

# North East Fife Community Food Projects and Welfare Support

## EMERGENCY FOOD DELIVERIES

We can support people with emergency food if they have contacted the COVID helpline 0800 952 0330

## Community Food Projects

**COMMUNITY FRIDGES** – continuing to share supermarket donations, reducing food waste and helping people with everyday shopping items.

**County Buildings, Cupar** - Tuesday 11am – 12pm

**East Neuk Community Centre, Ladywalk, Anstruther** - Thursday 1pm – 4pm

**Larick Centre, Tayport** – Friday 2pm – 5pm

\*During school holidays Community Fridges have free picnic lunches for families\*

## Pop Up Pantries

St Monans Town Hall & Colinsburgh Town Hall – alternate Fridays 11am – 12.30pm

Madras College, Kilrymont Road, St Andrews – Wednesday 4pm – 5.30pm

## FOODBANKS

Auchtermuchty - **07787 764854** or **07871 990958**

Newburgh - **07850 341129**

St Andrews - **01334 474940**

Cupar - **07474 453153**

Taybridgehead - **07840 957039**

East Neuk – via **Facebook** or **eastneukfoodbank@gmail.com**

## Welfare Support

If you want to talk to someone about benefits and money advice please phone **07432 609 475** or visit **www.fife.gov.uk/moneyadvice**

## FURLOUGH/ SELF-EMPLOYED

If you are on furlough or self-employed but not eligible for any grants and are struggling to pay for essential items please phone **07432 609 475**

## KEEPING WARM

Given the cold weather we know many people will be struggling to keep their heating on and we can help people. Please contact the Welfare Support Workers in the first instance

**Katrina 07515 291 113**

**Laiza 07889 647 664**

**Lucy 07928 128 307**

## Mental Health Support

**Mood Café 0800 328 9655** Mon – Fri 1pm – 9pm **www.moodcafe.co.uk**