

## Visiting The Well

The Well has drop in venues across Fife, where anyone can pop in without the need for an appointment.

You'll find:

- A face-to-face conversation with our friendly staff.
- Staff local to your area, helping you to find the information and support that you need.
- Access to finding out information and support that promotes your health and wellbeing, helping you to stay well and independent within your local community.

If you wish to come along to one of our Wells, please visit our website to find your closest venue or call for more information.

Your closest Well is at:

## How to reach us

The Wells are working both virtually and drop-in within the communities of Fife.

You can contact us in a number of ways



**Video call us**  
The Well Near Me online



**Email us**  
thewell@fife.gov.uk



**Phone us**  
03451 551500

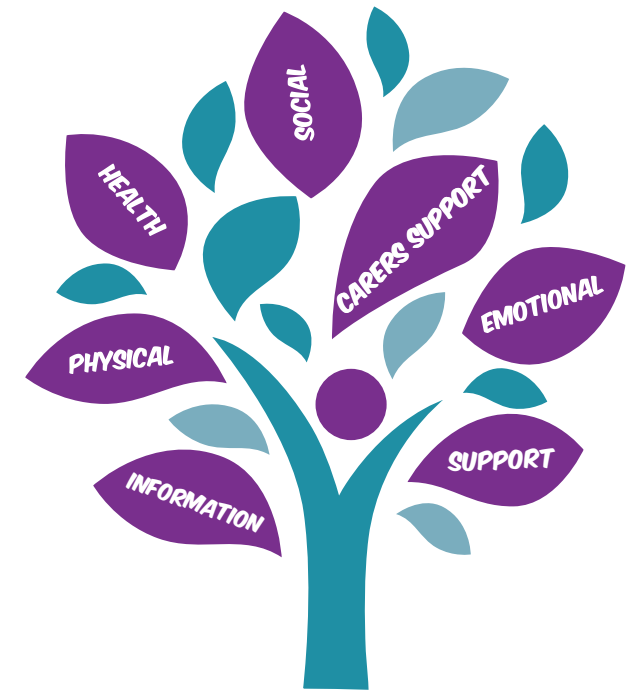


**Visit us**  
At your local Well

## Making a referral

If you are working with a client, who will benefit from speaking to us about their health and wellbeing, you can refer them by completing the online referral form at:  
[www.fifehealthandsocialcare.org/thewell](http://www.fifehealthandsocialcare.org/thewell)

scan me



# THE WELL

Bringing Health & Social Care  
closer to communities

[www.fifehealthandsocialcare.org/thewell](http://www.fifehealthandsocialcare.org/thewell)

Join us at The Well, where you can drop in and find out information and support to achieve what matters to you and your loved ones within your local community.

The Well allows you to speak to Health and Social Care professionals and discuss what's important to you regarding your health and wellbeing. Here you are directed to support that best meet your needs.

Our friendly, well-informed staff will support you to access a wide range of information that promotes your health and wellbeing.

The Wells bring together those who know all about health and social care in your local community such as Local Area Coordinators, Social Work, Social Security Benefits and a range of other community, health and social care staff.

At the Wells you will have a good conversation about what matters to you, whether this is about living a healthier lifestyle, having meaningful activities or living independently in your own home.

## We can help you

- join in local groups and activities
- apply for a community alarm
- if you are feeling lonely and isolated
- with your physical and mental health
- complete different forms
- with housing enquiries
- contact a local service/health professional on your behalf
- explore local support organisation
- if you are worried about financial issues
- if you are experiencing a bereavement
- gain support as a carer
- and much more

The Well can also offer a BSL interpreter. If you require a BSL interpreter, please email [TheWell@fife.gov.uk](mailto:TheWell@fife.gov.uk), or SMS 07984 356580

## The Well Near Me



The Well Near Me allows you to have a video conversation with our staff from your own home.

All you need is a device for making video calls (smartphone, tablet, laptop), internet connection (Wi-Fi or mobile data) and Chrome or Safari Internet Browser.

You can join our Well Near Me Waiting Room to speak to a staff member on things that matter to you. Visit [www.fifehealthandsocialcare.org/thewell](http://www.fifehealthandsocialcare.org/thewell) and click the "START VIDEO CALL" button.

You can also request a virtual Well appointment by emailing [TheWell@fife.gov.uk](mailto:TheWell@fife.gov.uk) with your name, phone number, suitable time and a brief explanation of the topic you wish to discuss.

