Staying Safe and Keeping Well

Useful telephone numbers and contact information for support services in Fife

Fife Adult Support & Protection
www.fife.gov.uk/adultprotection

2023 edition

www.fife.gov.uk/stayingsafekeepingwell
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BSL users can contact Fife Council via **ContactScotland-BSL**

[contactscotland-bsl.org](http://contactscotland-bsl.org)

In an emergency call video relay service 999 BSL
**Need help now?**

If you are in a crisis, or are worried about someone you know, help is available. You’re not alone. The best thing you can do is talk to someone. Call ‘Breathing Space’ or the ‘Samaritans’ on the numbers below or speak to someone you trust. **If it is an emergency, or you are in immediate danger, call 999. Don’t try to cope on your own.**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Protection Phone Line</strong></td>
<td>01383 602200</td>
</tr>
<tr>
<td>Call this number if you are worried because you or someone you know is being harmed or neglected. <strong>In an emergency call 999</strong></td>
<td></td>
</tr>
<tr>
<td><strong>SMS text service for people with a hearing loss</strong></td>
<td>07781 480 185</td>
</tr>
<tr>
<td>Sign up required for SMS or use translation service.</td>
<td></td>
</tr>
<tr>
<td><strong>Breathing Space</strong></td>
<td>0800 83 85 87</td>
</tr>
<tr>
<td>Mental health and wellbeing helpline. <strong>breathingspace.scot.org.uk</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Child Protection</strong></td>
<td>Police 101 or Social Work on 03451 55 15 03</td>
</tr>
<tr>
<td>If you consider a child(ren) or young person to be in IMMEDIATE danger, DO NOT wait, in an emergency call the Police on 999.</td>
<td></td>
</tr>
<tr>
<td><strong>Citizens Advice and Rights Fife (CARF)</strong></td>
<td>cabfife.org.uk</td>
</tr>
<tr>
<td><strong>CARF Text service for people with a hearing loss</strong></td>
<td>0787 2677 904</td>
</tr>
<tr>
<td><strong>Homeless Emergency Number - Free Phone</strong></td>
<td>0800 028 6231</td>
</tr>
<tr>
<td><strong>NHS 24</strong></td>
<td>111</td>
</tr>
<tr>
<td>Call NHS 24 if you are ill and it can’t wait until your GP surgery opens. This includes immediate mental health illness out with GP hours.</td>
<td></td>
</tr>
<tr>
<td><strong>Samaritans</strong></td>
<td>116 123</td>
</tr>
<tr>
<td><a href="mailto:jo@samaritans.org">jo@samaritans.org</a> (response time 24 hours) <strong><a href="http://www.samaritans.org">www.samaritans.org</a></strong></td>
<td></td>
</tr>
<tr>
<td>Their helpline is available 24 hours a day all through the year and it is free to call. They know that this is a difficult period for lots of people.</td>
<td></td>
</tr>
<tr>
<td><strong>Social Work Contact Centre</strong></td>
<td>(Open 9-5pm) 03451 55 15 03</td>
</tr>
<tr>
<td><strong>Social Work out of hours emergencies</strong></td>
<td>03451 55 00 99</td>
</tr>
</tbody>
</table>


About this booklet

This little booklet has one big message... you are important.

That’s exactly why so many services have contributed to this booklet from across Fife (from the Council workforce, Health and Social Care Partnership, organisations and the third sector, such as voluntary and community groups) to make up the content.

The shared aim is to make ‘Staying Safe and Keeping Well’ a relevant, free and handy source of information. It helps address a range of concerns that you might be experiencing – from finance to issues about health and wellbeing.

Perhaps you are looking for help under a section or several sections maybe even browsing on behalf of someone? Whatever the purpose for reading this booklet – the contributors want you to know help and support is on hand.

It’s OK in these uncertain times to reach out for support. Remember you are not on your own.

If you plan to visit any of the organisations mentioned in this booklet, please check first before you go.

The contents were correct at the time of preparing this booklet but please remember that this is a year long booklet so there may be changes. Once again, please check first before you go.

Help with the cost of living

Rising costs are making life especially difficult for many friends and family this winter. If you know someone who is finding it hard to make ends meet or struggling in other ways, please encourage them to reach out. They are not alone. We’re here to help and so are countless other people from all across Fife’s public services and voluntary organisations. Here you’ll find their contact details. Please, get in touch and encourage your friends and family too. That way we’ll help each other through this winter.
Don’t keep things to yourself

It’s ok not to feel ok. Try to recognise the signs that things are getting too much. Remember you are not alone. There is always someone who wants to listen and help. Talk to someone you trust. If you reach crisis point call one of the support numbers on page 3 of this booklet.

Don’t try to change anything big

Now is not the time to start a new diet, a new routine or make unrealistic resolutions. Don’t stretch yourself too far or overindulge. You can always try and change things for the better, but take small steps, not all at once. Let go of some of the things you can’t control and try to focus on what’s most important for that day.

Don’t forget to look after yourself

Try to keep to a routine. Do things that help you look after your mental health and that keep you comfortable, safe and happy. Try to eat healthy meals and get enough sleep. Stay active if you can. Try to get out for a daily walk – it’s important to get fresh air even if it’s a walk around your garden or up and down your street.

Don’t forget to have time for yourself

Give yourself a break and don’t be too hard on yourself. Take some time to relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you. If you are a regular user of social media, try to take a break from it. Visit onfife.com for details of places you may be able to escape to between Christmas and New Year.
Help with... the cost of living

For useful information, advice, help with benefits, energy bills and food go to: our.fife.scot/gethelp

Use the free and confidential benefits calculator to receive an estimate of the entitlements you could be getting. Don’t miss out - claim what’s yours.

Unable to access information online? Call our Community Support Line 0800 952 0330 (Mon-Fri, 9am-5pm)
Help with money

Increase your income

You may be missing out on income you’re entitled to. It’s always worth checking and this can be done online or you can arrange an appointment to speak with someone.

There’s a whole host of other advice online around benefits, support services, support grants and helping your money go further.

our.fife.scot/gethelp/money

EntitledTo Benefits checker fife.entitledto.co.uk
Use this free and confidential Benefits Calculator provided by www. EntitledTo to find out what extra money you can claim. Enter your details and you’ll receive an estimate of the entitlements you could miss. Even if you already receive some benefits it’s worth checking.

Christians Against Poverty 0800 328 0006 capuk.org

Free one to one debt support by 2 centres (covering postcodes KY1-5 and KY11-13. Use free phone number to check opening days etc)

Citizens Advice and Rights Fife (CARF) CABFife.org.uk

Macmillan Fife Welfare Benefits Partnership 0345 1400 091
Help with coping with the cost of living with cancer

Money Advice Unit 0345 1400 094
Welfare Benefits Advice 0345 1400 092

Crisis and Community Care Grants fife.gov.uk/welfarefund

Disabilities Fife dfscot.com/money
Are you a person with disabilities who needs help with money? Visit the website for help and advice.

Fife Credit Unions 01592 725233 fifecreditunions.org.uk
## Help with money

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Details</th>
</tr>
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<tbody>
<tr>
<td>National Debtline</td>
<td>0808 808 4000</td>
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<tr>
<td></td>
<td>nationaldebtline.org/Scotland</td>
</tr>
<tr>
<td>Scottish Welfare Fund</td>
<td>0300 555 0265</td>
</tr>
<tr>
<td>Tax Credit Helpline</td>
<td>0345 300 3900</td>
</tr>
<tr>
<td>Universal Credit Freephone</td>
<td>0800 328 5644</td>
</tr>
</tbody>
</table>

### Financial Abuse and Scams

Scammers will be hoping to exploit the current Cost of Living crisis by preying on people who may be vulnerable because they are worrying about their finances. This means you have to be even more vigilant to keep your money safe and not let it fall into the hands of criminals. Here are helpful websites and pointers to avoid being scammed.

- **Advice Direct Scotland (ADS)**
  - 0808 164 6000
  - To report scams or get help and advice. consumeradvice.scot

- **Rogue Traders/Doorstep Callers**
  - If you feel uncomfortable or suspicious about a cold caller in your local area, **phone Police Scotland on 101, or 999 in an emergency** or use on-line form: www.scotland.police.uk/contact-us

- **Fife Trading Standards**
  - Trading.Standards@fife.gov.uk

- **Fife Trusted Trader**
  - 0333 444 0185
  - Find reliable and vetted local tradespeople: trustedtrader.scot/Fife

- **Friends Against Scam**
  - friendsagainstscam.org.uk

Online training and national initiatives
Shut Out Scammers

Only let somebody into your home if you know who they are.

• Be wary if someone turns up unexpectedly. If in doubt, don’t answer the door.
• Check their identity card. Close the door and phone the organisation to confirm their identity if you are unsure.
• Don’t feel embarrassed to ask questions about their identity - genuine callers will expect you to be careful.
• A trusted organisation will never ask for your financial or personal details over the phone or in an email.
• Don’t be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.

Citizens Advice Scotland  www.citizensadvice.org.uk
Use their online scams helper to find out more.

Trading Standards Scotland  www.tsscot.co.uk/news/scam-share
Learn about the latest scams

Don’t miss out - claim what’s yours

For advice on benefits, help with bills and support with the cost of living go to: our.fife.scot/gethelp/money

Unable to access information online or need more assistance, call our Community Support Line 0800 952 0330 (Mon-Fri, 9am-5pm)
Help with housing, home energy and household bills

The cost to heat our homes is becoming increasingly challenging. Advice and support is available to help keep warm this winter, as well as support if you are struggling with your rent and other household bills.

[our.fife.scot/gethelp/home]

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Homeless Emergency Number (free)</td>
<td>0800 028 6231</td>
<td>[our.fife.scot/gethelp/home]</td>
</tr>
<tr>
<td>If you are homeless or about to be made homeless, please call.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>If you are fleeing domestic abuse and have been made homeless</td>
<td></td>
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<tr>
<td>call our out of hours number 03451 55 00 99</td>
<td></td>
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</tr>
<tr>
<td>Care and Repair Service</td>
<td>01592 632 592</td>
<td></td>
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<tr>
<td>Help with household repairs and maintenance. Available to</td>
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<tr>
<td>homeowners over 60 or homeowners over 50 who are registered</td>
<td></td>
<td></td>
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<tr>
<td>disabled or in receipt of benefits.</td>
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<td></td>
</tr>
<tr>
<td>Disabled Person’s Housing and Self-Directed Support Service Fife</td>
<td>01592 803 280</td>
<td>dphsfife.org.uk</td>
</tr>
<tr>
<td>Fife Cares</td>
<td>03451 55 15 03</td>
<td>fife.gov.uk/safetyvisit</td>
</tr>
<tr>
<td>Free home safety visits for families with children under 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>years and also vulnerable adults. Free home security visits</td>
<td></td>
<td></td>
</tr>
<tr>
<td>for people who have suffered domestic abuse.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fife Community Safety Support Service</td>
<td>01592 641 618</td>
<td>info@<a href="mailto:fife@sacro.org.uk">fife@sacro.org.uk</a></td>
</tr>
<tr>
<td>Fife Council Housing Information &amp; Advice</td>
<td>03451 55 00 33</td>
<td></td>
</tr>
<tr>
<td>Fife Council Out of Hours Emergencies</td>
<td>03451 55 00 99</td>
<td></td>
</tr>
<tr>
<td>Open 24/7 over Festive period.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fife Council Repairs Centre</td>
<td>03451 55 00 11</td>
<td>fife.gov.uk/housingrepairs</td>
</tr>
<tr>
<td>Please report routine repairs online</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fife Council Tenancy Assistance</strong></td>
<td><strong>03451 55 00 33</strong></td>
<td></td>
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<tr>
<td>----------------------------------</td>
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<td></td>
</tr>
<tr>
<td>Contact your Housing Management Officer for help with your Fife Council tenancy.</td>
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<table>
<thead>
<tr>
<th><strong>Fife Housing Register</strong></th>
<th><strong>fifehousingregister.org.uk</strong></th>
</tr>
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<tbody>
<tr>
<td>Information regarding housing options and housing advice.</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th><strong>Fife Private Rental Solutions (FPRS)</strong></th>
<th><strong>01592 201849</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:info@fprs.co.uk">info@fprs.co.uk</a></td>
<td>Fife’s private rented sector advice hub, offering advice, guidance and support on all things private rented. Assistance for tenants, landlords and letting agents to sustain accommodation in the private sector.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Fife Law Centre</strong></th>
<th><strong>01592 786710</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:info@fifelawcentre.co.uk">info@fifelawcentre.co.uk</a></td>
<td>Fife Law Centre is a charity with a team of solicitors providing free legal guidance and possible representation for residents of Fife, in all aspects of housing and related matters.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Frontline Fife</strong></th>
<th><strong>01592 800 430</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:info@frontlinefife.co.uk">info@frontlinefife.co.uk</a></td>
<td>Provide housing advice and support to people to help them to sustain their home and prevent homelessness.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Furniture Plus Customer Services (Dysart)</strong></th>
<th><strong>01592 654546</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>A Fife wide charity offering a free collection service, Goodwill Scheme and referrals. Dunfermline and Dysart stores open to the public.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Penumbra</strong></th>
<th><strong>07876258721</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:fife.sls@penumbra.org.uk">fife.sls@penumbra.org.uk</a></td>
<td>Short term housing support service team offer practical and emotional support to people in their own homes and cover the Dunfermline and west of Fife. Community drop in sessions every Wednesday 2–4pm at 89 New Row, Dunfermline, KY12 7DZ.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Shelter Scotland free helpline</strong></th>
<th><strong>0808 800 4444</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>shelter.scot.org.uk</td>
<td>Practical advice on urgent housing matters</td>
</tr>
</tbody>
</table>
Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service offers a **FREE** Home Fire Safety Visit. We will come to your home at a time that suits you to give advice, help spot fire hazards and cover what to do in the event of a fire. Smoke and heat detectors might be fitted as part of the visit depending on existing alarms and home ownership.

For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

[www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit](http://www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit)

No access to the internet? It’s easy to arrange a visit by calling **0800 0731 999** or just Text “**FIRE**” to **80800** from your mobile phone.

Information on the New Alarm Standard, which came into effect in February 2022, can be found using the QR Code. Just open the camera on your phone and fit the QR code onto the screen. A link to the Scottish Government information will pop up. Alternatively, visit Fire and smoke alarms: changes to the law:

Home Energy

Power cuts and safety helpline

105
powercut105.com

Heating advice

www.fife.gov.uk/heatingadvice

When it comes to energy and heating your home, there’s endless advice and information available which can be overwhelming. Here you will find the most common issues and advice.

Prepayment Meters

Emergency Fuel Top Up

If you run out of money on your meter or used your emergency credit and cannot afford to top-up, please contact your energy supplier for immediate assistance.

If you’re a Fife Council tenant, contact your housing management officer or nearest local office for help and advice.

If you are living in temporary accommodation, speak to your temporary accommodation management officer.

The Scottish Welfare Fund provides a safety net for vulnerable people on low incomes by providing community care grants and crisis grants. These awards are not loans, so you do not need to pay it back. The grants are designed to help people who are on a low income, so you can apply even if you do not claim benefits. For more information visit www.fife.gov.uk/welfarefund

If none of these are possible, Cosy Kingdom may also be able to help. If you’re having difficulty topping up your meter due to mobility or issues in your personal life, please contact them for advice.
Cosy Kingdom is a free and impartial home energy and utility debt advice service available to anyone living within Fife. Our Energy Advisors can provide practical, tailored energy advice by telephone or through a home visit.

To arrange an appointment with an energy advisor please contact us on the details below.

Some of the things we can help with include:

• Help with bills, tariffs, meters and energy suppliers
• Help to understand your heating controls, get more out of your appliances and to keep warm in the home.
• Advice on energy efficiency measures and funding for home energy efficiency improvements.
• Checking eligibility for any grants and discounts that may be available to help you pay your bills.
• Support to deal with fuel debt and self-disconnection from prepayment meters.

Call: 01592 807930
Text: ‘Cosy’ and your name to 88440
Email: info@cosykingdom.org.uk
Visit: www.cosykingdom.org.uk
Social Media @CosyKingdom
Closed from 3pm 22 December. Open 10am 3 January 2024
### Energy suppliers

<table>
<thead>
<tr>
<th>Company</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boost</td>
<td>0330 102 7517</td>
<td><a href="http://www.boostpower.co.uk">www.boostpower.co.uk</a></td>
</tr>
<tr>
<td>British Gas</td>
<td>0333 202 9802</td>
<td><a href="http://www.britishgas.co.uk">www.britishgas.co.uk</a></td>
</tr>
<tr>
<td>EDF</td>
<td>0333 200 5100</td>
<td><a href="http://www.edfenergy.com">www.edfenergy.com</a></td>
</tr>
<tr>
<td>E-Energy</td>
<td>0333 103 9575</td>
<td><a href="http://www.e.org">www.e.org</a></td>
</tr>
<tr>
<td>E.ON Next</td>
<td>0808 501 5200</td>
<td><a href="http://www.eonnext.com">www.eonnext.com</a></td>
</tr>
<tr>
<td>Octopus Energy</td>
<td>0808 164 1088</td>
<td><a href="http://octopus.energy">octopus.energy</a></td>
</tr>
<tr>
<td>Scottish Power</td>
<td>0800 027 0072</td>
<td><a href="http://www.scottishpower.com">www.scottishpower.com</a></td>
</tr>
<tr>
<td>SSE</td>
<td>0345 026 2658</td>
<td><a href="http://www.sse.com">www.sse.com</a></td>
</tr>
<tr>
<td>Utilita</td>
<td>0330 333 7442</td>
<td><a href="http://www.utilita.co.uk">www.utilita.co.uk</a></td>
</tr>
</tbody>
</table>

**Financial and practical advice if you are struggling with rising energy costs**

For advice on benefits, help with bills and support with the cost of living go to: [our.fife.scot/gethelp/bills](http://our.fife.scot/gethelp/bills)

Unable to access information online or need more assistance, call our **Community Support Line**

**0800 952 0330** (Mon-Fri, 9am-5pm)
Help with food

Food is essential and nobody in our community should go hungry. Fife has some amazing community cafes, community fridges, and pantries offering low cost meals and food items. The warm, welcoming environment is also a good opportunity to get out and meet people. A list of community cafes and food providers can be found online here: our.fife.scot/gethelp/food

People can go hungry for many different reasons: for example, from redundancy to getting an unexpected bill when on a low income. Anyone finding themselves in such a crisis can visit a foodbank for short term access to emergency food and support.

Foodbanks are non-profit organisations that receive publicly donated food which is then sorted by volunteers and distributed as food parcels.

Customers in crisis may be referred to a foodbank by:

- Social Worker
- Community Education Workers
- Welfare Support Workers
- Housing Officer
- Fife Council’s Welfare Fund team tel. 0300 555 0265
- Citizens Advice & Rights Fife tel. 0345 1400 095 or visit cabfife.org.uk
- Some GPs and health visitors can also refer you.

Café Inc is a free lunch club for families during school holiday periods from school dining halls or community centres.

The offer from the Council is to provide a lunch time provision that encourages families to enjoy a lunch together. Packed lunches are also available at some venues.

www.fife.gov.uk/cafeinc
City of Dunfermline

Community Cafés

**Liberty Church**  
Pitreavie Way, Pitreavie Business Park, Dunfermline, KY11 8QS  
[office@libertychurch.co.uk](mailto:office@libertychurch.co.uk)  
[www.libertychurch.co.uk](http://www.libertychurch.co.uk)  
Opening hours: Wednesdays 6pm to 7.15pm and 1st & 3rd Thurs of the month 1pm to 3.30pm. Free

**Link Church**  
Link Church, 39 Priory Lane, Dunfermline, KY12 7DU  
[info@linkchurch.org.uk](mailto:info@linkchurch.org.uk)  
[www.linkchurch.org.uk](http://www.linkchurch.org.uk)  
Opening hours: Mondays 11.30am-2.00pm. Free

**Open House Café**  
Gillespie Memorial Church, Chapel Street, Dunfermline  
[gillespiechurch.org](http://gillespiechurch.org)  
Opening hours: Tuesdays and Thursdays 10am to 1pm

**Revive Wellbeing Hub @ The Vine**  
131 Garvock Hill, Dunfermline, KY11 7HZ  
[tim@vineconference.co.uk](mailto:tim@vineconference.co.uk)  
[revivewarmandwell.eventbrite.co.uk](http://revivewarmandwell.eventbrite.co.uk)  
Opening hours: Wednesday 5pm to 8.30pm. Free

**Viewfield Baptist Church**  
Viewfield Centre, Dunfermline, KY12 7HZ  
[dropin@viewfield.org.uk](mailto:dropin@viewfield.org.uk)  
[www.viewfield.org.uk](http://www.viewfield.org.uk)  
Opening hours: Tuesday 12pm to 3pm. Free, donations welcome

Community Support Line  
0800 952 0330  
Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)
Community Fridge/Food Bank

Baldridgeburn Pantry 01383 724751
Baldridgeburn Community Centre, Dunfermline, KY12 9EH
cld.dunfermline@fife.gov.uk
Opening hours: Tuesday 13:00 to 15:00 Café - from 12.30pm to 1.30pm
Pantry - from 1.00pm to 2.30pm. Donation of £2 or what can be afforded

Dunfermline Food Bank
Liberty Centre, Pitreavie Business Park, Dunfermline, KY11 8QS
www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/
Opening hours: Mon, Wed & Fri 4pm to 6pm

Food For Your Future Pantry 07730 809375
Touch Community Centre, 30 Mercer Pl, Dunfermline, KY11 4UG
www.facebook.com/foodforyourfuture
Call 07730809375 on a Wednesday to register between 10am & 1pm.
You will be given a time slot to collect your bag From Touch Community Centre on the Thursday. £2.50 donation

Low Cost Hot Meals

Gillespie Memorial Church 01383 621253
Gillespie Centre, Chapel Street, Dunfermline, KY12 7AW
minister@gillespiechurch.org
Opening hours: Mon & Thurs 10am to 2pm. Donation

St Andrew’s Erskine Church 01383 841660
Robertson Road, Dunfermline, KY12 0BF
info@standrewserskine.org.uk standrewserskine.org.uk
Opening hours: Friday 10am to 2pm. Free
Help with food

St Margarets RC Memorial Church 01383 625611
East Port, Dunfermline KY12 7JB
stmargaretsdunfermline.co.uk
Opening hours: Mon 12pm to 4pm  Free

St Ninians Parish Church 01383 623187
1 Allan Crescent, Dunfermline, KY11 4HE
www.stniniansdunfermline.org
Opening hours: Friday 11am to 3pm. Free

Soup@12 01383 739026
Abbey Church Halls, 6 Abbey Park Place, Dunfermline KY12 7PT
www.dunfermlineabbey.co.uk
Opening hours: First Monday of every month from 12pm to 1.30pm. £3 or donation

Cowdenbeath Area
Community Cafés

Lo’gelly Lunches
Town Hall, Bank St, Lochgelly, KY5 9RE
www.facebook.com/Logelly-Lunches-359811728217548/
Opening hours: Community Café open every Tuesday 11am to 1pm
Community Larder open every Friday 10am to 1pm. Free

Max’s Light Bites
Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD
Opening hours: Monday 1pm to 2.30pm. Free
<table>
<thead>
<tr>
<th>Help with food</th>
</tr>
</thead>
</table>
| **Oor Wee Café** | 07563 380176  
Kelty Community Centre, Main Street, Kelty, KY4 0AQ  
oorweecafe@yahoo.com  
www.facebook.com/OorWeeCafe  
Opening hours: Tuesday 11:30am to 1pm. Donation |
| **Community Fridge/Food Bank** |
| **Benarty Food Bank** | 07580 231286  
BRAG Centre, Main Street, Crosshill, Lochgelly, KY5 8BJ  
www.trusselltrust.org/get-help/find-a-foodbank/dunfermline  
Opening hours: Monday, Wednesday and Friday 4pm to 6pm. Free |
| **Cardenden Community Fridge**  
Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW  
Opening hours: Monday 1pm to 3pm and Friday 2pm to 4pm. Free |
| **Cowdenbeath Food Bank** | 07580 231286  
Fountain Meeting Rooms, Broad Street, Cowdenbeath, KY4 8JA  
www.trusselltrust.org/get-help/find-a-foodbank/dunfermline  
Opening hours: Tues & Thurs 4pm to 6pm. Free |
| **MAX’s Meals**  
Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD  
Opening hours: Thursday from 12pm -1pm. Free |
| **Salvation Army** | 01383 513384 or 07741 906029  
Stenhouse Street, Cowdenbeath, KY4 9DD  
cowdenbeath@salvationarmy.org.uk  
Opening hours: drop in facility on a Tuesday between 10am to 12pm. Free |
Help with food

The Clearing  07802 414418
239 High Street, Cowdenbeath, KY4 9QF
www.facebook.com/streetpastorbase
Opening hours: Call on Tuesdays, Wednesdays and Thursdays between 10am and 1pm to arrange a time for collection. Free

The Pantry @BRAG
Crosshill Community Enterprise Centre, Main Street, Crosshill, KY5 8BJ
www.facebook.com/bragenterprises
Opening hours: Thursday 1pm - 3pm. £3

Glenrothes Area

Community Cafés

Colly Café, 89th North Glen Scout Group
Collydean Community Centre, Torphins Ave, Glenrothes, KY7 6UL
www.facebook.com/collydeancommunitycentre
Opening hours: 9am to 3pm, Monday to Friday, Saturday 10 to 12pm Donation if it can be afforded

Community Fridge/Food Bank

Glenrothes Community Sports & Health Hub
Glenrothes Cricket Club, Pitcoudie Ave, Glenrothes, KY7 6RB
www.facebook.com/GlenrothesCommunitySportsHealthHub
Opening hours: 2pm to 4pm on Wednesdays and 5pm to 6pm on Fridays Free

Glenrothes Food Bank  01592 631088
Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ
glenrothes.foodbank.org.uk
Opening hours: Mon and Fri 12pm to 3pm, Tue 11am to 1pm & Wed 1pm to 5pm. Free
### Help with food

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Opening Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Glenrothes Foodbank at Auchmuty</strong></td>
<td>01592 631088</td>
<td>107 Alexander Road, Glenrothes, KY7 4DZ&lt;br&gt;glenrothes.foodbank.org.uk&lt;br&gt;Opening hours: Saturday 10am to 12pm. Free</td>
</tr>
<tr>
<td><strong>Leslie Community Pantry</strong></td>
<td>07730 789255</td>
<td>Quarry Park Pavilion, Back Braes, Leslie, KY6 3EZ&lt;br&gt;www.facebook.com/lesliecommunitypantry&lt;br&gt;Opening hours: Monday to Thursday 10am until 3pm, Friday 10am to 1pm. Free</td>
</tr>
<tr>
<td><strong>Peace N Jam</strong></td>
<td>01592 754206</td>
<td>St. Luke’s Scottish Episcopal Church, Glenrothes, KY7 4BL&lt;br&gt;www.facebook.com/peacenjamproject&lt;br&gt;Opening hours: Tuesdays 12pm to 2.30pm. Thursdays 10am to 1.30pm. Free</td>
</tr>
</tbody>
</table>

### Kirkcaldy Area

<table>
<thead>
<tr>
<th>Service</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Community Fridge/Food Bank</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Greener Kirkcaldy Community Fridge</strong></td>
<td>01592 858458</td>
<td>8 East Fergus Place, Kirkcaldy, KY1 1XT&lt;br&gt;www.greenerkirkcaldy.org.uk&lt;br&gt;Opening hours: Thursday 3pm to 4.30pm Friday 9.30am to 4.30pm Free or donation</td>
</tr>
<tr>
<td><strong>Nourish Support Centre</strong></td>
<td>01592 653639</td>
<td>Community Hub, Mercat Shopping Centre, High St, Kirkcaldy, KY1 1NJ&lt;br&gt;www.facebook.com/nourishsupport&lt;br&gt;Opening hours: Tues, Wed, Thursday 10am to 2pm. £4.00 suggested donation</td>
</tr>
</tbody>
</table>
Help with food

Nourish Support Centre
Elizabeth House, Barclay Court, Kirkcaldy, KY1 3WE
www.facebook.com/nourishsupport
Opening hours: Tues, Wed and Thursday. £4.00 suggested donation

Kirkcaldy Food Banks
• Viewforth Hub Viewforth Church Hall, Viewforth Terrace, Kirkcaldy, KY1 3BW
  Opening hours: Mon/Thur 10am to 3pm, Tuesday 10am to 1pm, Wed 10am to 1pm. Free
• Burntisland Salvation Army Hall, 40 Lonsdale Crescent, Burntisland, KY3 0BN
  Opening hours: Tue & Fri 12pm to 2pm. Free
• New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT
  Opening hours: Mon/Wed/Fri 10am to 12.30pm. Free
• Link Living Westbridge Mill, Bridge Street, Kirkcaldy, KY1 1TE
  Opening hours: Mon to Fri 9:30am to 4pm. Free
• Linton Lane Centre, Linton Lane, Kirkcaldy, KY2 6LF
  Opening hours: Mon to Fri 10am to 12:30pm. Free

Low Cost Hot Meals

Greener Kirkcaldy Community Meals
8 East Fergus Place, Kirkcaldy, KY1 1XT
www.greenerkirkcaldy.org.uk
Opening hours: Opening hours: Wednesdays 4.30pm & 5.30pm. Free or donation

Hosting Hope
Linton Lane Community Centre, Linton Lane, Kirkcaldy, KY2 6LF
Opening hours: Last Sunday of every month from 12.30am to 2pm. Free or donation
Levenmouth Area

Community Cafés

Safe Haven Café
Buckhaven Baptist Church, College Street, Buckhaven. Free/donation

Community Fridge/Food Bank

Levenmouth Food Bank 01333 439202
Methil Evangelical Church, Bowling Green Street, Methil, KY8 3DH levenmouth.foodbank.org.uk
Opening hours: Food parcels are fulfilled by referral only, with appointments offered for pick up on Monday and Friday from 3.30pm. Free

The Open Door 07715 506712
St Kenneths Church, Church Hall, Cupar Road, Kennoway
Opening hours: Wednesday 5pm to 7pm Free or donation

North East Fife Area

Community Fridge/Food Bank

Colinsburgh Community Café & Food Hub
Colinsburgh Town Hall, 2 Main Street, Colinsburgh KY9 1LN www.facebook.com/groups/collinsburghcommunitycafeandfoodhub
Opening hours: Café and Surplus food: Tuesday 10.30am to 12pm. Surplus food only: Friday 6.00pm to 6.30pm. Check on Facebook as times can vary week to week. Free or donation
<table>
<thead>
<tr>
<th>Community Fridge</th>
<th>Address</th>
<th>Website</th>
<th>Opening Hours</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cupar Community Fridge</td>
<td>County Buildings, St Catherine’s Street, Cupar, KY15 4TA</td>
<td><a href="http://www.facebook.com/OurNEF">www.facebook.com/OurNEF</a></td>
<td>Tuesdays 11am to 12pm. Free</td>
<td></td>
</tr>
<tr>
<td>East Neuk Eats! Anstruther Community Fridge</td>
<td>East Neuk Centre, Ladywalk, Anstruther, KY10 3EX</td>
<td>facebook.com/eastneukcentre.trust</td>
<td>Café: Thursdays from 12.30pm to 2pm Community Fridge: Thursdays from 1pm to 3pm. Free or donation</td>
<td></td>
</tr>
<tr>
<td>Leuchars Larder</td>
<td>Leuchars Primary School, 18 Pitlethie Road, Leuchars, KY16 0EZ</td>
<td><a href="http://www.facebook.com/LeucharsPS">www.facebook.com/LeucharsPS</a></td>
<td>Fridays 2pm to 3pm. Free</td>
<td></td>
</tr>
<tr>
<td>Lumsden Larder</td>
<td>Lunsden Hall, High Street, Freuchie, KY15 7EX</td>
<td>facebook.com/Freuchie</td>
<td>Monday to Friday from 8am to 4pm Open Saturday and Sunday but no set hours, check social media for updates. (self service). Free</td>
<td></td>
</tr>
<tr>
<td>St Andrews Community Fridge</td>
<td>St David’s Centre, St Andrews KY16 8BP</td>
<td><a href="http://www.facebook.com/CommunityHubNEF">www.facebook.com/CommunityHubNEF</a></td>
<td>Opening Hours: Monthly to Friday from 10am to 3pm. Free</td>
<td></td>
</tr>
<tr>
<td>St Monans Community Food Larder</td>
<td>St Monans Town Hall, Hope Place, St Monans, KY10 2DH</td>
<td><a href="http://www.facebook.com/St-Monans-Community-Food-Larder-107623251950939">www.facebook.com/St-Monans-Community-Food-Larder-107623251950939</a></td>
<td>Friday 12opm to 2.30pm £2 to access larder</td>
<td></td>
</tr>
</tbody>
</table>
Help with food

**Tayport Community Fridge** 07486 893215
Larick Centre, Shanwell Road, Tayport, DD6 9EA
[www.facebook.com/tayportcommunityfridge/](http://www.facebook.com/tayportcommunityfridge/)
Opening hours: Fridays 3pm to 4pm. Free or donation

**Cupar Food Bank** 07474 453153
21 St Catherine Street, Cupar, KY15 4TA
[cupar.foodbank.org.uk](http://cupar.foodbank.org.uk)
Opening hours: Monday 11am to 3pm, Wednesday 4pm to 6pm, Friday 11am to 3pm and 5pm to 6pm. Free

**East Neuk Food Bank** 01333 310156
Anstruther Church, Burial Brae/School Green, Anstruther, KY10 3HF
[www.facebook.com/eastneukfoodbank/](http://www.facebook.com/eastneukfoodbank/)
Opening hours: Tuesdays 12pm to 4pm Thursdays 4pm to 6pm. Free

**Newburgh Food Bank** 01337 840709
Tayside Institute Community Centre, 90-92 High Street, Newburgh, KY14 6DA
[www.facebook.com/taysideinstitute](http://www.facebook.com/taysideinstitute)
Opening hours: Monday 10am to 11am, Thursday 5pm to 6pm. Free

**Storehouse Food Bank** 01334 845985
St David’s Centre, 23 Albany Park, St Andrews, KY16 8BP
[www.storehousestandrews.com](http://www.storehousestandrews.com) [facebook.com/storehousestandrews](http://facebook.com/storehousestandrews)
Opening hours: Tuesdays 11am to 1pm. Free

**Taybridgehead Food Bank** 07840 957039
Wormit Parish Church, 52 Riverside Road, Wormit DD6 8LL
[taybridgeheadfoodbank.org.uk](http://taybridgeheadfoodbank.org.uk)
Opening hours: All parcels are delivered on a Wednesday afternoon. Any request for an emergency parcel is dealt with immediately. Free
Help with food

Auchtermuchty Foodbank
Auchtermuchty Community Centre, 1 Distillery Street, Auchtermuchty KY14 7BY
www.facebook.com/groups/auchtermuchtycommunitycentre
Opening hours: Drop in or contact via facebook during office hours: Mon & Wed 9.30am to 2.30pm, Fri 11.30am to 2.30pm. Free

ENeRGI (East Neuk Recovery Group Initiative) 01333 730477
32 East Street, St Monans KY10 2AT
www.energi.org.uk
Opening hours: Contact to arrange. Free

Social Café 07921 288423
County Buildings, St Catherine’s Street, Cupar, KY15 4TA
Opening hours: Friday 10am to 12pm. Free

South & West Fife Area

Community Cafés

Grow West Fife Community Meal www.growwestfife.org
Grow West Fife Walled Garden Blair Castle (Carlow Home) Culross, Fife, KY12 8J. Free

Chill and Chat 01383 411381
North Queensferry Community Complex, Brock Street, Queen Margaret’s Playfing Fields, North Queensferry, KY11 1JD
www.nqcommunitycomplex.org.uk
Opening hours: Friday 4.30pm to 5.30pm. Low cost
Community Fridge/Food Bank

Community Shop & Café ‘Food for Thought’ (Inverkeithing Trust)
Ballast Bank Community Centre, Preston Crescent, Inverkeithing, KY11 1DS
Opening hours: Wednesdays 9.30am to 11.30am. £4 per bag or donation

Saline and Steelend Fabulous Food Pantry 01383 853762
Saline Community Centre, 13 Main Street, Saline, Dunfermline, KY12 9TL
Opening hours: Wednesdays 12pm to 2pm. £4 donation

The Food Hub 01259 730997
Kincardine Community Centre, Anderson Lane, Kincardine FK10 4SF
www.facebook.com/KincardineCA
Opening hours: Food Hub Tuesday 5.30pm to 7pm and Wednesday 11am to 12pm, Coffee & Blether Wednesday 1pm to 3pm. £4 donation

Tower Pantry
Oakley Community Centre, Station Road, Oakley, Dunfermline, KY12 9QF
Opening hours: Wednesday from 12pm to 2pm but, finishes when food is gone. It goes quickly. Minimum £3.00 donation

Valleyfield Community Club Pantry
Kinloss Court, Valleyfield, KY12 8RT
Opening hours: Tuesday 2pm to 3pm. £2.00 per bag surplus food

EATS Rosyth Community Hub 01383 341260
115a Queensferry Road, Rosyth, KY11 2PS
www.facebook.com/rosythcommunityhub
Opening hours: Living room café Monday - Friday 10am to 2pm; Larder available Monday to Friday 10am to 4pm. Community meals 5pm to 7pm. Free or by donation
Help with food

**Inverkeithing Food Bank**
The Friary (next to the Civic Centre), Queen Street, Inverkeithing, KY11 1LS
dunfermline.foodbank.org.uk
Opening hours: Tuesdays and Thursdays 4pm to 6 pm. Free

**Rosyth Food Bank**
Parish Church, Queensferry Road, Rosyth, KY11 2PQ
dunfermline.foodbank.org.uk
Opening hours: Mondays, Wednesdays and Fridays 4pm to 6 pm. Free

**Canary Canteen**
Valleyfield Community Club, Kinloss Court, Valleyfield, KY12 8RT
www.facebook.com/valleyfieldclub
Opening hours: Monday to Friday 9.30am to 2pm. Donation

**Castle Community Cafe**
Blairhall Community Centre, 10-12 Wilson St, Blairhall
www.facebook.com/Castle-community-cafe-581797062194993
Opening hours: Thursdays 11.30am to 1.30pm. Low cost

**Rosyth Parish Church**
Rosyth Parish Church, 82a Queensferry Road, Rosyth KY11 2PQ
Opening hours: Friday 12pm to 2.30pm. Free or donation

**Advice and support if you are struggling with food costs**
our.fife.scot/gethelp/food
Unable to access information online or need more assistance, call our **Community Support Line**
0800 952 0330 (Mon-Fri, 9am-5pm)
The ‘To Do’ list

Do have YOUR version of Christmas

Who says you have to do it the way it’s always been done? Try to plan the Christmas you feel will give you the most enjoyment.

Do look after your health

If you’ve overdone it on the festive food and drink, try and go for a walk the next day. A walk gives you an excuse to get away from the festivities and out of the house for some “you” time, as well as shake the cobwebs away. To help you keep well over Christmas and the New Year, remember to order enough of any prescription medicines you will need and make sure you have other off-the-shelf remedies you might need e.g. “headache tablets”.

Do plan a special treat or a day out after Christmas

It doesn’t have to be something that costs a lot of money - it could just be a day out to the Christmas lights or a walk in the park. It can help take the focus away from one big day of celebration and the let down feeling that can come after it.

Do be kind to yourself

Don’t expect everything to be perfect. The most important thing is to have fun and spend time with people you want to be with. Get better at delegating and making sure that everyone helps on the day. Get into a pattern that keeps you well before the holidays start - like going for a walk each day and eating well.

Do make sure you have enough things you need to stay healthy and well

Make sure you have enough food in to last you over the days when the shops are shut. If you’ve got food at home and are looking after yourself, it’s easier to cope with all the other hassles and temptations.

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Families

Family tensions can feel overwhelming at this festive time of year.

- Try to get a balance between time with family/friends and ‘me time’.
- Have an ‘escape plan’ like making a phone call to a friend.
- Make sure you have time to yourself and time to recuperate.

Contact (for families with disabled children)  07458 046 071
scotland.office@contact.org.uk

Contact Scotland aims to help you source the right information for you and your family, from early years through to transitions into adult life.

Families First  familiesfirststandrews.org.uk/family-support
enquiries@familiesfirststandrews.org.uk  01334 208086

A very small independent charity working with children 5-16 years and their families who face a range of challenges in life living in NE Fife. eg ASD, MH, parent/carer responsibilities

Families Outside helpline  0800 254 0088

For families affected by imprisonment in Scotland.
Provides info and support e.g. housing, finance, emotional support, detailed knowledge of the justice system and prison procedures, access to community services etc.

Fife Families Information Service  01592 583146
www.fathersnetwork.org.uk/fifefamilies

Fife Gingerbread  01592 725210
fifegingerbread.org.uk

Accessible, approachable and non-judgemental support, advice and information with a focus on lone parents and families who need a helping hand.
Their work is grounded in tackling child poverty and centred around creating better todays and brighter tomorrows for children and young people through a number of projects.
### Home-Start 01334 477548

Provides support for families by recruiting and training volunteers to work with and support parents with young children. They also run Family Support Groups where children and families are involved in a range of activities together.

### Muirhead Outreach Project 01592 358713

**manager@muirhead-outreach.org.uk  muirhead-outreach.org.uk**

An early intervention charity that aims to reduce isolation, minimise the impact of childhood/family trauma and improve well-being and self-esteem.

### One Parent Families Scotland 0808 801 0323

**opfs.org.uk/talk-to-us**

OPFS offers help and advice on single parent tailored topics. Connect through the **freephone** helpline, online chat, email about you and your story.

### Parentline Scotland 08000 28 22 33

Support when you need a helping hand or feel like you are at the end of your tether. Freephone, browse the website or start a webchat.

### Relationships Scotland 0345 119 2020

**Relationships-scotland.org.uk**

### Sleep Scotland Support Line (Mon-Thu 10am-4pm) 0800 138 6565

### The Cottage Family Centre info@thecottagefamilycentre.org.uk

- 29/31 Cawdor Crescent Kirkcaldy KY2 6LH - 01592 269489
- 34 St Clair Street Kirkcaldy KY1 2QE - 01592 210189

The Cottage’s purpose is to provide a family centre, serving Kirkcaldy, which caters for the needs of children aged 0 -16 years and their families.
In Scotland, most substance use services will close for the two public holidays at both Christmas and New Year. This will feel like a long time for some people who use these services.

**Social Work Offices will be closed** on Mon 25, Tues 26 and Wed 27 December 2023 as well as Mon 1, Tues 2 and Wed 3 January 2024. However emergency Social Work can be offered during public closures and can be contacted on **03451 55 00 99**.

For the most up-to-date information on access to drug and alcohol services over the festive period visit **www.fifeadp.org.uk**

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**ADAPT** is the main drug and alcohol triage service in Fife and provides information, advice, and support for alcohol and/or drug use.

<table>
<thead>
<tr>
<th>Date</th>
<th>Service Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 22 Dec 2023</td>
<td><strong>Close</strong> at 12.30pm</td>
</tr>
<tr>
<td>Mon 25 &amp; Tue 26 Dec 2023</td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>Wed 27 &amp; Thu 28 Dec 2023</td>
<td>Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Telephone Service 1.30pm – 4.30pm</td>
</tr>
<tr>
<td>Fri 29 Dec 2023</td>
<td>Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Services <strong>close</strong> at 12.30pm.</td>
</tr>
<tr>
<td>Mon 1 &amp; Tue 2 Jan 2024</td>
<td><strong>Closed</strong></td>
</tr>
<tr>
<td>Wed 3, Thu 4 &amp; Fri 5 Jan 2024</td>
<td>Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Telephone Service 1.30pm – 4.30pm</td>
</tr>
</tbody>
</table>

**Referral & Access to Treatment & Services**  **01592 321 321**

All services return to normal Monday 8 January 2024.
We Are With You  freephone 0800 917 9211
wearewithyou.org.uk

We Are With You offer safer drug and alcohol advice and support. **Free** sterile injecting equipment is available from 20 pharmacies across Fife and from We Are With You. Daily online webchat service open to all until 9pm. **Closed** from the afternoon of Fri 22 Dec and reopens on Wed 27 Dec.

Al-Anon  0800 0086 811
Support for family and friends.
al-anonuk.org.uk

AA – Alcoholics Anonymous  0131 225 2727
National free helpline 0800 9177 650
help@aamail.org alcoholics-anonymous.org.uk

Clued Up  01592 858248
cluedup-project.org.uk

Substance use support for young people under 25 in Fife. Closed 25-27 Dec 2023 and 1-3 January 2024.

DAPL  01333 422 277
enquiries@dapl.net DAPL.net
SMS: 07584 233877

- DAPL Leven, 1-2 Parkdale Avenue, Leven, Fife KY8 5AQ
- DAPL Kirkcaldy, 13 Wemyssfield, Kirkcaldy KY1 1XN

DAPL offers one to one counselling, support, information and advice to individuals and families who are affected by substance use and live within Fife. The service is **free** and confidential. **Closed** Monday 25 Dec and reopens Thursday 4 Jan 2024.

Drinkline Helpline Scotland freephone 0800 7 314 314
substanceawareness.scot.nhs.uk/drinklinehelplinescotland

Supports people who are worried about their own or someone else’s drinking or drug use. Webchat available at www.wearewithyou.org.uk
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST Peer Support Groups</td>
<td>07792 785144</td>
<td></td>
</tr>
<tr>
<td>Wed 27 Dec 2023 and Wed 3 Jan 2024 at St Luke’s Church, Glenrothes 6:30pm-8pm. Food provided before Peer Support (5pm-6pm).</td>
<td></td>
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</tr>
<tr>
<td>Gamblers Anonymous Scotland</td>
<td>0370 050 8881</td>
<td>gascotland.org</td>
</tr>
<tr>
<td>GamCare</td>
<td>0808 8020 133</td>
<td>gamcare.org.uk</td>
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<tr>
<td>National Gambling helpline providing free confidential information, advice and support for anyone affected by gambling.</td>
<td></td>
<td></td>
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<tr>
<td>Know the Score</td>
<td>0800 587 5879</td>
<td>knowthescore.info</td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>0300 999 1212</td>
<td>ukna.org</td>
</tr>
<tr>
<td>Re-Solv</td>
<td>01785 810762</td>
<td>re-solv.org</td>
</tr>
<tr>
<td>Restoration Fife</td>
<td>facebook.com/RestorationFife</td>
<td>07501 176 234</td>
</tr>
<tr>
<td>Call, Text or WhatsApp</td>
<td>07734 408 498</td>
<td></td>
</tr>
<tr>
<td>General Enquiries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A social activities community organisation for people in recovery from substance use and their families, offering safe spaces and fun activities, both online and in-person across Fife.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scottish Families affected by Alcohol and Drugs Fife service</td>
<td>01592 382330</td>
<td><a href="http://www.sfad.org.uk/fife">www.sfad.org.uk/fife</a></td>
</tr>
<tr>
<td>Helpline is free and is staffed.</td>
<td></td>
<td><a href="mailto:fifefamilies@sfad.org.uk">fifefamilies@sfad.org.uk</a></td>
</tr>
<tr>
<td>Call back service 365 days a year 08080 101011</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SMART recovery online meeting</td>
<td>smartrecovery.org.uk</td>
<td></td>
</tr>
<tr>
<td>For any form of addictive behaviour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Talk to Frank (drug info and advice)</td>
<td>0300 123 6600</td>
<td>talktofrank.com</td>
</tr>
</tbody>
</table>
How to stay safe when using alcohol or drugs during the holidays

Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

Ask your support workers or services for the phone numbers and dates of the out of hours services that will be available. You can keep these written down somewhere you’ll be able to find them easily, for example pinned to a fridge, in a specific pocket of a bag or jacket or other easy to remember place, or write them at the back of this booklet. If possible, you could also store them in a mobile phone.

Remember that the services will be open again in a few days, and you can contact additional services (NHS 24 on 111 or emergency services on 999) or report to A&E in an emergency. Contact the out of hours services if you need to talk to someone.

To stay safe when using alcohol

- Eat before a night out.
- Know your limit and stick to it.
- Alternate alcoholic drinks with a drink of water (stay hydrated).
- Make sure you have a safe way of getting home.
- Do not accept drinks from anyone you do not know.
- Do not leave your drink unattended.
- Do not mix alcohol with depressant drugs (opioids, heroin, benzodiazepines).
To stay safe when using drugs

• Avoid using drugs alone.
• Avoid sharing injecting equipment (IEP). **Free** injecting equipment is available from some pharmacies (check online at [www.needleexchange.scot](http://www.needleexchange.scot)) and from We Are With You (closed for face to face Fri 22nd PM, Mon 25th and Tues 26th Dec) and is available for delivery by calling **0800 9179211** and leaving a message.
• Start with a low dose of any drug and wait at least an hour before taking any more to see if the effects are what you are expecting. The strength of a drug and what it’s cut with varies from batch to batch. If you want, you can also access Wedinos ([www.wedinos.org](http://www.wedinos.org)) to test samples for peace of mind.
• Avoid mixing depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose.
• If you or a friend is unwell, seek medical help immediately. If possible, speak to services about getting a Naloxone kit for the event of an overdose.

How to spot an overdose

• Unresponsive
• Snoring or shallow breathing
• Blue lips
• Pale Skin
• Pinpoint pupils

**If you think someone may have overdosed call 999 for an ambulance immediately.** Tell the call handler you think the person has overdosed and let them know if you have Take Home Naloxone. Medical help must still be sought even if the individual then feels well again after you have given Naloxone. Wait with the person till the ambulance arrives.
Take Home Naloxone
Get Trained & Carry a Kit

Naloxone can be used to reverse the effects of opioids and reduces the risk of overdose. A person may have multiple drugs in their body, but reversing the effects of opioids with naloxone can be the difference between life and death.

If you, or anyone you have contact with, is using opioids, ensure you have a Naloxone kit. Tell those with you that you have one, so they know where to find it, and how to use it.

Take Home Naloxone comes in two forms:

- **Nyxoid** - Intranasal spray, available to anyone aged 14yrs and over.
- **Prenoxad** – Intramuscular injection, available to anyone aged 16yrs and over.

Free training on how to administer Take Home Naloxone, and how to access a kit **free of charge** via post, is available via

<table>
<thead>
<tr>
<th>Stop The Deaths</th>
<th>stopthedeaths.com</th>
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<tbody>
<tr>
<td>Take-Home Naloxone - SFAD</td>
<td>sfad.org.uk</td>
</tr>
</tbody>
</table>

Naloxone is also available **free** from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit.

The Scottish Ambulance Service can also train individuals and supply them with Take Home Naloxone when at a call.
Vaccination
Protect Yourself From COVID-19 and Flu

Flu and coronavirus vaccines will be offered to those who are eligible this winter. If you are eligible it is strongly recommended you are vaccinated.

You should wait for NHS Scotland to contact you with details of your appointment, or until you are prompted to book. Depending on your selected communication preferences, this will be by email, text, or by post.

Invitations will include either a timed appointment or instructions to book an appointment.

To find out more about eligibility and vaccination this winter visit: www.nhsinform.scot/winter-vaccines

Don’t let your protection fade
To check your eligibility visit: www.nhsinform.scot/winter-vaccines

For further information on the vaccines and booking visit: www.nhsfife.org/booster
Right Care, Right Place
When You Need Urgent Care

By using NHS services wisely, you can keep well and get the care you need quickly and safely.

If you become unwell and need to see a healthcare professional the same day, but it is not an emergency, there are different services you can use.

• During normal opening hours you should call your GP practice or you can get help online using the information and resources on NHS Inform, which includes symptom checkers nhsinform.scot

• Other services such as Community Pharmacies, Opticians, and Dentists can also help you.

• Minor Injuries can assist with a range of conditions including cuts, minor burns, sprains and strains or broken/fractured bones. If you think you need to visit Minor Injuries phone 111 day or night

• For out-of-hours, when your GP is closed, you should phone 111 for advice.

If it’s a life-threatening emergency, such as a heart attack or stroke, you should always call 999 or go directly to A&E.

A&E and 999 services should only be used when people are seriously ill or injured.

For further information visit: nhsfife.org
Community Pharmacies [nhsfife.org/community-pharmacy]
There are 86 community pharmacies in Fife, providing walk-in help and advice on medicines and a wide range of health conditions. Most have a private consultation room where you can discuss issues with pharmacy staff in confidence. Services such as Pharmacy First provide support for common conditions such as sore throats, earache and urinary infections. To find your nearest pharmacy and information on the services they provide visit [nhsfife.org]

Dental Care [nhsfife.org]
If you have a dental problem you should call the dental practice that you normally attend in the first instance. If you are not registered with a dentist you can call the NHS Fife Dental Helpline for advice on 01592 226555. Outside normal working hours if you have an urgent dental need call 111.

Eye Care [nhsfife.org]
If you have eye problems visit your local optician. Opticians have the same specialist equipment as specialist eye doctors. You can find a list of your nearest opticians at [www.nhsfife.org]

NHS Fife [nhsfife.org]
For information on local services and the latest local healthcare news

NHS Inform [nhsinform.scot]
Scotland’s national health information service, includes symptom checkers to assess symptoms and advice on what to do next.

Stop Smoking Support [nhsinform.scot/stopping-smoking]
For advice and support on stopping smoking, including local services that can help

Quit Your Way (support in Fife) [0800 025 3000].
Fife.smokingcessation@nhs.scot
Mental Health

Access Therapies Fife  accesstherapiesfife.scot.nhs.uk
Provides information to help people deal with mental health problems and access a range of local services.

Guided Self-Help
Provides brief psychological interventions for people with mild mental health difficulties. In guided self-help, you work together with an NHS trained professional to learn tools and skills that will help you to better manage your current difficulties. The GSHS is available for adults aged 18+ through self-referral, via the Access Therapies Fife website - accesstherapiesfife.scot.nhs.uk or via the QR code

Barnardo’s 01592 651482
wellbeinginfife@barnardos.org.uk  barnardos.org.uk/get-support
Barnardo’s Wellbeing in Fife service provides mental health and wellbeing support to anyone aged 5-26 living in: North East Fife, Leven, Glenrothes, Kirkcaldy & Cowdenbeath. The service aims to increase capacity and skills for young people and families to feel equipped with managing their mental health and improving emotional wellbeing.

Childline (Freephone) 0800 1111
childline.org.uk

Express Group (Fife) 01592 645331
info@expressgroupfife.org.uk expressgroupfife.org.uk
Support groups for adults 18+ affected by mental health issues &/or social isolation; lunch provided.
Our Wellbeing in Fife service offers a range of support to children, young people and their families focused on groups and 1:1 support to promote positive mental health and wellbeing and reduce distress.

**LLTTF (Living Life to the Full)**  
llttf.com

**Mental Health Foundation Scotland**  
mentalhealth.org.uk/scotland

**Mind to Mind**  
nhsinform.scot/mind-to-mind

**Moodcafé**  
moodcafe.co.uk

**NHS Fife Child and Adolescent Mental Health Service (CAMHS)**  
nhsfife.org/camhs-thingstotry

**Psychology Services**  
accesstherapiesfife.scot.nhs.uk

**SAMH**  
samh.org.uk  
info@samh.org.uk

**See Me**  
seemescotland.org.uk

**Student Mental Health**  
thinkpositive.scot.org.uk

### Self Harm

**Mind**  
mind.org.uk

**Penumbra**  
01383747788  
Selfharm.Fife@penumbra.org.uk

Our Self Harm services provide support for people 18 over living anywhere in Fife.

**Young Minds**  
youngminds.org.uk
Under 25s can phone or text the Young People’s number on 07890 586392. We will arrange for a nurse to call you back. We aim to call back the same day or the next working day. Phone numbers available Monday to Friday 8:30am to 4:30pm.

Free Condoms by Post

Free condoms by post are available for people living in Fife. We can send free condoms direct by post to your home confidentially in a plain unmarked envelope. The pack will contain 12 condoms and some water-based lubricant and should arrive within 10 days. Used correctly and consistently condoms help prevent HIV and reduce the risk of sexually transmitted infections and pregnancy. If a condom bursts, comes off or you do not use one you may be eligible for EMERGENCY CONTRACEPTION if you are at risk of pregnancy.

Scan the QR code to complete the form and request condoms. Access to form is also available on our website.

Further information and video are available on our website.

We’re here to help

For advice on benefits, help with bills and support with the cost of living go to:
our.fife.scot/gethelp

Unable to access information online or need more assistance, call our Community Support Line 0800 952 0330 (Mon-Fri, 9am-5pm)
Suicide prevention

Signs of suicide can be difficult to spot. Asking someone directly about their feelings can help to save their life. This may feel like a difficult conversation to have but it can make a difference. If you are worried about someone, encourage them to talk to a family member, friend or contact one of the helplines listed below. If you are with someone who has an immediate suicide plan and means to carry it out, do not leave them alone. Call 999 and get immediate help. If you feel you need help, please talk to someone.

Breathing Space
Mon-Thu 6pm-2am, Fri 6pm–Mon 6am
breathingspace.scot

CALM
Helpline open 5pm – midnight, 365 days a year
thecalmzone.net

Distress-Brief Intervention
dbi.scot

Connected, compassionate support for people experiencing distress in Scotland. Following initial telephone call, individual will receive contact within the next 24 hours to start provision of support.

Contact NHS 24 on 111 and follow instructions.

NHS Inform
www.nhsinform.scot/surviving-suicidal-thoughts

Papyrus (preventing young suicide)
Hopeline open 24 hours a day, 365 days a year
papyrus-uk.org

Samaritans
Helpline open 24 hours a day, 365 days a year
jo@samaritans.org

SHOUT
24/7 support for any mental health concern.
Text “FIFE” to 85258
Survivors of bereavement by suicide  
0300 111 5065  
Call Mon & Tues 9am-5pm  
uksobs.org

Local Support

Sam’s Café  
samscafe.org.uk  
sams.cafe@samh.org.uk

Sam’s provides support for mental health issues, crisis and suicidal thoughts. It is open for one-to-one support, just drop in anytime – no referral needed. Sam’s is available at a variety of venues and locations throughout Fife. Visit the website for full information.

Andy’s Man Club  
andysmanclub.co.uk

A peer-to-peer support group for men over 18 to help them through life. All groups meet every Monday at 7pm (except on bank holidays). Andy’s Man Club is available at a variety of venues and locations throughout Fife. Visit website for full information.

Women’s Wellbeing Club  
womenswellbeingclub.co.uk

A peer-to-peer community support group run for woman by volunteers. See website for details.
Rape or Sexual Assault - Turn to Sexual Assault Response Coordination Service (SARCS)

Did You Know……..?

• If you have experienced rape or sexual assault and are over the age of 16, you no longer have to report to the police or GP in order to receive medical care and support.
• If you are under 16 you can still contact SARCS but other professionals including social work and the police may have to be informed.

What is the NHS Scotland sexual assault self-referral phone service?

The NHS Scotland Sexual Assault Self-Referral phone service can refer you to a healthcare professional at SARCS who will phone you back to discuss and arrange care for you in your local area. If you self-refer within 7 days of the assault, arrangements can be made for you to have a forensic medical examination (FME) at a local SARCS in order to gather evidence from your assault. For Fife, the Forensic Medical Examination Suite is located at Queen Margaret Hospital, Dunfermline.

If the assault occurred more than 7 days ago, you can still use the self-referral helpline number who can put you in contact with the local Sexual Health clinic and Gender Based Violence service.

What could this mean for you….?  

If appropriate for you, and you wish to have an FME, you will be given an appointment to attend your closet SARCS or the one most convenient for you. The FME team consists of a specialist nurse and doctor. At the time of making your appointment, you can request the gender of staff although this may not always be possible. At the time of making your appointment you can also ask if it would be possible to bring a friend or family member with you when you attend the SARCS for your examination.
Possible Outcomes....?

Any evidence that is collected (following your FME) will be kept and securely stored for 26 months. During that time, you can decide if you want to tell the police. Your evidence will only be looked at if you decide to report to the police. After 26 months, your evidence will be safely destroyed. This can be done earlier at your request. You can still report to the police after this time if you decide to do so.

Further support....?

If you give your consent, your details will be passed onto the Gender Based Violence team based in NHS Fife and they will make contact with you to help arrange follow-up appointments and offer ongoing care, support and advice. They can also refer on to other support services on your behalf.

SARCS self referral phone service open 24/7 0800 148 88 88
Sexual Assault Response www.nhsinform.scot/turn-to-sarcs
Coordination Service (SARCS)
In an emergency call 999 or attend Accident & Emergency.

AMINA – Muslim Resource Centre 0808 801 0301
Monday to Friday 10am to 4pm mwrc.org.uk
Offer support to Muslim and BME women across Scotland

Fife Rape and Sexual Assault Centre 01592 642336
frasac.org.uk

Offers support of anyone 12+ who has been raped or sexually assaulted at some point in their lives.
### Sexual Abuse

**Gender Based Violence Team NHS Fife**  
Fife.gbvteam@nhs.scot  
Help or advice available for residents of Fife that are or have been affected by domestic abuse and/or sexual violence. Open Monday - Friday 8:30am to 5pm except bank holidays.

<table>
<thead>
<tr>
<th><strong>Kingdom Abuse Survivors Project (KASP)</strong></th>
<th>01592 644217</th>
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<tbody>
<tr>
<td>Supports adult survivors of childhood sexual abuse</td>
<td>kasp.org.uk</td>
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<tr>
<th><strong>National Ugly Mugs (NUM)</strong></th>
<th>nationaluglymugs.org</th>
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<tr>
<td>A UK wide charity working with sex workers to provide safety tools and support services to people in the adult industries.</td>
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<tr>
<th><strong>Rape Crisis Scotland (available 5pm to midnight)</strong></th>
<th>08088 01 03 02</th>
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<tbody>
<tr>
<td>Support for people of all genders 13+ years who have been affected by sexual violence. Advice and info plus community languages and BSL video.</td>
<td>rapecrisisscotland.org.uk</td>
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<tr>
<th><strong>Safe Space</strong></th>
<th>01383 739084</th>
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<tbody>
<tr>
<td>Supports survivors of sexual abuse (aged 12+)</td>
<td>safe-space.co.uk</td>
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<tr>
<th><strong>SurvivorsUK</strong></th>
<th>020 3598 6898</th>
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<tbody>
<tr>
<td>Supports men and non-binary people who have been affected by rape or sexual abuse. Webchat service available 12pm to 8pm 7 days a week.</td>
<td>survivorsuk.org</td>
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<tr>
<th><strong>Waverley Care</strong></th>
<th>0131 4416989</th>
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<tbody>
<tr>
<td>Advice for gay and bisexual men.</td>
<td>waverleycare.org</td>
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</table>
It’s difficult to accept that people you love or care for can treat you badly.

Domestic abuse is rarely a one-off incident. It is persistent and controlling behaviour perpetrated by a partner or ex-partner. It includes physical, sexual and emotional abuse.

Recent changes in the law recognise the harm caused by “coercive control” - acts that cause harm, punish or frighten.

Examples of domestic abuse include:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Depriving access to help and support services
- Depriving you of basic needs, such as food
- Financial or economic abuse
- Harassment and stalking
- Isolating you from friends and family
- Online or digital abuse
- Psychological and/or emotional abuse
- Physical or sexual abuse

Christmas and New Year can be a particularly difficult time, but there are people who can help you.

**Police Scotland**

[www.scotland.police.uk/contact-us](http://www.scotland.police.uk/contact-us)

In an emergency call **999**

non-emergency **101**
CEDAR Plus (domestic abuse)  01592 583676
Therapeutic group work programmes for families who have experienced domestic abuse
• CEDAR (Children Experiencing Domestic Abuse Recovery) for 4 – 16 year olds and their mothers
• EYDAR (Early Years Domestic Abuse Recovery) for mothers with children 0-4 years

Fife Women’s Aid Freephone  0808 802 5555
24 hour support line for women  fifewomensaid.org.uk

FRASAC  01592 642 336
info@frasac.org.uk
Fife Rape and Sexual Assault Centre is an independent voluntary organisation that offers a range of free and confidential time limited support to anyone 12+

‘Join the Dots’  0808 801 0422
Service for children and young people.
Or contact on Facebook/Messenger ‘Join The Dots – FWA’

KASP  01592 644 217
info@kasp.org.uk
Kingdom Abuse Survivors Project supporting the people of Fife with the aim to eliminate the debilitating effects that childhood sexual abuse can have on adult survivors.

LGBT Helpline Scotland
helpline@lgbthealth.org.uk  0800 464 7000
lgbthealth.org.uk
A helpline providing information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT)

National Domestic Abuse  0808 2000 247
National Stalking Free Helpline 0808 802 0300
Gives practical information, support and advice to victims of stalking.

Scotland’s Domestic Abuse & Forced Marriage Scotland Freephone (Women & Men) 0800 027 1234
helpline@sdafmh.org.uk sdafmh.org.uk

Shakti Women’s Aid Fife 0131 475 2399
info@shaktiedinburgh.co.uk shaktiedinburgh.co.uk
Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

The Hideout 0808 802 5555
For children and young people

Do you feel afraid of your partner or ex-partner? You are not alone. We can help

Fife Women’s Aid 0808 802 5555
National Domestic Abuse helpline 0800 027 1234
Police Scotland (non-emergency) 101
In an emergency call 999
The organisations below will listen when you are ready to talk.

### At A Loss
ataloss.org

### Child Bereavement UK
support@childbereavementuk.org
childbereavementuk.org

### Cruse Bereavement Care Scotland
0808 802 6161
crusescotland.org.uk
support@crusescotland.org.uk

Professional support and counselling to bereaved adults and children across Scotland. Their free telephone helpline is the first point of contact and provides a compassionate listening service. Online support is available through their GriefChat web service.

### Grief Encounter
0808 802 0111
griefencounter.org.uk

Supporting bereaved children and young people

### Held in Our Hearts
heldinourhearts.org.uk
A local charity providing baby loss counselling and support to families.

### NHS Inform
nhsinform.scot/care-support-and-rights/death-and-bereavement

### NHS Specialist Palliative Care
NHS Fife Specialist palliative care includes a children and families service. It supports families following parental cancer diagnosis through palliative care and bereavement.

Referral is through the oncology service or GP.

### Sands Fife 24 hr Helpline
0845 528 0322
fife@sands.org.uk
facebook.com/FifeSands

One to one bereavement support worker and counselling for anyone in Fife affected by a sudden and unexpected death of a child.
**Scottish Cot Death Trust**  
[contact@scottishcotdeathtrust.org.uk](mailto:contact@scottishcotdeathtrust.org.uk)

One-to-one bereavement support worker and counselling for anyone in Fife affected by a sudden and unexpected death of a baby or young child.

**Survivors of Bereavement by Suicide**  
[uksobs.org](http://uksobs.org)

**The Compassionate Friends**  
[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)
[0345 123 2304](tel:03451232304)  
[tcf.org.uk](http://tcf.org.uk)

To support ‘family’ members in their bereavement following the death of a child. Very active in local networks so help is available. Bereavement support packs also available and can be customised to your circumstances.

**WAY Widowed & Young**  
[enquiries@widowedandyoung.org.uk](mailto:enquiries@widowedandyoung.org.uk)
[0300 201 0051](tel:03002010051)  
[widowedandyoung.org.uk](http://widowedandyoung.org.uk)

Support to people who are bereaved of a husband, wife or partner before the age of 51.

**Winston’s Wish**  
[winstonswish.org.uk](http://winstonswish.org.uk)

Support for children and families after the death of a parent or sibling.

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**On Your Doorstep Fife** is a community website with links and information about care providers, clubs, organisations, groups and activities that are locally available in Fife.

It’s aimed at individuals who require care and support, family carers, practitioners, care providers, support workers and health staff as well as members of the public.

[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)
Advocacy  www.fifeadvocacyforum.org.uk
The Fife Advocacy Forum supports the development of advocacy across Fife and represents the views of local advocacy providers.

To help meet the needs of different people at different times in their life, there are several different types of advocacy. Please see the website which explains the range of advocacy available, details about the organisations that provide these services and how to contact them.

Age Scotland Helpline (Mon-Fri 9am-5pm)  0800 12 44 222
Free, confidential phone service for older people, their carers and families in Scotland. Providing information, friendship and advice.

Alzheimer Scotland  01592 204541
fifeservices@alzscot.org

Alzheimer Scotland Brain and Health Dementia Centre, Hill Street (opposite Stance 7 at Kirkcaldy bus station) Kirkcaldy KY1 1AH
Social, activity and support groups for people living with dementia and their carers in Fife; information and advice; Day Care; support to access technology enabled care and help to live independently at home.

British Red Cross National Support Line  0808 196 3651
Open Monday to Friday 10am to 5pm, Wednesday 10am to 8pm.

Crossroads Fife  01592 610450
info@crossroadsg.co.uk crossroadsfifecentral.org
Short breaks for carers, befriending, self-directed support and purchased care.

Deaf Communication Service  03451 551503
Textphone: 01592 583340  SMS Text message 07984 356 580
swinfo.deafcommunications@fife.gov.uk
## Staying Connected

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Disabilities Fife</td>
<td>[dfscot.com/access <a href="mailto:help@dfscot.com">help@dfscot.com</a>](<a href="http://dfscot.com/access">http://dfscot.com/access</a> <a href="mailto:help@dfscot.com">help@dfscot.com</a>)</td>
</tr>
<tr>
<td></td>
<td>This organisation aims to address barriers caused by disability.</td>
</tr>
<tr>
<td></td>
<td>It offers support on any issue relating to disability: eg an accessibility matter, travel, IT and much more.</td>
</tr>
<tr>
<td></td>
<td>If you don’t have a computer, please ask a friend or visit a library to send an email.</td>
</tr>
<tr>
<td>Fife Carers Centre</td>
<td>01592 205472 <a href="http://fifecarerscentre.org">fifecarerscentre.org</a></td>
</tr>
<tr>
<td>Fife Centre for Equalities</td>
<td>01592 645 310 <a href="http://info@centreforequalities.org.uk">info@centreforequalities.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>Fife Centre for Equalities (FCE), New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT works with communities and partners to make Fife a fairer place to live, work and study. FCE is a Hate Crime Third Party Reporting Centre.</td>
</tr>
<tr>
<td>Fife Council SMS text service</td>
<td>07781 480 185</td>
</tr>
<tr>
<td>for people with a hearing loss</td>
<td>Sign up required for SMS or use translation service for the Adult Protection phone line.</td>
</tr>
<tr>
<td></td>
<td>BSL users can also contact the council via <a href="http://ContactScotland-BSL">ContactScotland-BSL</a></td>
</tr>
<tr>
<td>Fife Forum</td>
<td>01592 643743 <a href="http://fifeforum.org.uk">fifeforum.org.uk</a></td>
</tr>
<tr>
<td></td>
<td>Advice and groups for adults and older people</td>
</tr>
<tr>
<td>Fife Migrants Forum</td>
<td>01592 642927 <a href="http://facebook.com/fife.migrants">facebook.com/fife.migrants</a></td>
</tr>
<tr>
<td>Fife Voluntary Action</td>
<td>freephone 0800 389 6046 <a href="http://fva.org">fva.org</a></td>
</tr>
<tr>
<td>Fife Young Carers</td>
<td>01592 786717 <a href="http://fifeyoungcarers.co.uk">fifeyoungcarers.co.uk</a></td>
</tr>
</tbody>
</table>
### Hourglass 24/7 Helpline
(Safer ageing • Stopping abuse)

Hourglass is the only UK-wide charity which works to protect and prevent the abuse of vulnerable older people by raising awareness of the issues, encouraging education and giving information and support.

<table>
<thead>
<tr>
<th>LGBT Helpline Scotland</th>
<th>0800 464 7000</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:helpline@lgbthealth.org.uk">helpline@lgbthealth.org.uk</a></td>
<td>lgbthealth.org.uk</td>
</tr>
</tbody>
</table>

A helpline providing information and emotional support to the entire diversity of lesbian, gay, bisexual and transgender (LGBT)

<table>
<thead>
<tr>
<th>LGBT Youth Scotland</th>
<th>0131 555 3940</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:info@lgbtyouth.org.uk">info@lgbtyouth.org.uk</a></td>
<td>LGBTYouth.org.uk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Love and Harmony</th>
<th>01592 268102</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:info@fifelgbtcentre.scot">info@fifelgbtcentre.scot</a></td>
<td>facebook.com/TheHiveLGBTCentre</td>
</tr>
</tbody>
</table>

A helpline providing information and emotional support to the entire diversity of lesbian, gay, bisexual and transgender (LGBT)

<table>
<thead>
<tr>
<th>On Your Doorstep Fife</th>
<th>0131 478 7707</th>
</tr>
</thead>
<tbody>
<tr>
<td>onyourdoorstepfife.org</td>
<td>peoplefirstscotland.org</td>
</tr>
</tbody>
</table>

Search for community groups, information or support.

<table>
<thead>
<tr>
<th>People First (Scotland)</th>
<th>0303 123 9999</th>
</tr>
</thead>
<tbody>
<tr>
<td>peoplefirstscotland.org</td>
<td><a href="mailto:helpline@rnib.org.uk">helpline@rnib.org.uk</a></td>
</tr>
</tbody>
</table>

Advice and information on sight loss. Or say “Alexa call RNIB helpline” to an Alexa-enabled device.
Seescape (the operational name for Fife Society for the Blind) is the leading charity provider of support services for people with a visual impairment in Fife. They aim to empower people with visual impairment to live safely, independently and achieve their personal goals. Seescape offer a range of services as part of a one-stop-shop approach, including information and advice, rehabilitation, assistive technology training, befriending and social groups.

**Closed 22 December at 5pm and reopens 3 January 2024 at 9am.**

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**The Silver Line (24hr helpline for older people)**

0800 4 70 80 90

thesilverline.org.uk

The Silver Line is a 24hr helpline for older people providing support and advice to older people in Fife. They can help with issues such as housing, benefits, transport, health, social care, family, and bereavement.

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**The Well**

03451 551500

thewell@fife.gov.uk

fifehealthandsocialcare.org/thewell

The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. The service is for anyone 16+ looking for advice and support. The Well’s friendly staff are there to empower people and to find solutions to problems quicker and easier, giving them the right information at the right time. If you are looking for support, information, and guidance on topics such as energy, social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

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**Transgender Fife**

transgenderfife.com

Support and information for the transgender community
Please tell us what you think about
Staying Safe and Keeping Well 2023

Your feedback is important to us so that we can
further improve this little booklet.

If you have any comments or suggestions
please complete our very short questionnaire online, available at:
www.fife.gov.uk/safeandwellfeedback

If you are reading the booklet and do not have access to a computer,
we would still like to hear your views. To help you complete it, you
could visit a library or ask a support worker/organisation mentioned
in the booklet for assistance. There’s the option that the questionnaire
could be printed out for you to complete.

These could be returned to a Fife Council office, marked for the
attention of:

ASP Team,
2nd Floor
Kirkcaldy Town House
2 Wemyssfield
Kirkcaldy
KY1 1XW.
Don’t feel isolated when severe weather hits

There are plenty of ways for you to get the latest information.

Fife Adult Support & Protection Committee (ASPC) is a partnership between Fife Council, Police Scotland and NHS Fife. These organisations and others, work together to support and protect adults at risk of harm in Fife, enabling them to live safe, healthy and fulfilling lives within their community.

Adult Protection Phone Line
01383 602200

SMS text service for people with a hearing loss: 07781 480 185
BSL users can contact via ContactScotland-BSL

In an emergency call 999
BSL users call video relay service 999 BSL

Police non-emergency number 101
www.scotland.police.uk/contact-us

Thanks to the Alcohol and Drug Partnership for helping funding this publication.

www.fife.gov.uk/readyFife

www.fife.gov.uk/winter

facebook.com/fifecouncil

twitter.com/fifecouncil

Kingdom FM - 95.2 & 96.1
Forth One - 97.3
Tay FM - 96.4 & 102.8

03451 55 00 11 faults & repairs
03451 55 00 99 out of hours

Fife Adult Support & Protection www.fife.gov.uk/adultprotection