924 Based at: Rosewell Clinic 2 Ballingry Road Lochore KY5 8ET	Fife-wide Pad home/care home delivery service where options assessed
SHOUT Fife (Fife HP Service, SHOUT & Our Minds Matter Partnership) Update (230125)	Free confidential mental health support for young people experiencing distress; text day or night; trained advisors	Text 'FIFE' to 85258	Fife-wide 24/7 free service & will not show on phone bills
Fife Neurology, NHS Update (080425)	Comprehensive care across multiple sites with clinics at Victoria & Queen Margaret Hospitals; specialist clinics	Tel 01592 643355 Hospital Switchboard Ext 28676 Neurology Secretaries	Fife-wide Referral via GP or specialist

Service:	Brief:	Contact/Links:	Other:
PICTS Poverty Intervention Charity Update (140726): New games group	Veterans, Home & Community Hub; Veterans Section; Outreach Team; Wee Yins & The Dora Community Orchard; Men's Health & Wellbeing group; Games Group	www.picts.org.uk Tel 0800 193 1307 Email picts.org@gmail.com Facebook PICTS – Poverty Interaction Address & Groups: Unit 12 Thistle Innovation Park Cowdenbeath KY4 8LP	Fife-wide ○ Mon/Wed 0930-1430 ○ Thu 1600-2100 ○ Sat 1000-1500 ○ 2nd Tue 1030-1130 Monthly Games Group 4 th Tue 1200-1300 Monthly Men's Health & Wellbeing Group
Branching Out, Fife Coast & Countryside Trust Update (140726)	Nature-based wellbeing programme that takes place in local woodlands & green spaces, offering a mix of outdoor activities designed to support mental health, build confidence, & reconnect people with nature; for adults experiencing mental health challenges, social isolation, or simply need a boost; self or professional referral; no experience required; block weekly programme; group numbers limited	www.fifecoastandcountryside.co.uk Tel 07485 395416 Email richard.webster@fifecountryside.co.uk Facebook Fife Coast & Countryside Trust	Fife-wide Programme activities are undertaken at a green space (for example: Silverburn, Leven) & participants would need to be able to travel to this

Across Multiple Localities

Service:	Brief:	Contact/Links:	Other:
Link Living, Better Than Well Update (180422): Open to new referrals	Up to 8 supported self-help sessions adults 16+ whom experienced childhood trauma to stay safe/stable using CBT approach; 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	Tel 01592 644048 Email selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE	Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy Participants must live in the abovementioned localities North East Fife & South West Fife Sessions will always only be available via telephone or video call Referrals can be self or on behalf of (with consent)
Sporting Memories Update (041124): New Cupar Group	Aim to demonstrate the health, wellbeing & social benefits of talking about sport; local groups ideal for people 50+ who want to make new friends & enjoy sport & local history conversations; provide a supportive session for those living with dementia & other long-term conditions	www.sportingmemories.uk Local Contact Gary Waddell Tel 07941123278 Email gary.waddell@sportingmemories.uk	Kirkcaldy, Glenrothes, Methil, Dunfermline & Cupar ○ Mon 1400-1530 Methil Bayview Stadium ○ Tue 1030-1200 Dunfermline Abbeyview Bowling Club ○ Wed 1030-1200 Cupar Duffas Park Bowling Club ○ Wed 1030-1200 Kirkcaldy Rugby Club ○ Wed 1330-1530 Glenrothes St Columba's Church ○ Thu 1030-1200 Glenrothes Community Sports & Health Hub
Scotland Hourglass (Action on Elder Abuse)	Free shopping bag delivery for older people in isolation.	Tel 07496323801 Email colinscott@wearehourglass.org	Dunfermline & West Fife

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

Service:	Brief:	Contact/Links:	Other:
Womens Wellbeing Club Update (050923): 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	www.womenswellbeingclub.co.uk Email glenrothes@womenswellbeingclub.co.uk standrews@womenswellbeingclub.co.uk dunfermline@womenswellbeingclub.co.uk Facebook	Glenrothes, St Andrews & Dunfermline Tue 1830-2030 ○ New Hope Community House, Leslie ○ 3a St Marys Place, St Andrews ○ St Margaret's Church, Dunfermline
Pain Association Update (171122): Groups & learning will be online & in-person; new programmes available for 2023	Professionally-led training group for people with all forms of chronic pain; sessions focus on building skills that help people to regain control & cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event	www.painassociation.co.uk Tel 0800 783 6059 Email info@painassociation.com To join a zoom meeting – include a contact telephone number and which locality group you wish to join) Email awaugh@painassociation.com For information or a programme	Dunfermline (Townhill Community Centre) from 080223 in-person Kirkcaldy (St Bryce Kirk Centre) from 120123 Levenmouth (Buckhaven Community Centre) 120123 Cupar (YMCA) from 200223 Fife (online) from 180123
Walking Netball (Netball Scotland & Age Scotland) Update (040523)	For those with fond memories of playing netball when they were younger or who always wanted to play but were worried about the rules or about not keeping up with the game Walking Netball could very well be the programme for you; also provide guidance to set up new groups	www.netballscotland.com/get-involved/walking-netball-3/ Email membership@netballscotland.com Tel 07872470567 Jackie Moore, WN Glenrothes Email megan.buchanan@fife.gov.uk Megan Buchanan, WN Glenrothes	Dunfermline & Glenrothes National network with local groups: ○ Mon 2000-2100 Dunfermline High School £3.50 ○ Wed 1000-1100 Lomond Centre Glenrothes £3.50
Best Foot Forwards (Walking Groups), Fife Council Community Sports Leader-led Update (040521)	Gentle walks for all abilities meeting at local locations in Dunfermline & Rosyth; daytime & evening walking groups; walks are 1.5 or 3 miles	Tel 07496053380 Facebook	Dunfermline & Rosyth

Service:	Brief:	Contact/Links:	Other:
Crossroads Befriending Service Update (201125): Befriending Groups now Glenrothes & Kirkcaldy	Befriending opportunities for adults who are socially isolated & lonely; regular social interaction with a Volunteer Befriender either one-to-one or group setting; new referrals & volunteer enquiries welcome; space may be limited & waiting list may apply	www.crossroadscentral.org Email suzanne@crossroadsq.co.uk Tel 01592 630253 or 07955047757 Suzanne Forsyth, Co-ordinator	Fife excluding Dunfermline & West Fife <i>Befriending Groups:</i> ○ Tue 1000-1200 St Columba's, Glenrothes ○ Thu 1100-1300 Overton Community Centre, Kirkcaldy
Andys Man Club Update (231023): Kincardine group launches 201123	National coverage with local groups; free peer-to-peer group providing a place for men to come together in a safe & open environment to talk about the issues or problems they face or have faced; men aged 18+; for further information contact directly; group meet Mon 1900 excluding Bank Holidays	www.andysmanclub.co.uk Email info@andysmanclub.co.uk Facebook search 'Andys Man Club' followed by the town	Glenrothes, St Andrews, Cupar, Dunfermline, Kirkcaldy, Cowdenbeath, Dalgety Bay & Kincardine Mon 1900-2100: ○ Glenrothes Collydean Community Centre & Strollers FC ○ St Andrews 3a St Marys Place ○ Cupar Howe of Fife Rugby Club ○ Dunfermline Townhill Bowling Club & McKane Park Rugby Club ○ Kirkcaldy Stark's Park, Raith Rovers FC ○ Dalgety Bay That Place in the Bay ○ Cowdenbeath Central Park ○ Kincardine Community Centre

Service:	Brief:	Contact/Links:	Other:
Breathe Easy Fife (affiliated to the British Lung Foundation) Update (101023): 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	Monthly support & social groups which bring people together who are living with or who care for people with lung conditions	www.blf.org.uk Tel 01333 426544 or 07730436966 Agnes Whyte (Chairperson) or 01334 650914 Ray/Janice for North East Fife Email breatheeasyfife@yahoo.com Facebook Breathe Easy Fife Or, National Helpline Asthma & Lung UK: Tel 03000 030 555 Mon-Fri 0900-1700	Levenmouth, St Andrews, Kirkcaldy, Dunfermline & Glenrothes Contact for monthly dates: ○ Thu 1300-1530 Methil, Fife Renewable Innovation Centre ○ Mon 1300-1500 St Andrews Scoonie Hill Community Centre ○ Thu 1300-1530 Kirkcaldy, Templehall Community Centre ○ Thu 1300-1530 Parkgate Community Centre Rosyth ○ Mon 1300 CISWO Glenrothes (from 260224)
Making it Work for Lone Parents (Fife Gingerbread & CARF) Update (170621)	For lone parents in work or seeking employment; tailored support helping parents work towards a positive future & maintain a healthy work/life balance; financial advice	www.fifegingerbread.org.uk Tel 01592 725210 Email info@fifegingerbread.org.uk	Cowdenbeath, Kirkcaldy, Glenrothes & Levenmouth
East Fife Community Transport & Good Neighbours (RVS Community Transport) Update (230921)	Community Transport for trips where mobility issues make it difficult/impossible to use public transport or if they live in rural areas with limited transport; trips include hospital/GP appointments & shops/town or social activities; delivered by volunteers	www.royalvoluntaryservice.org.uk Email fifegnhs@royalvoluntaryservice.org.uk Tel 01592 269654	East Fife Mon-Fri 0830-1600

Service:	Brief:	Contact/Links:	Other:
Largo Links 'Online Local Directory of Events' Update (181121)	Hosted on Largo Communities Together detail of activities in Largo & further afield	www.largocommunitiestogether.org.uk Click on the 'Largo Links' and look for Online Directory	Upper Largo & wider area (Includes activities Cupar & East Neuk)
Link Living Social Café Update (210322): New group Tayport	Free social café for socially isolated adults 65+; refreshments & activities; aims to help tackle loneliness & social isolation in carers & older people by bringing people together in a welcoming environment; transport may be available for people unable to make their own way there (volunteer drivers); referral form available	www.linkliving.org.uk Email referralsOPS@linkliving.org.uk Tel 01592 644048	Torryburn, Cowdenbeath, North Queensferry & Tayport ○ Tue 1030-1230 Torryburn Community Centre ○ Wed 1030-1230 Larick Centre, Tayport ○ Thu 1030-1200 Cowdenbeath Bowling Club ○ Fri 1100-1230 North Queensferry Community Centre
Contact Point (Wheatley Care – previously Barony Housing Association) Update (221121): New opening times	Mental health day resource centre 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	www.wheatley-care.com Tel 01592 571873	Kirkcaldy & Levenmouth Contact first before attending
Chest Heart & Stroke Scotland (CHSS) Fife Peer Groups Update (070323)	Peer exercise & social in-person groups; locality-based; until further notice new referrals should go via the Peer Support Team; self-referrals welcomed to Kirkcaldy Stroke Club	Email peersupportteam@chss.org.uk for information/to refer (referral from available)	Glenrothes & Kirkcaldy ○ Glenrothes (Heart) Exercise -remobilised ○ Thu Fortnightly 1300-1500 Stoke (Social) Kirkcaldy, Linton Lane Centre

Service:	Brief:	Contact/Links:	Other:
Evergreen Kirkcaldy & GROW Dunfermline, SAMH Update (220224): 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	www.samh.org.uk Email dave.ross@samh.org.uk Tel 01592 260534 or 07595244753 David Ross, Senior Horticulture Practitioner	Kirkcaldy & Dunfermline Contact for referral form
Sunflower Hub (SAMH) Update (100924): 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	www.samh.org.uk Email sams.cafe@samh.org.uk Tel 01383 623179 SAMH Fife	Lochgelly, Cupar & St Andrews ○ Mon 1200-1600 Lochgelly Centre, Lochgelly ○ Wed 0900-1230 YMCA-YWCA, Cupar ○ Thu 1200-1600 Cosmos Centre, St Andrews
Wellbeing in Fife (Barnardo's) Update (030222): New service for children & young people	Early preventative support for people aged 5-26 & their families to avoid deterioration in mental health & equip them for the everyday challenges; 1-to-1 & group support for those with anxiety, low self-esteem, depression, gender identity issues, bereavement, self-harm/injury, trauma, substance use, relationship issues, exam stress & body image issues;	www.barnardos.org.uk/scotland Email fifeservices@barnardos.org.uk Tel 01592 651482	Kirkcaldy, Glenrothes, Cowdenbeath, Leven & North East Fife Self-referral encouraged
Indoor Cricket Training for Seniors & Juniors (Glenrothes Cricket Club) Update (080222)	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	www.glenrothescc.co.uk Facebook @GlenrothesCC or @GlenrothesGladiators Meet: Archery Hall, Cluny Activities KY2 6QU	Glenrothes & Kirkcaldy Tue Fortnightly 1800-2000 Seniors £5 - Discounts Fri Fortnightly 1800-2000 Juniors £2

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

Service:	Brief:	Contact/Links:	Other:
Kinship Support Groups (Update 081122)	For people who care for a child who is not their own, but is related to them or has a close relationship with the child; Fife Kinship Team facilitate support groups across Fife & you are welcome to attend any group; Men's Group also available	Tel 01592 583554 Mon-Fri 0900-1700	Dunfermline, Benarty, Cupar, Glenrothes, Kirkcaldy, Levenmouth, Anstruther, St Andrews ○ Tue 1000-1130 St Johns Church, Cupar ○ Tue 1230-1400 Linton Lane Centre Kirkcaldy ○ Wed 1000-1230 Benarty Primary School Lochore ○ Wed 1000-1230 St Luke's Church Glenrothes ○ Wed 1000-1130 Wellesley Parish Church Hall Methil ○ Wed alternate 1000-1130 Anstruther Town Hall ○ Wed alternate 1300-1430 St David's Community Hub St Andrews ○ Thu 1000-1130 Peacock Café Pittencrieff Park, Dunfermline ○ 1st Wed monthly 1800-2000 Men's Group Pitreavie Athletics Centre Dunfermline
Low Impact Dance Update (180124): Spaces available Cupar & Glenrothes; 1st session free	Suitable for beginners & mature movers; could help weight loss; variety of dance styles & music; fun way to improve fitness & flexibility	Tel 01592 274769 or 07928371673 Carol Facebook L.I.Dance	Glenrothes & Cupar ○ Tue 1130-1230 Cupar Y ○ Wed 1000-1100 St Columba's Church £5 per session

Service:	Brief:	Contact/Links:	Other:
STAND Dementia Friendly Meeting Centre Spaces Update (230323): Eats Rosyth aiming to be open in Apr 23 – contact Ethan Daish on ethan@eatsrosyth.org.uk & Jean Mackie Centre from 040423	Meeting spaces led by people living with a diagnosis of dementia & their families; opportunity to meet/chat with others in a similar situation; activities & guidance available; you need to be able to look after yourself or bring someone with you who can support you; Spaces do not need to be registered as they do not provide personal care, support with taking medication or have formal care plans in place for the people who attend	www.dementiavoices.org.uk/group/stand-kirkcaldy/ Email STANDinFife@gmail.com Tel 07341842567 Ruth McCabe For Centres: ga.stokes@btopenworld.com or 07502226235 Gill Stokes, Kennoway Shed cath@pilgrimcare.org or 07792941783 Cath Carter NEF Hub Pat.Phee@fife.gov.uk or 01592 583442 Ostlers House STANDinFife@gmail.com or 07341842567 Ruth McCabe, Kinghorn CC Lynsey.Fraser@fife.gov.uk or Helen.Oliver@fife.gov.uk or 01592 583326 Methilhaven Anna.Capon@fife.gov.uk or 01383 602357 Jean Mackie Centre	Levenmouth, St Andrews, Kirkcaldy, Dunfermline & Kinghorn - Mon 1330-1600 Kennoway Community Shed - Tue 1000-1500 NEF Community Hub St Andrews - Tue 1330-1530 Jean Mackie Centre - Wed 1030-1230 Ostlers House Kirkcaldy - Thu 1030-1230 Kinghorn Community Centre - Fri 1030-1230 Methilhaven Care Home Free/recommended donation £5/person for 2-hrs
Square Start Project (partnership – Brag, Frontline Fife, CARF & Youth 1st) Update (211123)	Fully inclusive support for families using a person-centred approach; endeavour to build confidence in both parents & children; offer a weekly family group Dunfermline & Cupar where families can come along for a chat, a snack & 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	Facebook Square Start Fife North East Fife: Email katie.mcirvine@frontlinefife.co.uk or squarestart@brag.co.uk Tel 07738489862 Katie Mclrvine Frontline Fife or 01592 860296 Square Start Team Dunfermline/South West: Email ymccann@brag.co.uk Tel 01592 860296 Ext 222 Vikki McCann Brag East Neuk: Email CAnderson@brag.co.uk or squarestart@brag.co.uk Tel 07534903685	North East Fife, South West Fife & Dunfermline Thu 1630-1830 - Cupar, YMCA-YWCA 93 Bonnygate - Dunfermline Liberty Centre, Pitreavie Way 2nd Tue monthly (from 160124) - Anstruther, Waid Academy Community Room

Service:	Brief:	Contact/Links:	Other:
Just Drop In, Addiction Services NHS Fife Update (300124)	No appointment needed drop-in for people with a drug &/or alcohol problem & would like to be seen by the Addiction Service	www.nhsfife.org/services/all-services/addiction-services/	Kirkcaldy & Dunfermline Viewforth Ward Whyteman's Brae Hospital, Kirkcaldy ○ Mon-Thu 1300-1900 ○ Fri 1300-1600 West Fife Community Drugs Team 8 Viewfield Terrace, Dunfermline ○ Fri 1300-1600
Lunch & Activity Groups, Royal Voluntary Service (RVS) Update (041225): 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)	www.royalvoluntaryservice.org.uk Tel 07341867148 contact Michaela Davies, Service Co-ordinator, Fife Community Services Email fife@royalvoluntaryservice.org.uk	North East Fife including East Neuk, Dunfermline & Methil ○ Mon/Thu/Fri Tayport, Larick Centre ○ Mon/Wed/Thu/Fri Dunfermline, Jean Mackie Centre ○ Mon/Wed Methil, Care Village Complex ○ Wed St Monans ○ Thu Cellardyke/Anstruther ○ Thu Springfield, Parish Church Hall ○ Fri Newburgh, Parish Church Hall
Home Instead Update (100924)	Privately purchased care at home including companionship, home help & overnight services; additional costs might apply & are subject to change (refer to provider)	www.homeinstead.co.uk/east-fife Tel 01592 804700 Email jane.fargie@ef.homeinstead.co.uk	East Fife including Glenrothes, St Andrews & surrounding areas

Levenmouth Locality

Service:	Brief:	Contact/Links:	Other:
Arden House Projects, Leven Update (060122): 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	www.ardenproject.org.uk Tel 01333 303210 Email ardenhp@googlemail.com	Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; & Largo Villages Mon-Fri 0900-1700 Messages can be left
The Dads Class, Fife Council & The Bairns Group (Update 301023)	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	www.thebairnsgroup.com Register The Dads Class: https://bookwhen.com/thebairnsgroup	Buckhaven Tue 1230 Buckhaven Community Centre
It's Game Time & Talk Time, East Fife Community Football Club, Bayview Stadium, Methil Update (120421)	All fitness levels welcome; opportunity to meet new people; discuss all things mental health & well-being; grab a drink & a blether before & after the game	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information	Levenmouth Bayview Stadium, Free (no need to book): ○ Mon 1800-1900 ○ Thu 1030-1230
Walking Football, East Fife Community Football Club, Bayview Stadium, Methil	The beautiful game at a slower pace; 45+; contact Alan Lowe in the first instance	www.eastfifecommunityfootballclub.com Tel 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information and how to book	Levenmouth Book online or contact for information
Bite & Blether, Windygates Bowling Club Update (171122)	Bite & blether; food, chat & entertainment; free	Facebook @WindygatesBowlingClub Meet: Windygates Bowling Club, Leven Road, Windygates	Windygates Fri 1800-2000 entertainment from 1900
Support Work, Furniture Plus Update (050224): New localised provision	Holistic support to those 16+ experiencing poverty/material deprivation; benefit checks/applications, income maximisation, employability, housing, mental/physical health, digital connectivity & furniture	Email andrew.watt@furnitureplus.org.uk Tel 07538106608 Andy Watt	Levenmouth Part of Furniture Plus

Service:	Brief:	Contact/Links:	Other:
Sam's Mental Health Café (SAMH), Forth Street Hall, Leven Update (210421): New service from 060521	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 07568127735 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Leven (Fife-wide with enquiries or for those able to access) Tue/Wed/Sat 1200-2000
Buckhaven Community Centre (Kinneir Street) Update (230921): Groups remobilising	Social & activity groups; badminton courts available for hire (telephone centre)	Tel 01592 583472 Email buckhaven.centre@fife.gov.uk Facebook	Buckhaven ○ Mon Zumba 1800-1900; Pipe Band 1800-2100 ○ Tue Tai Chi 1400-1500, Writing Group 1400-1600 ○ Thu Pensioners Group 1300-1600; Pipe Band 1800-2100; Line Dancing 1830-2000 ○ Fri Art Class 1330-1530
Renew Forth Street (supported by Renew Wellbeing & Leven Baptist Church) Update (270921)	Children, young people & their families; an inclusive community space to belong, share hobbies & connect; rooms for prayer & reflection; based around the 5 Ways to Wellbeing, working on 3 principles - being present, prayerful & in partnership	www.renewwellbeing.org.uk/our-centres/74-scotland/504-scotland-renew-forth-street-fife Tel 01333 421566 Email levenbaptist@gmail.com	Leven Mon 1000-1200 Forth Street Hall, Forth Street, Leven Baptist Church
Tea & Technology (Fife Council) Update (271021): New from 041121	Weekly learning assisting use of smart phones, tablets, iPads & computers; online safety; places must be booked in advance	Tel 01592 583472 Nic	Kennoway Thu 1230-1400 Sandybrae Community Centre, Kennoway
Buckhaven Baptist Church Update (131022): Free soup kitchen every Wed	Weekly food distribution & community café (The Safe Haven Café, formerly the Community Café); free Soup Kitchen Wed	www.buckhavenbaptist.org.uk Facebook Buckhaven Baptist Church	Buckhaven Wed 1130-1530 Soup Kitchen Fri 0900-1000 Food Distribution Fri 1000-1300 (hot meals from 1200)

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

Service:	Brief:	Contact/Links:	Other:
Hame Fae Hame, The Centre Update (231122)	Homemade food, music & chat in a warm friendly environment	Meet The Centre, Commerical Road, Leven	Leven Thu 1200-1400
PlayFit Kids, Sport Scotland Active Schools Fife Update (250523)	Free parent & child multi-sport club for 3-5 year; older siblings welcome	Email Emily.Alexander@fife.gov.uk	Methil Fri 1600-1700/1700-1800 Methil Community Education Centre
Fit For Life, Active Fife Update (180523)	Get active/have fun; activities like badminton, table tennis, fitness stations & carpet bowls	Email Emily.Alexander@fife.gov.uk	Methil Mon/Tue 1000-1200 Savoy Sports Centre
Scoonie Man Chat Update (220523)	Men's group; no pressure, no agenda, just chat; refreshments	Tel 07936962597 Email ian.tinkler@icloud.com Facebook Scoonie Man Chat	Leven Thu 1900-2100 Scoonie Bowling Pavilion, Scoonie Crescent
Living Fierce Yoga Update (250523)	Yoga specific to user groups; @ The Studio, Den Walk	Tel 07385189317 Lesley Facebook LivingFierceyoga	Leven - Wed 0930-1030 Mother & Baby - Wed 1330-1430 Chair Yoga
Wemyss Warm Welcome Inn Update (250523)	Warm space; free with homemade soup & cuppa; all welcome	Where: Coaltown of Wemyss Bowling Club	Coaltown of Wemyss Thu 1200-1400 Until Dec 2023
St Margaret's Episcopal Church Hall, Social & Knitting Groups Update (110822)	Social Knitting Groups; all welcome; yarn/needles provided (tuition available); centre located corner Victoria Rd/Waggon Rd	Tel 07718990666 For pastoral matters & hall hire Facebook	Leven Wed 1030-1200 Cuppa Chat Thu 1900-2100 Knot Just Knitting
Thursday Club, Rotary Update (220224): To be held in Methil Community Centre until further notice	Meet new friends & get something to eat; games for kids & bingo at 1930; soup, stovies, toasties & burgers; free	Tel 07908152576 Facebook The Rotary Club of Buckhaven & Methil	Methil Thu 1700 – food 1730-1900 – bingo 1900 Methil Community Centre
Youth 2, Levenmouth Youth Hub Update (021023): New day/time	Safe space support group for young people 12-18 identifying as LGBT or who are exploring or questioning their gender	Facebook Levenmouth Youth Hub	Levenmouth Tue 1600-1730 Buckhaven Community Centre

Service:	Brief:	Contact/Links:	Other:
Airlie Cancer Care Association (Airlie Medical Practice) Update (021023)	For patients with recently received cancer diagnosis & their families; Listening Service & Improving Cancer Journey	Tel 01333 426083 Tracy Simpson, Business Manager Airlie Medical Practice Email tracy.simpson@nhs.scot	Buckhaven & Levenmouth Monthly Thu 1300-1500 Church Hall, Methilhill Parish Church
The Drop In (Partnership Initiative) Update (140324)	16-26; Clued Up, Barnardos, The Well, Frontline Fife, Link Life Fife & CLD – Mental, Physical, Sexual Health; Substance Use & Harm Reduction; Housing & Homelessness; Benefits/Money & Employability/Learning	Email info@cluedup-project.org.uk for info	Levenmouth Thu 1300-1500 Methil Community Centre (Bowling Green Street, Methil KY8 3DH)
Craft & Natter, Balmaise Community Centre Update (100823):	Bring your own craft or learn a new craft; meet new friends, refreshments & chat	Tel 01334 659384 Balmaise Centre	Leven Thu 1300-1500 £2
Levenmouth Local Activity Groups Active Fife Update (170823)	Free 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 Emily.Alexander@fife.gov.uk	Levenmouth Savoy Centre: ○ Mon 1000-1200 Body Boosting Bingo ○ Tue 1000-1200 Fit for Life ○ Fri 1300-1400 Well-being Walk Bayview Stadium: ○ Mon 1400-1530 East Fife Sporting Memories
Move, Relax, Chat Chair-based Group Update (250524)	Gentle chair-based movement, relaxation & a cup to tea; referral only by GP or supporting org	Tel/Text 07931258465 Email admin@edinburghcommunityyoga.co.uk	Levenmouth Tue 1045-1230 The Coffee Bar, Methil Com Ed Centre
Ladies Blether Buckhaven Update (040326)	Community for women - relaxed, welcoming group for women to come together, share experiences, support one another, & enjoy a cuppa.	Facebook Ladies Blether – Buckhaven Group (private Group) Admin Kellie	Levenmouth 3 rd Tue 1830-2030 Methil Ex-Serviceman's Club, 282 High St, Methil KY8 3EQ

Glenrothes Locality

Service:	Brief:	Contact/Links:	Other:
Later Life Choices Glenrothes (formerly Age Concern Glenrothes) Update (100924): Fife Counselling Service providing short term counselling & group support for adults 55+	Active Ageing Groups Mon-Thu (Mon & Wed for people with dementia); 'Help to Stay at Home' service – 2-hours community support; 1-hour home visiting support; main day care provider within the Glenrothes Locality; for adults 55+ Fife Counselling Service (this service is Fife-wide) & can be carried out using a range of methods	www.laterlifechoicesglenrothes.org Tel 01592 756316 Email info@laterlifechoicesglenrothes.org Facebook Fife Counselling Service: Contact Fiona Mackay as above	Glenrothes, Leslie, Markinch, Thornton & Coaltown of Balgonie (including Kinglassie for 'Help to Stay at Home' service) £10/group attendance with 2-course meal & transport (£7 without transport)
Leslie Community Pantry	Food pantry free to the local community; if you are struggling to get out & need a parcel, delivery can be arranged	Telephone or text 07730789255 Facebook Leslie Community Pantry	Leslie Food Pantry closes 1700 located 277 High St, back of the Station Hotel
Collydean Community Centre, Glenrothes – Community Supports Update (160223): Free Coffee, Chat & Crochet group Wed 1600-1700	Food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices & free Wi-Fi to the elderly & vulnerable; telephone befriending	Free food parcels, shopping, prescriptions, etc 01592 359012 Disbursement of Funds 01592 742913 Digital Connectivity 01592 359022 Telephone Befriending 01592 359040 Coffee, Chat & Crochet tel 07539150499 or email pearlmuir@hotmail.com Pearl Further information please contact Rose Duncan, Centre Manager on 01592 742913 or 07926503923 Email rose@collydeancommunitycentre.co.uk	North Glenrothes (including Cadham & Leslie) - Mon-Fri 0900-1645 Community Pantry - Wed & Fri 1700-1800 Community Larder (from the Gilvenbank Sports Hub) - Wed 1600-1700 Coffee, Chat & Crochet
Leslie Baptist Church	Assisting those struggling with loneliness or providing food for their family	Email community@lesliebaptistchurch.org.uk	Leslie

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

Service:	Brief:	Contact/Links:	Other:
Glenrothes Community Sports & Health Hub, Gilvenbank Update (091123)	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	www.gilvenbankhub.co.uk Facebook @GlenrothesCommunitySportsHealthHub To arrange a free shower time: Contact via Facebook or email suzanne.mcroberts@glenrotheshub.co.uk Sporting Memories: Tel 07941123278 Gary Parents & Toddlers Music & Movement: Tel 07725639549	Glenrothes ○ Mon-Fri 1000-1600 Showering Facilities Free ○ Mon 1600-1800 Crafty Chatters £3.50 ○ Tue 1100-1145 Chair Dancing with Ginny £1.50 ○ Wed/Fri 1400-1600/1700-1800 Community Larder ○ Wed 1300-1430 Parents & Toddlers Music & Movement £2 ○ Thu 1030-1200 Sporting Memories Club ○ Sat 1000 Bums off Seats
Glenrothes Men's Shed (Old Scout Hut, Poplar Road – behind Co-op) Update (220222): Fully remobilised	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	www.theglenrothesmensshed.org.uk Email glenrothesmensshed@outlook.com Tel 01592 769271 During opening hours Facebook @glenrothesmensshed	Glenrothes ○ Mon/Wed/Fri 1000-1300 ○ Tue 1000-1600 ○ Thu 1000-1300 & 1900-2200
Therapeutic Art, Christ's Kirk in collaboration Brighter Futures Health Hub Update (210322)	Welcoming & creative group; no experience necessary; creative activities to benefit mental health; gifted placements may be available	Tel 07530314636 Catherine Mills Facebook Brighter Futures Health Hub	Glenrothes Thu 1030-1130 Christ's Kirk, Cadham £5 includes materials
Otters Head Coffee Afternoon Update (141223)	Seniors coffee afternoon; make friends, keep warm & socialise; all welcome	Tel 01592 396327 Facebook Otters Head	Glenrothes Wed 1200-1500 £2 Otters Head, 41 Happer Crescent

Service:	Brief:	Contact/Links:	Other:
Cadham Neighbourhood Centre Update (120123)	Community Larder to complement Larder at the Glenrothes Sports Hub	Tel 01592 620141 to book Warm Space Facebook @CadhamCentre	Glenrothes Mon 1745-1845 Community Larder
Butterfly Bereavement Café Update (130723)	Bereavement Cafe; welcomes everyone; for company & chat for people experiencing loss; tea & coffee	Tel 07706209018 Email butterflybereavementcafe22@gmail.com	Glenrothes ○ Mon 1000-1130 Collydean Community Centre ○ Tue last monthly 1900-2030 Morrison's Community Room
The Haven Café (Update 081122)	Free - chat, cuppa & warmth	Facebook TheHavenKingdomCentre Meet: ○ Christ's Kirk, Pitcoudie Avenue ○ Markinch Church Hall, Kirk Brae ○ St Columba's, Rothes Road ○ St Margaret's, Woodside Road	Glenrothes & Markinch ○ Mon 1000-1200 Christ's Kirk ○ Tue 1100-1400 Markinch Church Hall ○ Wed 1130-1400 St Columba's ○ Fri 1100-1500 St Margaret's Church
Pitcarin Pensioners Social Group Update (240322)	Friendship, entertainment, weekly raffle, bingo & refreshments; seniors welcome	Tel 01592 742913 Collydean Community Centre Facebook collydeancommunitycentre	Glenrothes Thu 1400-1600 Collydean Community Centre
Kinglassie Miners Welfare Institute Update (050922): Remobilised	Community hub offering a range of activities: Monthly Tea Dance, Line Dancing, Dominoes, Indoor Bowling, Bingo, Country & Western Night, Disco & Karaoke	www.kinglassieminerswelfare.co.uk Tel 01592 882230	Kinglassie ○ Mon 1930 Line Dancing ○ Tue 1400 Dominoes; 1930 Indoor Bowling ○ Thu 1930 Bingo ○ 2nd Wed monthly 1400-1700 Tea Dance ○ Fri monthly 1930 Country & Western Night ○ Sat 2000 Disco & Karaoke – if nothing else is on

Service:	Brief:	Contact/Links:	Other:
Exit Community Centre (Glamis Centre, Pitteuchar) Update (160223): Extended opening hours 1430-1700 Mon-Fri Warm Space Group	Community Centre offering activities/groups Mon-Fri & Café Mon-Sat 0930-1345; all ages (some groups 12+ if accompanied by an adult)	Tel 01592 772583 Facebook	Glenrothes ○ Mon/Wed 0915/0930 Aerobics ○ Mon/Thu 1030/1300 Zumba ○ Mon 1815 Tae Kwon Do ○ Tue/Thu 1000 Elderobics 40+ ○ Tue 1900 Ladies Club ○ Wed 1300 Toddlers ○ Wed 1830 Youth 9-18 ○ Fri 1200 Sunshine Club (Disabled £3/Carers free) ○ Fr 1930 Community Cafe
Markinch Wednesday Club Update (090223): New members warmly welcomed	Social for local older people; entertainment/refreshments (bring your own mug), raffle; celebrate special events (Christmas & Burns Night); members bring a small gift for monthly raffle	Tel 01592 773893 Jan Clark	Markinch Wed 1200-1400 Markinch Town Hall Membership Fee £3 Weekly £3
Peace 'n' Jam Community Pantry, Kitchen & Hub (St Luke's Episcopal Church) Update (211022): New Wed Club including meal & games	Community hub in the centre of Auchmuty within St. Luke's Scottish Episcopal Church; 'Bite & a Blether', 'Friends & Crafts' & Community Larder; home cooked food & snacks; social; donations welcomed; volunteering opportunities	Email enquiries@peacenjam.org.uk Tel 01592 754206 Facebook peacenjamproject For Afternoon Tea please book: Tel 07947321687 Ross Stirling-Young Email Ordinand@stlukesglenrothes.onmicrosoft.com Or pop in to the Hub	Glenrothes ○ Mon 1200-1400 Afternoon Tea ○ Tue 1215-1500/Thu 1030-1300 Bite & a Blether ○ Tue 1215-1400 Community Larder ○ Tue 1000-1200 Games ○ Wed 1500-1700 Club & Meal ○ Thu 1000-1200 Friends & Craft

Service:	Brief:	Contact/Links:	Other:
Star Village Hall Update (040722)	Local hub; Monday Club (chat & cuppa); Scottish Dance Fitness Class (Highland Hustle)	Facebook Highland Hustle with Kim mobile 07766753563	Star Mon 1000-1200 Monday Club Wed 1800-1845 Dance
The 252 Memorial Hall, Markinch Update (270323)	Local hub hosting interest groups including Stitch Group (Knitting, embroidery; crochet; tapestry); Markinch Heritage Group; Tai Chi Workshops	www.252hall.co.uk Facebook 252 Memorial Hall, Markinch Tel 01592 754892 or 01592 759761 Stich Group Tel 07770499269 or email unseenstream1@gmail.com Tai Chi, Jackie Smith WhatsApp 077758771144 to register interest in Markinch Youth Project	Markinch Wed 1400-1600 Stitch Group Markinch Youth Project: ○ Mon 1800-1930 Arts & Crafts Café (term-time) P6-S6 ○ Fri 1900-2100 Markinch Café S1-21 Free ○ Mon 1800-2000 Monthly Cooking Class S1-21 £2 ○ Mon 1600-1900 Monthly Youth Yoga S1-21 Free ○ Sun Monthly Litter Picking & Tree Planting/Climate Arts Activities & Café
Lomond Centre Update (310123)	Local hub for activities for all ages including a 'Warm Space' group (free lunch & activities; if transport is needed this can be provided free from ADTRA)	Email glenrothes.halls-centres@fife.gov.uk Tel 01592 583473 Email: Adtra107@hotmail.com for Warm Space transport	Glenrothes Programme available from centre: ○ Wed 1100-1300 Mixed Media Art Class ○ Wed 1330-1530 Portrait Art Class ○ Fri 1000-1100 Nifty Fifties
Knit & Natter Crafy & Chatter Update (220224)	Social craft group	Meet: Anderson Hall, Leslie	Leslie Mon 1200-1400 £2

Service:	Brief:	Contact/Links:	Other:
Jayne's Wool & Buttons, 1 Edison House Fullerton Road Update (081122)	Number of weekly clubs – knitting, crochet; all abilities welcome; no annual/term membership fees to join	www.jayneswool.co.uk/about-us Tel/Text 07722388124 Jayne	Glenrothes - Mon Wed, Thu, Sat 1100-1300 - Tue 1900-2100 £4 per visit - £2 for additional
Thornton OAP Club Update (100823)	Social & activities such as coffee morning, bingo. Dominoes & light lunch; summer bus trip, high tea & entertainment; Xmas Party	Tel 01592 774121 Meet: Thornton Memorial Park, Town Hall	Thornton - Mon 0900-1200 Coffee Morning - Wed 1000-1200 OAP Club Free, donations welcomed
Friendship Cabin Update (141123)	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	www.thefriendshipcabin.com Tel 07423154632 Pearl Weepers Email info@thefriendshipcabin.com Facebook <i>Contact Pearl Weepers in advance to ensure placement & current cost</i>	Fife-wide & Glenrothes Warm Space: Mon-Thu 1400-1600 Free, Woodside Community Hall Lunch Clubs (Glenrothes): - Tue-Thu 1000-1400 Woodside Community Hall - Mon 1000-1400 Gilvenbank Community Sports Hub Tea Party (Glenrothes): Fri 1630-1900 Woodside Community Hall
Ladies Blether Glenrothes Update (040326)	Community for women - relaxed, welcoming group for women to come together, share experiences, support one another, & enjoy a cuppa; arts & crafts, speakers, chats & outings	Facebook Ladies Blether (private Group) Admin Claire & Kellie	Glenrothes 3 rd Mon 1830-2030 Ciswo, 390 South St, Glenrothes KY7 5NL

North East Fife Locality

Service:	Brief:	Contact/Links:	Other:
Auchtermuchty Community Centre Update (060123): New Warm Space group Fri 1200-1400 offering chat & homemade food	Hot meal deliveries; Foodbank; free packed lunches during school breaks	Tel 01337 827068 Facebook PM for free packed lunches @AuchtermuchtyCommunityCentre	Auchtermuchty & Dunshalt - Mon 1400-1500 Foodbank - Wed 1730-1830 Foodbank - Fri 1200-1400 Warm Space Group (sit in & takeaway) Free, donations welcomed
Health Walks (Health Walks, Paths for All & Pilgrim Care) Update (150321): Recommence 220321	Free health walks & all welcome; walks arranged around St Andrews Botanic Garden (Canongate); walkers must ensure they wear appropriate footwear/clothing; telephone to pre-book a space	Tel 07792941783 Cath Carter (Pilgrim Care, Parish Nurse) Email cath@pilgrimcare-standrews.org	St Andrews Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)
Ardross Farm, Elie Update (200820): Returning to normal hours daily 0930-1730; deliveries still possible	Food & meals delivery service (£4.50 delivery charge); via Facebook @ArdrossFarmShop a series of live behind the scene tours with some of their favourite producers (interactive)	www.ardrossfarm.co.uk Tel 01333 331400 Email info@ardrossfarm.co.uk	North East Fife Payments are made over the telephone prior to delivery
Community Aid St Andrews (CASA) Update (070323)	Public group established by the community to support others during the pandemic; requests for support can be made & individual connections made	Tel 03000 122014 Email hello@communityaidstandrews.co.uk Facebook Community Aid St Andrews (CASA) Scotland	St Andrews The group is not a formal or official organisation, but is a place where individuals can connect with/help each other
Couthie Cuppa (St Ayle Church, Anstruther) Update (241023)	Cuppa & chat	www.stayle.org	Anstruther Tue 1000-1130 St Ayle Church, School Green
snappyshopper.co.uk	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	Check App Premier in Cupar are part of this service

Service:	Brief:	Contact/Links:	Other:
Crail.Info, Crail Community Partnership Update (261023)	What's on portal to Crail including 'Community' info; get in touch/add entry via the page	www.crail.info	Crail
NE Fife Community Hub, St David's Centre, St Andrews Update (080425)	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	Tel 07584489606 Email nefcommunityhub@gmail.com Facebook @CommunityHubNEF Email fundingnefcommunityhub@gmail.com For information on the development of The Hub or to become involved	St Andrews/NE Fife ○ Storehouse (Foodbank) ○ Clothesline (Clothing bank) ○ Post Office ○ Credit Union ○ Coffee with a Cop ○ Fife Law Centre ○ Let's Chat ○ Health & Social Care - The Well ○ Knitting, Craft & Sewing ○ Board Games & Chat ○ Hope at the Hub ○ Lunch Club ○ Gentle Exercises ○ Accessible Cinema ○ Student Study Group ○ Music Memories
Menopause Support Group Update (290623): Plan to next meet Sept 2023	Developing informal peer support for women to share strategies for living with symptoms, support & encourage each other; occasional social	Email janeehsmith28@gmail.com for further info	St Andrews Meet at NEF Community Hub St David's Centre
J B Penmans Butchers, Crail Update (200820): Deliveries still possible	Food & meals delivery service (no charge for delivery) & no order too small	Facebook J.B Penman Butchers Tel 01333 450218 Email jbpenman01@btconnect.com	East Neuk, St Andrews & surrounding area
Crochet Café Update (101023)	Learn crochet	Email Mandy.Ferguson@fife.gov.uk Tel 07921288423	Cupar Tue 1100-1230 County Buildings (from 241023)

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

Service:	Brief:	Contact/Links:	Other:
St Andrews Ladies Friendship Club Update (070323): Private group open to members (476 current members)	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	Facebook St Andrews Ladies Friendship Club (must apply to join group in order to view/post)	St Andrews & Surrounding Area
ENeRGI Update (261023)	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	www.energi.org.uk Tel 01333 730477 or 07377354654 for Groups Email energirecovery@btconnect.com Facebook Energi	East Neuk ○ Mon-Fri 1000-1400 Drop-in 32 East Street, St Monans ○ Mon 1100-1300 Men's Group Pittenweem Coastal Church Hall ○ Thu 1100-1300 Women's Group Pittenweem Coastal Church Hall Outreach covers East Neuk, Levenmouth & St Andrews
Coffee Morning & Afternoon, The Coach House Centre	Weekly; drop-in	Tel 01334 870038 Facebook @stathernasechurchnews	Leuchars Tue 1000-1400 Coach House Centre, Main St
Y Singing, YMCA Update (070921)	Singing group; no experience necessary; designed for fun; weekly from 1609-0912	Email merigoad@gmail.com to book a place contact Meri	Cupar Thu (seasonal) 1915-2045 £4 suggested donation per session

Service:	Brief:	Contact/Links:	Other:
Tayside Institute, Newburgh Update (121023): Updated Autumn/Winter Programme available; other groups available beyond those listed	Community hub, including social café groups; cyber café open for public use Mon-Fri 0900-1700 (excluding Tue/Thu am) £1/hr	www.taysideinstitute.org.uk Tel 01337 840709	Newburgh ○ Mon/Fri 1000-1100/1700-1800 Foodbank ○ Mon 1400-1600 Ladies Social Club ○ Tue/Thu 0900-1100 Café Club ○ Tue 0930-1130 Community Job Club ○ Tue 1000-1100 Gentle Exercise ○ Wed 1000-1200 Craft Group ○ Wed 1400-1600 Wellbeing Choir ○ Thu 0900-1100 Café Club ○ Thu 1000-1100 Adult Basic Education ○ Thu 1400-1600 Thursday Club ○ Sat 1000 Coffee Morning
Lucky Ewe (Work Placements in the Countryside) Update (210921)	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	www.luckyewe.org.uk Tel 07817278630 Email contact.luckyewe@gmail.com Facebook	North East Fife (based at Bonnyton Farm)

Service:	Brief:	Contact/Links:	Other:
St Andrews Men's Shed Update (150626)	Group of men, usually but not always retired, looking to fill their free time usefully; meet in a purpose-built facility with a large meeting room, large workshop, kitchen & hobby room; range of practical activities – make garden chairs/planters, turn wooden bowls, carve wooden spoons, repair bikes, repair & renovate garden machinery, facilities for computing & 3D printing & large garden area; if DIY or gardening isn't your thing you are welcome to come for a coffee & a blether	www.standrewsmensshed.org.uk Email info@standrewsmensshed.org.uk Wishing to visit: Use the 'contact' on the website to arrange a time so we can ensure there is someone available to meet you	St Andrews St Andrews Men's Shed, Craigtoun Country Park, Mount Melville, St Andrews KY16 8NX ○ Mon 0930-1300 ○ Tue 0930-1300 ○ Sat 1000-1400
Coastline Friendship Club, Coastline Community Church Update (151121): New group Crail from 291021	Weekly Pittenweem 'Drop-in'; tea/coffee/a chat/prayer 1100-1400 in the cafe & Sanctuary; Friendship Club at Crail Community Hall	www.coastlinecommunitychurch.org.uk Email info_coastline@btinternet.com Tel 01333 312041 Facebook @coastlinecommunitychurch	Pittenweem & Crail ○ Fri 1100-1400 Pittenweem Coastline Church ○ 2nd Fri monthly 1130-1330 Crail Community Hall
Let's Chat! (Chatty Café Scheme - Friendship Café) Update (220921): New service	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	St Andrews (for people in North East Fife) ○ Mon 1000-1200 NEF Community Hub ○ Thu 1700-1900 Zest Café (95 South Street)
Scoot About Toon Update (190422): Weekly & new meeting place	Originally for people affected by stroke/mobility issues, extending to those at home alone or who just want to go out to meet new people & to reconnect	Meet: Baptist Church Hall, 79 Bonnygate Tel 07776440699 Liz Laing	Cupar Wed 1300-1500 £3 activities & refreshments

Service:	Brief:	Contact/Links:	Other:
Colinsburgh Community Cinema Update (120922): Season 14 started	Fri night screenings; covid measures in place; pay on night (£4 cash or card at door); no food/refreshments on sale (bring your own); programme online	www.colinsburghcommunitycinema.co.uk Tel 01333 340360 Pete Marshall or 01333 340275 Doug Grant	Colinsburgh-based See website for film detail, time & dates School playground can no longer be used for parking
Pop-up Post Office, Dairsie Mini Mart Update (281021): New service	Pop-up Post Office services in a variety of locations within North East Fife with staged start dates	Facebook @dairsiemini mart For Balmullo Tel 07763890145 Lynn Murray is happy to be contacted regarding the Pop-up Post Office, Community Café or any other activities supported within the Hall	Balmullo, Strathkinnes, Ladybank, Newport & St Andrews Balmullo Burnside Hall Thu 1230-1430 aiming to change to Wed 1230-1430 from 101121 Strathkinnes Village Hall Mon 1230-1430 & Fri 1300-1445 Ladybank Library Tue 1400-1500 & Thu 1000-1200 Newport Church Hall Wed & Fri 0930-1130 St Andrews NEF Community Hub (St David's Centre) Mon 1230-1430 & Thu 1300-1500
Tayport Lunch Club for Older People (Castle Furniture) Update (180624)	Social lunch club for older people in the Taybridgehead Area; group based in Tayport; £9 to cover costs of meal & transport (latter within Tayport & Newport); outings	www.castlefurniture.org Email samingram@castlefurniture.org Sam Ingram or enquiries@castlefurniture.org Tel 01334 654445 Cupar Office or 01592 501068 Glenrothes Office	Tayport-based Tue 1000-1300 £9 Bus collects members from Tayport & Newport from 0930
Auchtermuchty Seniors Lunch Clubs & Other Centre Activities Update (071221): Remobilised	Local older people lunch clubs at the Auchtermuchty Community; other activity groups at the centre (see online programme – includes crafts)	www.auchtermuchtycommunitycentre.org.uk Tel 01337 827068 to book & for transport or for Centre information Facebook	Auchtermuchty Small charges apply for lunch & transport Tue & Wed

Service:	Brief:	Contact/Links:	Other:
Aqua Move, Clayton Caravan Park Update (061221): From 241121	Low impact water exercises; all abilities; Wed (excluding school holidays)	Tel 01334 870242 Option 3 to book	Clayton (based) Wed 1145 £5.50 per 40min session
Haydays Update (170123): Revamped website	Arts & leisure for the over 50s; 170+ members predominantly from St Andrews itself but also Fife-wide; membership-based; classes are pre-booked with payment by cheque; multiple interests & activities including salsa, stained glass, art, Tai Chi, yoga, decoupage, calligraphy; volunteer-led with tutors; social element (currently restricted but looking to reintroduce)	www.haydaysfife.co.uk Email haydays@outlook.com Tel 01334 477402 Facebook Haydays Fife	St Andrews (based in) Must pre-book in advance; Covid measures in place – prior to attending the group very gently reminds people to take an LFT prior to attending & if people are experiencing cold/fly symptoms not to attend until these subside
Forgan Arts Centre Update (180523): 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	www.forganartscentre.co.uk Email info@forганartscentre.co.uk Tel 01382 542062	Newport-on-Tay (based in) Located in the old Leng Centre
Larick Centre, Tayport Update (100222): Community Hub & Café	Daily activities & community resources including free legal advice & Community Fridge	www.tayport.org.uk Email larickcentre@tayportct.org.uk Tel 01382 549727 Facebook	Tayport Mon-Sun 1000-1600 Café
Falkland Lunch Club Update (280422): Aim to remobilise 020522	Volunteer-led lunch club for older people; 2 course lunch, refreshments & entertainment; waiting list might apply	Contact in writing The Lunch Club c/o Community Hall, Back Wynd, Falkland, Fife KY15 7BX	Falkland, Freuchie & Dunshelt Mon 0930-1330 £5 per session (transport provided)
St Andrews Memory Café (St Mark's Church, St Mary's Place) Update (260522)	Group for all adults with memory issues & carers/companions; varied entertainment programme & refreshments	Tel 07518345187 Sylvia Email standrewsmemorycafe@gmail.com	St Andrews 1 st & 3 rd Wed of the month 1400-1530 St Mark's Opposite Bus Station

Service:	Brief:	Contact/Links:	Other:
Include Me Citizen Advocacy North East Fife Update (170322)	Adults 16-65 residing in NE Fife requiring advocacy support due to a Learning Disability, Physical Disability, Mental Health Issue, Early Onset Dementia, Brain Injury, Personality Disorder, Autism Spectrum Disorder or Chronic Health Condition	www.includeme.org.uk Email contact@includeme.org.uk Tel 07487 566 442 Mon-Wed Tel 07487 566 937 Tue-Thu	North East Fife Open Mon-Thu
PLANT (People Learning About Nature in Tayport) Update (100222)	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	www.tayportgarden.org Email admin@tayportgarden.org or volunteer@tayportgarden.org Facebook @plantgroup	Tayport
Coffee Cup Update (290623)	Free refreshments & biscuits; friendly warm space; toys & baby facilities available	Email standrewsmemorycafe@gmail.com	St Andrews Fri 1000-1130 St Mark's Opposite Bus Station
Dementia Friendly Outdoor Activity Group, Sensory Trust Update (080425): Now closed	Operating from the NEF Community Hub; fortnightly outdoor group; suitable for people living with mild-moderate dementia & their carers	Tel 07419356464 Karen Marnie to book a place	St Andrews Must be pre-booked Tue fortnightly 1330-1500 Meet NEF Community Hub, St David's
Footprint East Neuk Update (090622)	Encourage sustainable living, reduce the carbon footprint of local communities & reconnect people with the natural world; voluntary tree-planting late winter-early spring with tools/equipment provided	www.footprinteastneuk.com Email footprinteastneuk@gmail.com Tel 07939147150 Sonja	East Neuk

Service:	Brief:	Contact/Links:	Other:
St Monans Community Larder (Town Hall) Update (090622)	Community Larder; food & other goods; free refreshments; clothes & books swap	Facebook	St Monans Fri 1100-1200 Town Hall
East Neuk Eats! Community Fridge (East Neuk Centre Trust) Update (090622): 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	www.eastneukcentre.org.uk Email info@eastneukcentre.org.uk Tel 01333 311977 Facebook @eastneukcentre.trust	Anstruther East Neuk Centre: ○ Thu 1300-1500 Fridge Drop-in ○ Mon-Fri 1000-1500 Community Wardrobe
Continuing Care North East Fife Update (160823)	Affordable transportation for medical/associated appointments for residents in North East Fife who do not have ready access to personal/public transport; strive to cater for non-emergency transportation for the elderly, disabled & vulnerable	www.continuingcarenef.org.uk Tel 07468887900	North East Fife Residents 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
Ceres Village Café Good Companions Lunches Update (280722)	Community tearoom & takeaway which provides a free weekly lunch to help tackle isolation & loneliness for people within the local & surrounding area	Facebook @thevillagecafeceres Meet 38 Main Street, Ceres	Ceres Mon 1200-1400 Good Companions Lunches
Age Concern Cupar Update (150626): Services currently impacted by transportation issues; check with provider for detail	Day Service for elderly, frail & disabled people who may be lonely & need some outside stimulation; social activities with tea & coffee 1000-1200 & a 2-course lunch served at 1230	www.ageconcerncupar.org Email ageconcerncupar@btconnect.com Tel 01334 653597 Anne Ronaldson Facebook Age Concern Cupar	Cupar (based) Serves Freuchie, Falkland, Letham, Ladybank, Kingskettle, Pitlessie, Springfield, Ceres, Craigrothie & Dairsie Mon-Fri 0900-1500 £8.50

Service:	Brief:	Contact/Links:	Other:
Falkland Tuesday Club Update (050922): Resumes 060922	Whist & Dominoes with tea & biscuits at half time	Tel 01337 858451 Bill Graves or 01337 857846/07379878006 Henry Normand	Falkland Tue 1300 Falkland Community Hall £2 Annually & £2 weekly
Cupar St John's & Dairsie United Parish Church Update (170123): New Warm Space group Cupar	Church activities & Friendship Circle (all welcome); Warm Space Group Cupar	www.cuparstjohnsanddairsie.org/worship-and-church-activities/ Facebook @StJohnsAndDairsieUnitedParishChurch	Cupar & Dairsie ○ Wed 1030-1330 Warm Space Group, St John's Bonnygate, Cupar ○ 2 nd & 4 th Mon monthly 1400-1530 Friendship Circle, Church Hall, Dairsie
Falkland Chess Club	Chess club with all ages & skills welcomed	Tel 07864329258 Chris	Falkland Thu 1845 Community Hall
The Walkie Talkies Update (090622)	Walk, chat & coffee; all welcome; start from Town Hall	Email spotjewijd@gmail.com	St Monans Thu 0915 Start Town Hall
Square Start Cupar (BRAG enterprises) Update (270723): Launches 170823	Consortium offering mindfulness, arts/crafts, buggy walks, weekly family nights, homework club, bookbug sessions, family wellbeing support, health eating/cooking on a budget, online safety sessions & first aid training; tea/coffee/snack provided	www.brag.co.uk Tel 01592 860296 Email SquareStart@brag.co.uk	Cupar Thu 1630-1830 YMCA, 93 Bonnygate, Cupar
Planting For Your Piece, St Andrews Botanic Garden Update (100223)	Aim to improve mental health through gardening sessions, exploring process of growing & creating food from patch to plate	www.standrewsbotanic.org Email rduncan@standrewsbotanic.org Rebecca Facebook	North East Fife (based St Andrews) Wed fortnightly 1330-1530 from 010323
Friendship Lunch@Elie & Colinsburgh, Church of Scotland Update (110923)	Soup & sandwich 1 st Wed of the month Elie Church Hall; soup & pudding 3 rd Wed of the month in Colinsburgh Town Hall	Email info@eastneuktrinity.org.uk Tel 01333 317096	Elie/Colinsburgh 1 st Wed monthly Elie Church Hall 3 rd Wed monthly 1245 Colinsburgh Town Hall

Service:	Brief:	Contact/Links:	Other:
Dairsie Community Singers, Church Hall Update (070921)	Community singing group; weekly from 2109-0712	Email merigoad@gmail.com to book a place contact Meri	Dairsie Tue (seasonal) 1915-2045
Old Parish Centre Update (141123)	Hub for community groups; interest & peer	www.cuparold.org.uk/pages/old-parish-centre Group Contacts: ○ U3A Ladies Dance/Exercise jandance1010@hotmail.com or 07478329864 Jan Knight ○ Cupar Forum 01334 650301 Keith McIntosh or 01592 643743 Janet Henderson Fife Forum ○ Community Café help@cic.scot or 07726959777 ○ Hard of Hearing Group cuparhardofhearinggroup@gmail.com ○ Memory Café shenaporteous@hotmail.com or 01334 653361 Shena Porteous ○ Cupar Quilters 01334 828521 Lesley Marr ○ LGBTQ+ Hub help@cic.scot or 07942369874	Cupar ○ Mon 1345-1445 U3A Ladies Dance/Exercise ○ Mon 1030-1130 Cupar Forum Keep Fit 50+ ○ Sat 1200-1600 Community Café (free) ○ Last Mon monthly (excl July/Aug) 1400-1600 Hard of Hearing Group ○ 3rd Tue monthly 1400-1530 Memory Café ○ 1st Wed monthly 1900 Cupar Quilters ○ 3rd Fri monthly 1800-2000 North East Fife LGBTQ+ Hub ○ Fri last monthly 1400-1600 Cupar Forum 50+
Reading Round (community initiative supported by the Royal Literary Fund) Update (190821)	Read & discuss writing with a local published author – no pens, paper, no advance reading, like a book club without the homework	Email geoff.barker@rifeducation.org.uk To reserve a free place	Cellardyke Wed 1030-1200 Sun Tavern, Scottish Fisheries Museum (reserve place and spaces limited)
Newburgh Wellbeing Choir, TICC Update (070921)	Community choir, all welcome; music, refreshments, cakes & chat; optional donation	Email nbchoir3@gmail.com	Newburgh Wed 1400-1530 remobilising from 150921
Howe Table Tennis Update (141123)	Table tennis & spare bats available; all levels welcome		Letham Thu 1900 £2 1 st session free Letham Village Hall

Service:	Brief:	Contact/Links:	Other:
Scottish Country Dancing, RSCDS Update (141123)	Scottish Country Dancing welcoming dancers of all levels of experience; weekly	www.rscdsstandrews.co.uk Membership enquiries: Email rscds.standrews@gmail.com General enquiries: Email 90florida@gmail.com Facebook RSCDS St Andrews	St Andrews Application required Thu 2000-2130 Town Hall (until Memorial Hall reopens)
Ceres Coffee & Chat, Ceres, Kemback & Springfield PC Update (091123)	Weekly refreshments, soup & scones with rotating advice clinic (welfare, fuel, health, family support); donations welcomed	Facebook Cks Parich Church	Ceres Wed 1000-1200 Refreshments & 1400-1600 Rotating Advice Clinic
Ready Steady Ceilidh-fit! Update (141123)	Keep fit, meet new friends & have fun; opportunity to brush up on traditional dances	Tel 01334 652418 Email dancej.anderson@btinternet.com	Collessie Wed 1900 Collessie Village Hall
Sam's Mental Health Café (SAMH) Update (180124)	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	www.samscafe.org.uk Tel 01383 623179 Tues Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Cupar (Fife-wide with enquiries or for those able to access) Tue 0900-1700 Community Voice, 19 Crossgate
Pilgrim Care Update (020524): 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 settling, listening	www.pilgrimcare.org Tel 07792941783 Cath Carter, Parish Nurse Email cath@pilgrimcare.org Facebook Pilgrim Care Groups Meet: Holy Trinity Church Hall, Queens Terrace, Sta Andrews KY16 9QF	St Andrews ○ 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

Service:	Brief:	Contact/Links:	Other:
St Andrews Parkinson's Café, Parkinson's UK Update (020524)	A meeting place for people with Parkinson's, their families and friends; informal drop-in	Contact via Website: www.fife.parkinsonsuk.group/	St Andrews Last Mon 1100-1230 bar Jul/Dec Cosmos Centre
St Andrews & North East Fife Ramblers Group Update (180624)	For anyone interested in walking between the Firth of Tay & 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 viable & safe; longer walks weekends, shorter ones midweek; welcome guests from other Ramblers' groups or from non-members wishing to try out walking; in addition to a regular programme they aim to organise a walking holiday & Christmas lunch	www.standrewsnefiferamblers.com Tel 01334 470066	St Andrews & NEF To join contact a walk leader
Castle Furniture Drop-in Lounge Update (180624)	Group befriending; members are offered refreshments; aged 55+; outings organised	www.castlefurniture.org Tel 01334 654445 Email enquiries@castlefurniture.org	Cupar Mon/Wed/Fri 1030-1530 Tom Rodgers Mill Free
Supporting You at Home (SYAH), RVS Update (040326)	Short-term support for older & vulnerable people either for reablement or whilst longer-term support is being scoped; includes: Engagement, Companionship, Improved Mobility (all up to 12 weeks), assisted Shopping Trips (chargeable), Calls with Care telephone Befriending (national service & not time limited)	www.royalvoluntaryservice.org.uk Tel 01592 800208 Kimberley Gray, Operational Support Officer Email fife@royalvoluntaryservice.org.uk	East Neuk ○ Services are free at point of entry & telephone befriending is not time limited ○ Assisted Shopping Service limited spaces & £5 charge ○ Referral form available

Kirkcaldy Locality

Service:	Brief:	Contact/Links:	Other:
Care & Share Companionship Update (040722): Waiting list in place	Adults 60+ who are living in isolation &/or living alone; early onset dementia; 1-1 visit either weekly/fortnightly 1-2 hours	www.careandsharecompanionship.org Tel 07494129112 Teresa Naylor Facebook care and share companionship	Kirkcaldy Area Directed by Scottish Government guidelines on a weekly basis
Lang Toun Larder (Community Pantry) & Community Meals, Greener Kirkcaldy Update (290421): Meals to Go ceased; ongoing Community Pantry & Community Meals once per week	People can apply to become members & 'shop' in the pantry once a week; weekly fee £2; members receive points which can be used to 'spend' on fresh, frozen & store-cupboard ingredients; also, a 'pick and mix' refill station to top up basic essentials such as flour, tea, coffee, rice & pasta; Greener Kirkcaldy provides members with a shopping bag, a cool bag, & refill containers to use each week; Community Meal also available to takeaway (once per week – free, donations)	www.greenerkirkcaldy.org.uk Tel 01592 858458 Email communitymeals@greenerkirkcaldy.org.uk	Kirkcaldy & Dysart People can self-refer or be registered by an agency ○ Thu 1100-1400 Lang Toun Larder, 8 East Fergus Place (must apply for membership first) ○ Wed 1530-1730 Community Meal (Takeaway – bring a bag and mask), 8 East Fergus Place
Linktown Tenants & Residents Association	Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school kids	Private message their Facebook page	Kirkcaldy Area Mon-Fri
The Cottage Family Centre Update (080222): New service The Big Hoose Project (see p34)	Family centre catering for children 0-16 & their families; core services & other services (example: Dad's Project; Counselling)	www.thecottagefamilycentre.org.uk Email info@thecottagefamilycentre.org.uk Tel 01592 269489 or 01592 210189 Or contact via Facebook	Kirkcaldy Area Mon-Fri 0900-1700 The Big Hoose Project is Fife-wide
Chess Club (Update 081122)	Chess for all ages & abilities		Kirkcaldy Wed 1800-1900 St Bryce Kirk

Service:	Brief:	Contact/Links:	Other:
Linton Lane Centre, Kirkcaldy Update (120123): New free Soup 'n' Talk & Walk 'n' Talk groups from 230123	Host a number of adult & younger people groups including food support, interest groups & support groups (see website); Foodbank (Mon-Fri); podcasts highlighting local resources	www.lintonlanecentre.com Tel 01592 643816 Or contact via Facebook Podcasts www.lintonlanecentre.com/adapt Lunch Group: Email bebetterconnected@gmail.com Tel 07581813545 Mark	Templehall Area, Kirkcaldy ○ Mon & Wed 1230 Soup 'n' Talk ○ Thu 1200 Lunch Group ○ Thu 1000 Walk 'n' Talk ○ Sun 1900-2100 Veterans Best Friend Group
Warm Welcome Hub at Newcraigs, Newcraigs Evangelical Church Update (301023)	A place to go for warmth, company & food; no charge; tea/coffee from 1100 & soup & sweet treats from 1200	Email office@newcraigs.co.uk Facebook Warm Welcome Hub at Newcraigs	Kirkcaldy Mon 1100-1400 Newcraigs Evangelical Church, Forres Drive
Grey Panthers, Linton Lane Centre, Kirkcaldy Update (270921): Remobilised	Social, activities & lunch club for over 60s; activity after lunch; small charge to cover costs	To book contact Mandy Henderson: Tel 01592 643816 Email mandyhenderson75@hotmail.com Facebook Grey Panthers at Linton Lane	Templehall Area, Kirkcaldy Wed 1200-1415
#Food2Go Update (220422): There is no 'Food2Go' at Hayfield Community Centre Fridays until further notice due to a lack of response - Cafe remains open Wed 1200-1400 & children eat free	Pick up a free bag with all the essentials for 3 days of lunches; available from venues in the area; social distancing measures in place & must be adhered to	#Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane #Food2Go@LinktownCommunityAid	Kirkcaldy & Burntisland Available Tue/Fri 1145-1300: Toll Community Hub, Burntisland Linton Lane Centre, Kirkcaldy Hayfield Community Centre, Kirkcaldy Linktown Community Aid, Kirkcaldy
Cornerstone Café Update (230223)	Free hot food & friendship, every Wed in the Church Halls	www.burntislandparishchurch.org/community/ Facebook Cornerstone Café	Burntisland Wed 1200-1400 Burntisland Parish Church Halls Free
Let's Connect @ Kirkcaldy Salvation Army Update (041124): Local debt advice	Social group with optional crafts, books, board games, music & thought for the day; open to all; debt advice service	www.salvationarmy.org.uk/kirkcaldy Tel 01592 265621 Church Office or 07776965943 Corps Officer Email Scotlanddas@salvationarmy.org.uk Debt Advice Facebook	Kirkcaldy Church of Christ Building, Hayfield Road

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

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

Service:	Brief:	Contact/Links:	Other:
Grain & Sustain, 135 High Street Update (310723)	Zero waste store -food, household & bathroom	www.grainandsustain.co.uk Tel 01592 372152 Email grainandsustain@outlook.com Facebook Grain & Sustain - Zero Waste Life in Fife	Burntisland Mon-Fri 1200-1600 Sat 1000-1600
BEK Youth Club Update (230922)	Burntisland Parish, Erskine United Free & Kinghorn Parish Churches BEK church partnership; new Youth Club to enable churches to reach out & draw in children/families	www.burntislandparishchurch.org/bek/ Contact Adrian Minnie	Burntisland & Kinghorn Fri Starts 240223
Sporting Memories Foundation Scotland Weekly Programme Update (061022): Local partnership initiative offering sport-linked social activities suitable for older people	In conjunction with Active Fife, Raith Rovers Community Foundation & Age Scotland inclusive activity & dementia friendly	www.thesmf.co.uk Walk & Talk with Raith Rovers & Walking Football: Email paul.greig@raithrovers.net Tel 07981197318 Bite & Blether: Email stuart.oliver11@btinternet.com Walking Basketball: Email fifesteelbasketball@htomail.com Tel 07982641975 Ross Sporting Memories: Email gary@thesmf.co.uk Tel 07941123278 Bums off Seats: Email bumsoffseats.project@fife.gov.uk	Kirkcaldy • Mon 1030-1200 Starks Park Walk & Talk with Raith Rovers • 2nd Tue monthly 1200-1400 Rugby Club Bite & Blether • Tue 1830-1930 Walking Basketball • Wed 1030-1200 Sporting Memories • Wed 1315-1415 Bums of Seats Walks • 2nd Thu monthly 1100-1300 Starks Park Reminiscing Raith • Fri 1330-1430 Starks Park Walking Football
Women's Support Group, Community Social Work Update (170823)	Peer group; all women welcome		Kirkcaldy Wed 1000-1130 Park Road Community Centre

Service:	Brief:	Contact/Links:	Other:
St Bryce Kirk Centre Update (060423)	Community hub & café	www.stbrycekirk.org Tel 01592 640016 Facebook St Bryce Kirk Centre & Café Tel 07484145416 Nicotine Anonymous, Reuben Tel 07834328821 or email katie.cook@peoplefirstscotland.org People First, Katie Cook	Kirkcaldy ○ Mon-Thu 0900-1700 Open ○ Mon-Thu 1000-1400 Café ○ Tue 1830-1930 Nicotine Anonymous Meeting ○ 2nd Thu monthly 1300-1430 People First Fife Women's Group
YMCA Gallatown Hub Update (091123)	Local hub & cafe for groups Mon-Sat covering a variety of interests & activities from Hendry Crescent; Bike Hub offers free repairs; free Community Breakfast & advice available	www.ymcakirkcaldy.co.uk Tel 01592 645530 Contact details via website Facebook Ymca Kirkcaldy	Kirkcaldy Includes: ○ Tue/Thu 1300-1500/1130-1300 Talking Café 16+ low level mental health ○ Tue 1000-1200 Free Community Breakfast & Support ○ Tue 1000-1500 Darn Good Yarn & Lunch ○ Tue 1530-1830 LGBTQ Talking Café (12-17) ○ Wed 1500-1630 Free Kids Teas ○ Thu 1000-1200 Talking Café (non-English speaking Women) ○ Thu 1100-1400 Gallatown Over 65s Social Group ○ Fri 1100-1300 Burds on Bikes (women) ○ Sat 1000-1500 Bike Hub

Service:	Brief:	Contact/Links:	Other:
Park Gowf (Japan Park Golf), Dunniker Park Community Golf Update (050923): 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	www.dpcomgolf.com Email DPComGolf@gmail.com Raymond Johnston, Secretary Facebook DPCG – Dunniker Park Community Golf	Kirkcaldy
Social Football, Raith Rovers Community Foundation & Kingdom Works Update (260923)	Social football & training/employment advice; 18+ regardless of employment status; post-game opportunity to have refreshments & discuss training opportunities with Kingdom Works staff	Email community@raithrovers.net or kingdomworks@kha.scot	Kirkcaldy Thu Starks Park ○ 1500-1600 Game ○ 1600-1630 Refreshments & Training Advice
Couple O' Mugs Craft Club Update (261023)	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	Facebook Couple O' Mugs Where: Unit 11 Olympia Arcade, Kirkcaldy	Kirkcaldy Thu 1700-2000 Olympia Arcade
Music Helps People with Dementia Update (100823)	Music to help manage symptoms of memory loss, improve mood, reduce the need for drugs & strengthen relationships/reconnect families	To find out more visit: Dementia Carers Café Estate & Facilities Meeting Room Phase 1 Victoria Hospital Tel 01592 634455 Ext 28429 Helen Skinner Dementia Nurse Consultant	Kirkcaldy Thu last monthly 1230-1330
DJ Paul's Happy Disco Update (250424)	Disco for adults with learning difficulties, disabilities & additional support needs; bring your own lunch; refreshments available for purchase	Where: Templehall Community Centre	Kirkcaldy Tue/Fri 1200-1400 Templehall Community Centre £4

Cowdenbeath Locality

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

Service:	Brief:	Contact/Links:	Other:
Benarty Walk & Talks Group Update (070622): Starts 160522	Local routes; 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	Benarty Monthly 1330 Meet at the Benarty Centre
Fife Day Care Services Update (070622): New referrals accepted	Day Service provider for people aged 65+; accepting referrals by telephone/email whereupon eligibility will be explored	www.fifedaycareservices.org.uk Tel 01592 782889 Email fifedaycare@gmail.com	Cowdenbeath Area Messages can be left & will be responded to
Oliver's Army Assistance & Therapy Dogs Drop-in Update (261021)	Mental Health drop-in session; emotional support, help with forms/CVs/supporting emails & letters; internet access; meet a therapy dog; listening ear; cuppa & a chat	www.oliversarmyassistedogs.com Email management@oliversarmyassistedogs.org Tel 01592 869484 or 07546940232 Facebook Private Group	Crosshill/Lochgelly (National Organisation with local base & drop-in) Fri 0930-1400 Drop-in Entrance Q, Unit 19, Crosshill Business Centre
The Clearing Update (140222): Groups remobilised	Christian-led Community Space; 6 days/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 theclearing@btinternet.com Tel 07802 414418 Facebook @streetpastorbase If attending advise in advance	Cowdenbeath - Mon 0900 Prayers; 1100 Cookery; 1400 Sewing - Tue 1030-1600 Knitting & Crochet - Wed 1030 Knitting - Fri 1600 Crafts; 2000 Prayers via Zoom - Sun 1000 Prayers
The Whispering Women, Cowdenbeath	Free packed lunches & baby food	Facebook & Messenger www.facebook.com/Thewhisperingwomen/	Cowdenbeath Area Deliveries once a week
Knit & Natter, Bowhill Community Centre Update (170522): From 250522	Peer led crafts & social group	Tel 01592 583471 Margaret King to book a place or drop-in Facebook @BowhillCentre	Cardenden Wed 1300-1500

Service:	Brief:	Contact/Links:	Other:
Wanna Talk Groups Update (160622)	Monthly separate men & women groups to support mental health & well-being held at The Kings, Kelty	Tel 07563380172 Kirsty, CEW Facebook message Mandy @The Kings	Kelty ○ 2nd Tue monthly 1830-2030 Women only ○ 4th Tue monthly 1930-2030 Men only
Max's Light Bites, Maxwell Centre Update (241022): From 241022	Soup, stovies & chat	Tel 01383 602470	Cowdenbeath Mon 1300-1430
Benarty Centre Update (050923)	Community hub in Lochore hosting local groups including Library, Multi Gym Facility, Youth Work Programme & groups	Email benarty.centrefife.gov.uk Tel 01592 583385 Facebook Benarty Centre	Benarty ○ Mon 1330-1530 History Group, all ages 50p refreshments ○ Wed 1430-1630 Ladies Circle 60+ £3, bingo & blether ○ Fri 1030-1330 Free 60+ Group - call if attending
Over 50s Club Update (190923)	Free breakfast & get together	Tel 01383 602343	Kelty Mon 0900 Kelty Community Centre
Community Drop-in Lochgelly Salvation Army Update (301023)	Hot rolls & drinks; fresh food pick-up (dependant on what is available) & Store Cupboard food; meet new people	Email lochgelly@salvationarmy.org.uk Tel 07747839995 Facebook Lochgelly Salvation Army	Lochgelly Wed 1000-1200 Lochgelly Salvation Army, 1 Auchterderran Road
Benarty Food Angels Update (090221): From 080221	Free packed lunches every Monday 1200-1330; no booking required	Email benartyfoodangels@gmail.com Facebook	Benarty Collect from Benarty Community Centre
Football Discussion Group Update (300124)	Share ideas, opinions & stories; meet new people; free with tea, coffee & snack	Email chelsey.brown@fife.gov.uk	Lochgelly Tue 1000-1200 Lochgelly Centre
Cuppa & Craft Update (300124)	Craft & a cuppa; meet new people	Email chelsey.brown@fife.gov.uk	Lochgelly Wed 1330-1500 Lochgelly Centre

Service:	Brief:	Contact/Links:	Other:
Lochgelly Women's Group Update (300124)	Friendly social group for women to meet other, join in activities & offer support; free refreshments	Email chelsey.brown@fife.gov.uk	Lochgelly Thu 1000-1200 Lochgelly Centre
Knights Templar Goodwill Charity of Scotland Update (140324)	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	www.ktgcscotland.com Email enquiries@ktgcscotland.com Tel 0800 193 1307 Facebook The Knights Templar Goodwill Charity of Scotland Based: Unit 12 Thistle Innovation Park Seco Place Cowdenbeath KY4 8PD	Cowdenbeath-based Community Hub & Operation Open Grow Open to All (incl. Food; Clothing Bank; Wellbeing; Internet Access) ○ Mon/Wed 0930-1430 ○ Thu 1600-2100 ○ Sat 1000-1500 Veterans Supper Club ○ 2 nd & 4 th Tue monthly 1900-2100
Walk & Talk Update (100924)	Low level accessible walks around the village with a hot cuppa & biscuit at the end; friendly dogs on leads welcome	Email kirsty.mcelhinney@fife.gov.uk Tel 07399668547	Kelty & Cowdenbeath ○ Mon Fortnightly 1315-1500 Meet Kelty Community Centre ○ Mon Fortnightly 1045-1145 Meet Maxwell Centre Cowdenbeath followed by Maxys Meals 1200 (free social, soup & sandwich)
Carers Blether Together, Fife Carers Centre Update (250424)	Twice monthly social group for unpaid carers	Email janet.love@fifecarers.co.uk Tel 07736918213	Lochgelly 1 st & 3 rd Wed monthly 1000-1130 Lochgelly Centre

City of Dunfermline Locality

Service:	Brief:	Contact/Links:	Other:
Abbeyview Day Centre Update (130524)	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	Tel 01383 621738 for information or to refer to groups & supports Email info@abbeyviewdaycentre.co.uk	Dunfermline & surrounding area ○ Mon-Fri 1000-1500 Day Care ○ Mon/Thu 1030-1330 Dementia Café ○ Tue/Fri 1000-1230 & 1315-1545 Kit Club ○ Wed 1000-1500 Outreach Service
Food for Future - Community Pantry, Tryst Centre, Dunfermline Update (210521): Centre change	Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members £2 per week & shop for a minimum of 10 items)	Tel 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday Email foodforyourfutureenquiries@gmail.com	Abbeyview, Halbeath, Duloch, Brucefield & Touch (Dunfermline) Telephone registration only (Wednesday 1000-1400)
GrocerOnLine (Nisa Local Abbeyview), Dunfermline	Online local grocer	Tel 01383 733048 Facebook groceronlineabbeyview	Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas up to 3.5 miles from store Mon-Sat 1200-1600
RC Ferguson Florists	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	Tel 01383 733048	Dunfermline Area free delivery Card payments only
Gillespie Memorial Church Update (150623)	Café available to all; low cost lunches Tue & Thu; you do not have to be a church member	Tel 01383 621253	Dunfermline & Parish (out to Wellwood) Tue/Thu 1000-1300
Food Trolley, St Margaret's Church of Scotland	Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting	www.stmargscos.org.uk Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required)	Touch, Dunfermline Daily Food Trolley situated outside church (Abel Place)

Service:	Brief:	Contact/Links:	Other:
Broomhead & Baldrigeburn, Baldrigeburn Centre, Dunfermline Pantry	Free bag of shopping; must register first & collect from centre; a time slot will be allocated; delivery may be available for the those who are unable to attend the centre	To register: Tel 01383 432483	Dunfermline North & Central Residents Tue 1200-1300 collection slot allocated
Guardian Peace of Mind	Shopping delivery & gardening service within a 3-mile radius of Dunfermline (privately purchased service)	Tel 07462237437 ask for Zeek	Dunfermline & within 3-miles
Going Forth, SAMH Update (210421): Face-to-face from 260421 & will continue to offer online workshops for those preferring this	Tools for living workshops which aim to support individuals to improve & maintain their mental health & well-being; range of 2-hr units held over 14 weeks working on personal development & resilience; can self-refer or can be referred by partner agencies	www.samh.org.uk Tel 01383 623179 Email goingforth@samh.org.uk	Dunfermline-based Is free to attend for all Fife localities
Sam's Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS Update (060521): New time	Peer support team offering mental health & crisis support for anyone aged 16+; drop-in; no referral required	www.samsafe.org.uk Tel 07725214012 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk	Dunfermline (Fife-wide with enquiries or for those able to access) Thu/Sun 1200-2000
Walking & Talking Down the Halbeath Road, Pars Foundation Update (040521): Launched 150421	Walk & talk	Email enquiries@parsfoundation.co.uk	Dunfermline Thu 1000
Women in Mind Update (060721)	Peer support; confidential, safe, non-judgemental space to talk, share, offload; meet Tue 1900 at St Ninians, Allan Crescent	Tel 07724102975 Email womeninmindfife@gmail.com Facebook @womeninmindfife	Dunfermline Tue 1900

Service:	Brief:	Contact/Links:	Other:
Revive Wellbeing Café & Hub (Supported by Embracing Life), Vine Conference Centre Update (211123): 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	www.embracinglife.co.uk/revive/ Email info@embracinglife.co.uk Warm & Well Space booking: www.revivewarmandwell.eventbrite.co.uk Tel 01383 631005 Or pop in - The Vine, 131 Garvock Hill KY11 4JU	Dunfermline Café at the Vine Conference Centre (131 Garvock Hill) Wed 1530-1930 Free Warm & Well
Football Fans in Training (The Pars Foundation & SPFL Trust) Update (060122): Programme starts Mon 170122	Training programme which gives people the tools needed to be fitter, healthier and happier; Men's & Women's Group; free programme; register by email	www.spfltrust.org.uk Email iain@parsfoundation.co.uk to register	Dunfermline - Mon 170122 1800 Men's cohort 13 weeks, East End Park DAFC - Mon 170122 1845 Women's cohort 13 weeks, East End Park DAFC
Dunfermline Dynamos Walking Football Teams Update (270122): New Thu evening sessions from 030222	Non-contact, non-competitive football for the over 50s; regular sessions Wed 1000-1100; £25 joining fee (strip will be given) & £10 monthly subscription	www.walkingfootballscotland.org Email bobingono1@sky.com or cfirth1956@gmail.com Facebook @DunfermlineDynamos	Dunfermline - Wed 1000-1100 Pitreavie Sports & Soccer Centre - Thu 1900-2000 Pitreavie Sports & Soccer Centre (from 030222) Contact via Facebook £3 per session during Feb
Keep Kicking On (The Pars Foundation) Update (080222): New initiative for 16-25 from 310122	Positive mental health football programme aimed at males 16-25; play football in a relaxed environment & tackle stigma associated with mental health; post-match they offer space to speak, using football as the catalyst to improve physical & mental well-being; free	Email Eddie@dafc.co.uk to register	Dunfermline Mon 1800-1900 Queen Anne High School (indoor pitch)

Service:	Brief:	Contact/Links:	Other:
Feel Good Friday Update (170322): Commenced 110222	Arts & crafts, chat & healthy snack available during term time	Email feegoodfriday2021@gmail.com	Dunfermline Fri 1230-1430 St Ninian's Church, Abbeyview Donations welcomed
Bereavement Group, The Abbey Church of Dunfermline Update (250722)	Open to anyone who have been bereaved, and will offer tea, coffee & the opportunity to talk to others; offers a listening ear	www.dunfermlineabbey.com Meets: Dunfermline Abbey Church Halls, 6 Abbey Park Place, Dunfermline	Dunfermline Thu last monthly 1100-1230
Crossgates Welfare Group Warm Space Update (101122)	Free group for cuppa, chat & heat running from the Kirk Hall – donations welcome; table/activity space for children	Facebook Crossgates Welfare Group	Crossgates Tue 1030-1200 Kirk Hall
Warm Space Group St Ninians Church Update (171122): From 181122	Free warm space for all; refreshments, snacks & chat	Meets: St Ninians Church, Allan Crescent, Dunfermline	Dunfermline Fri 1100-1500 Free
Dunfermline North Parish Church Update (210323)	Local community hub	Meet: Golfdrum Street, Dunfermline KY12 8DG	Dunfermline ○ 1st Tue monthly 1830 Golfdrum Street Residents Group ○ Wed 1900-2100 Recovery Group ○ 3rd Thu monthly 1400-1600 Friendship Group ○ Fri 1530-1830 Starlet Dance Group ○ Sat Fortnightly 1000-1200 Golfdrum Community Garden Group ○ Sun 1100 Morning Worship followed by Tea/Coffee

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

South West Fife Locality

Service:	Brief:	Contact/Links:	Other:
Eats Rosyth & Rosyth Community Hub Update (270723): New monthly Book & Blether Group	Aim to grow & share food, reduce waste, help the environment & improve food education; offer Community Garden, Community Hub & Centenary Orchard; project encourages people to get involved in making the town (and world!) a better place	www.eatsrosyth.org.uk Tel 07782848705 Email info@eatsrosyth.org.uk Facebook	Rosyth Area ○ Mon-Fri 0900-1700 Community Hub, 115A Queensferry Road ○ Mon-Fri 1000-1400 Community Café ○ Thu 1700 Bite n' Blether ○ Wed last monthly 1030-1130 Book & Blether
Rosyth Community Garden (EATS Rosyth) Update (090821)	Just off Park Road & open to the public; significantly developed including an eco-toilet; wide range of produce growing in the garden shared with the local community; with enough volunteers they aim to plant more public spaces with food for the community so get in touch if you would like to be involved or have a potential growing space either at your own home or business; they support you in growing your own food at home whether this be a hand preparing a growing area, you need seeds, compost or some help getting started, or if you would just like some advice	www.eatsrosyth.org.uk/rosyth-community-garden/ Email info@eatsrosyth.org.uk Tel 07782 848705	Rosyth
Men's Issues Rosyth Update (050923): From 050923	Peer support network for men; weekly meetings; safe space; support group & counselling available	Tel 07437919925 Facebook Mens Issues Rosyth/Fife	Rosyth Parkgate Community Centre ○ Tue 1830-2000 ○ Fri 1100-1300

Service:	Brief:	Contact/Links:	Other:
Rosyth Centenary Orchard (EATS Rosyth) Update (090821)	Across from the Community Garden is the Centenary Orchard which includes a classroom, different project & beehives; The orchard acts as an important part of Rosyth's biodiversity; Get in touch if you'd like to be involved with our work in the orchard	www.eatsrosyth.org.uk/rosyth-centenary-orchard/ Email info@eatsrosyth.org.uk Tel 07782 848705	Rosyth
Louis Browns, Dalgety Bay Update: Preparing for reopening; covid response service will cease	Free Homemade Food/bread, milk, etc	Tel 07711987888 or 07935664846	Dalgety Bay Area Collection or delivery everyday between 1200-1400 for anyone
Food Pantry Club, Ballast Bank Community Centre (Inverkeithing)	Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre	www.inverkeithingtrust.co.uk/the-food-pantry.html Email inverkeithingtrust@gmail.com	Inverkeithing Thurs 1200-1400 (may close early depending upon food stocks)
The Pantry Club, Valleyfield Community Centre	Surplus food redistribution; £2 for 7 items	Facebook The Pantry Club Valleyfield Community Club	High Valleyfield ○ Tues 1715 collection ○ Wed Deliveries – Over 70s; key workers; people shielding/Covid symptoms; vulnerable
Grow West Fife Update (151123): 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	Facebook Grow West Fife	Based in Blair Castle by Culross ○ Fri 1000-1200 Lunch Club Free/donations ○ 1200-1600 (last items accepted for repair 1500) Repair Café

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

Contact Information:

Fife Forum

Unit 15

Crosshill Business Centre

Main Street

Crosshill

Fife KY5 8BJ

Tel 01592 643743

Email info@fifeforum.org.uk

Website www.fifeforum.org.uk

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