



**Coronavirus is changing the way we all live our lives.**

**It's ok to feel worried about what's happening.**

**You should ask for help, or support if you need it.**



Fife Adult Support and Protection Committee have made this easy read information to:



- tell you about the support services that are still open for business.



- give you advice about scams.



- give you some tips for the lockdown period.

## Help and support



If you are in danger or it is an emergency call 999



Health information - NHS 24. Call 111.

[coronavirus.nhsfife.org](https://coronavirus.nhsfife.org)

[www.fife.gov.uk/coronavirus](https://www.fife.gov.uk/coronavirus)



Social Work: 03451 55 15 03

Social Work out of hours emergencies:  
03451 55 00 99



Samaritans: 116 123

email: [jo@samaritans.org](mailto:jo@samaritans.org)

Breathing Space: 0800 83 85 87



Adult Protection Phone Line:  
01383 602200

If you or someone you know is being harmed or neglected.



## Fife Council support:



If you need support to get food or prescriptions when you are self-isolating.

### Covid Community Helpline:

0800 952 0330

email:

[covid.communityhelpline@fife.gov.uk](mailto:covid.communityhelpline@fife.gov.uk)

Mon to Fri 9am - 5pm



Council website: [www.fife.gov.uk](http://www.fife.gov.uk)

### Council phonedines:

Money & payments: 03451 55 00 44

Welfare fund: 0300 555 0265



Social work: 03451 55 15 03



Homeless: 0800 028 6231



## Domestic abuse support



In an emergency call 999

Fife Women's Aid/ Shakti Women's Aid  
Emergency visits only: 0808 802 5555



National Domestic Abuse and Forced  
Marriage Helpline:

0800 027 1234

[helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

## Sexual abuse support



Fife Rape And Sexual Assault Centre:  
01592 642336  
[info@frasac.org.uk](mailto:info@frasac.org.uk)

Kingdom Abuse Survivors Project:  
01592 644217



Safe Space:  
01383 739084

[contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)



Citizens Advice and Rights Fife:  
0345 1400 095  
[cabfife.org.uk](http://cabfife.org.uk)



**For older people:**

Age Uk: 0800 678 1602

Silverline: 0800 4 70 80 90



## For parents:

Parentline: 0800 0 28 22 33

Fife Gingerbread Lone Parent Helpline:  
01592 725210



## If someone has died:

Cruse Bereavement Care Scotland:  
0845 600 2277



## If you need support with addiction:

Fife Alcohol and Drug Partnership  
[www.fifeadp.org.uk](http://www.fifeadp.org.uk)

## 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.



Never hand your bank card or give card/bank details to someone at the door.



Use cash for payments.

A trusted organisation will never ask for your financial or personal details over the phone or in an email.



Be wary of emails, texts or WhatsApp messages about Coronavirus.

Don't click on links or open attachments from a sender you don't recognise.



Don't be pressured into donating money.

Never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.



To report a crime call 101 or in an emergency 999

Report scams to Advice Direct Scotland on 0808 164 6000

Online scam checker visit:

[www.tsscot.co.uk](http://www.tsscot.co.uk)

## Hints and tips during the lockdown period



Ask for help if you need it.

Organisations who provide support and advice are still there.



Don't watch too much news.

Take a break from it and find the positive stories and the good things that are still happening.



Look online for the funny things that people are posting to make us laugh and take our mind off things.



Try to keep to a routine and do things that keep you comfortable, safe and happy.

Try to eat healthy meals and get enough sleep.



Stay active if you can - it's important to get fresh air even if it's a walk around your garden or up and down your street.



Find videos for indoor workouts on the NHS One You website [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) or look on [YouTube.com](http://YouTube.com) for dance tutorials or indoor workouts.



Search for 'BBC Sounds 10 Today - physical activity for older people' for 10 minute workouts.



If you're a member of a Fife library you can find eBooks, eAudiobooks and Digital Magazines: [onfife.com/get-online](http://onfife.com/get-online).



Keep in touch with family and friends if you can.



You can still phone, or even write a letter although it might take a bit longer to get there.



You can phone and video call people on Facebook, or try video-calls using Zoom or Skype.

If it's your first time using technology and social media check:

[www.boldnewworld.co.uk/get-connected](http://www.boldnewworld.co.uk/get-connected) for advice.



Be kind to yourself and anyone you are isolating with.

Don't feel you have to use this time to start a new project or get fit.



Look after your mental and physical health.

Stay safe, follow the medical advice and ask for support if you need it.



People First have an easy read version of Stage 1 of the lockdown rules:

<http://peoplefirstscotland.org/wp-content/uploads/2020/05/28May-UPDATE-v7.pdf>