

Get help with the cost of living

Do you know where to go for cost of living support and advice in Fife?

Do you know how to help others find the support they need?

Would you like to know more about the various benefits and help available?

If you answered 'yes' to any of these questions, then join us online for a 30 minute information session. Our experienced trainers will:

- **help you** gain a greater awareness of how people can access services, in a way which is right for them and their needs
- **give you** information on where to direct anyone looking for cost of living support in Fife
- **explain** how the Fife Benefit Checker works.



Help with...
the cost of living

**ON-LINE
DROP IN
SESSIONS**

There's no need to book...

Just join us on the day, date and time that suits best using these Teams links:

- [Monday 5 February, 14:00](#)
- [Wednesday 7 February, 11:00](#)
- [Friday 9 February, 15:30](#)
- [Tuesday 13 February, 14:00](#)
- [Thursday 15 February, 11:00](#)
- [Monday 19 February, 09:30](#)
- [Wednesday 21 February, 14:00](#)
- [Friday 23 February, 15:30](#)
- [Monday 26 February, 18:00](#)

Don't forget to save the date in your online calendar and keep this news to hand to access the links. If you have any problems joining a session, email the Health Promotion Training team: fife.hittraining@nhs.scot

Help with...
the cost of living

**ON-LINE
DROP IN
SESSIONS**

Fife
COUNCIL