

4/29/2021

Covid-19 Resource & Support List

Covering Fife



Fife Forum
Making Community Connections

info@fifeforum.org.uk | Fife Forum
WAYNE MATHIESON

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Foreword

As we entered the Covid-19 pandemic, the team at Fife Forum began to think about how they might be able to continue providing support to people and organisations throughout Fife. To assist our role, and ourselves in this, we began to gather detail relating to what supports were available for people during what was and is unprecedented times.

Fife Forum started to collate a Resource & Support List which the staff went on to distribute among their work contacts. Since then the list has grown and we are now attempting to better present the information to assist the reader. As many of the provisions scribed provide more than one support over a variety of areas we intend to now present the information by geographical area rather than service type.

The list will remain far from comprehensive but hopefully it continues to capture at least some of the primary supports we at Fife Forum are aware of.

Please feel free to distribute as widely as you see fit and contact Fife Forum (FAO Wayne info@fifeforum.org.uk) should you wish to include or amend information. Our intention is to present information as accurately as we are able and apologise if errors occur. Should you note any anomalies please notify Fife Forum and we will endeavour to correct this as soon as is practicable.

Fife Forum aims to update this resource weekly (Thursday) and it is downloadable from our website www.fifeforum.org.uk

If this helps one person this feels worthwhile. Stay safe, stay well.

National

| Service: | Brief: | Contact/Links: | Other: |
|--|--|---|--|
| Age Scotland Update (051120) | Free helpline for the over 50s and online support | www.ageuk.org.uk/scotland/ 0800 12 44 222 Order Your 2021 Calendar Here: Follow link for free calendar (ctrl & click link) | National Mon-Fri 0900-1700 |
| Breathing Space Update (031220) | Free helpline for people experiencing mental health issues | www.breathingspace.scot (for info & to download 'The Little Book of Caring Ways') 0800 83 85 87 | National Mon-Thurs 1800-0200 Fri-Mon 1800-0600 |
| Scottish Government National Assistance Helpline Update (081020): Remains in operation for those self-isolating or at risk | A new national helpline to provide essential assistance to those who don't have a network of support and who are at greater risk if they contract COVID-19 | 0800 111 4000 | National Links people over 70 or who receive the flu vaccine for medical reasons in to local supports such as Helping Hand (see Fife-wide) |
| Re-engage | Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact | www.reengage.org.uk/refer/ 0800 716 543 | National |
| Operation Connect, RAF | Telephone services for those with RAF links includes: a friendship helpline; bag drops; daily RAF themed online entertainment | www.rafa.org.uk/operation-connect/ 0800 018 2361 | National |
| Coronavirus SAMH Mental Health Hub | Online support and signposting | www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub | National |
| Samaritans Scotland Helpline | Telephone helpline, listening ear | Telephone 116 123 Email jo@samaritans.org | National |
| Frank Helpline | Telephone helpline if someone wants to speak about drugs in confidence | www.talktofrank.com 0300 123 3393 | National 24-hour helpline |

| Service: | Brief: | Contact/Links: | Other: |
|--|---|--|---|
| SCLD (Scottish Consortium for Learning Disabilities) | Easy read coronavirus information | www.sclcd.org.uk 0141 248 3733 | National |
| Coronavirus Emergency Energy Fund, One Parent Families Scotland | One-off payment of £50 to single parent families in Scotland who need help with their energy bills (may be subject to change should this be over-subscribed, so please check first) | www.opfs.org.uk | National Applications must be endorsed/submitted by a sponsor (Social Worker; Health professional; Housing Officer, teacher; clergy; or, Third Sector organisation) If you do not have a sponsor contact 0131 556 3899 or energygrants@opfs.org.uk |
| Scottish Women's Aid | Covid-19 advice and information for women, children and young people experiencing domestic abuse | www.womensaid.scot/covid-19/ | National The helpline is as SDAFMH |
| Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH) | Helpline for all people experiencing domestic abuse or forced marriages | www.sdafmh.org.uk 0800 027 1234 Email helpline@sdafmh.org.uk | National 24-hour helpline Translation service available |
| LGBT Helpline Scotland | Helpline or a friendly voice for LGBT people | www.lgbthealth.org.uk 0300 123 2523 Email helpline@lgbthealth.org.uk | National Tues, Wed 1200-2100 Thurs, Sun 1300-1800 |
| National LGBT+ Domestic Abuse Helpline | Helpline for LGBT+ people experiencing domestic abuse | www.galop.org.uk 0800 999 0327 | National Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000 |
| Respect Men's Advice Line | Helpline for men experiencing domestic abuse | 0808 8010327 | National Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700 |
| Citizens Advice Scotland | Online advice | www.cas.org.uk Coronavirus advice - what it means to you | National |

| Service: | Brief: | Contact/Links: | Other: |
|--|---|--|--|
| Shelter Scotland | Housing advice and homelessness | www.scotland.shelter.org.uk 0808 800 4444 | National Mon-Fri Office Hours |
| Scottish Fire Service | Carers & partner agencies are being encouraged to support people to remain safe at home in relation to fire hazards; resources to assist this are available on line; people can still be referred for practical safety advice via the Home Fire Safety portal | www.firescotland.gov.uk 0800 0731 999 www.firescotland.gov.uk/your-safety/hfsv-form.aspx for Home Fire Safety Portal | National & Fife-wide The Fire Service Community Action Team have some capacity to take on voluntary roles within the community due to work being limited by the coronavirus situation; requests are required to be formal and in writing to e.fifecse@firescotland.gov.uk |
| British Red Cross | The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with | For General Public: National Support Line 0808 196 3651 1000-1800 daily For Partner Agencies: Call Centre for Referrals (Dalkeith) 0131 654 0340 Mon-Fri 0900-1630 | National British Red Cross National Telephone Support Line Edinburgh, Lothians & Fife Call Centre for Referrals |
| Alzheimer Scotland & Fife Services | A range of supports are available by telephone and video link, including support from Fife Dementia Advisors (for both those who are cared for and their carers); can also provide a list of local shopping delivery services | www.alzscot.org/information-during-coronavirus Telephone Befriending & 24-Hour Helpline – 0808 808 300 Local Supports, Advice and Information – 01592 204541 Email fifeservices@alzscot.org (Local Services) Email helpline@alzscot.org (National) | National & Fife-wide Fife Services – Mon-Thurs 0900-1600; Fri 0900-1500 National Services – 24-Hour |
| Advice Line Plus, Scottish Autism | Extended hours advice line providing reassurance, guidance and support for autistic people and their families | www.scottishautism.org/services-support/family-support/advice-line-plus 01259 222022 Email advice@scottishautism.org | National 7-days 0800-2000 |
| Employers' Helpline (Healthy Working Lives) | Workplace advice on health, safety & well-being information | 0800 019 2211 | National |

| Service: | Brief: | Contact/Links: | Other: |
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| Covid-19 Helpline (delivered on behalf of NHS 24) | General advice & guidance for non-clinical needs, including help & advice in relation to testing | 0800 028 2816 Dial 111 for medical assistance | National |
| Business Support Helpline (Scottish Government) | Official helpline for businesses for all questions related to coronavirus financial support and essential advice | 0300 303 0660 | National |
| AbilityNet (Technology Support) | In response to the Coronavirus emergency AbilityNet is running a series of live online events to help share useful information for disabled people and their carers; alongside providing free IT support to help older people and people with disabilities to use technology to achieve their goals | www.abilitynet.org.uk 0800 269 545 | National UK Office Hours |
| Co-operate (Co-op) | Online portal for information & guidance during the Covid-19 pandemic | www.co-operate.coop.co.uk/support/ | National They aim to respond within 7 days Note: some local Co-op stores are utilising Co-op food delivery volunteers |
| Care Home FaNs | Care Home Friends and Neighbours (Care Home FaNs) is a national project that is helping care homes to connect meaningfully with their local community to enhance the quality of life of older people and those that support them; go online for 3 easy-to-take steps | www.carehomefans.org | National |

| Service: | Brief: | Contact/Links: | Other: |
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| Saje Scotland Update (150221): Weekly drop-in Zoom Cafes; new course term starting mid-April | Empowering women to make positive choices about their lives; groups are running online (Zoom) and support is offered by phone and email | www.sajescotland.org Get in touch to book a place on a course or get more information 07909482279 or 07887248354 Email info@sajescotland.org | National |
| Chest Heart & Stroke Scotland | Kindness volunteers can provide regular telephone chats; dog walking; shopping or medication deliveries | www.chss.org.uk 0808 801 0899 | National |
| Dance For Life, Strathearn Arts, Crieff | Free online dance classes which may benefit people with any kind of mobility issue or other challenges; can remain seated as designed to be accessible; classes are held online via the Zoom platform thus an internet connected device with camera is required | For information on how to join contact Megan: 07789639956 Email megan@strathearnarts.org For further information or to sign up contact Janice Fraser: 07921771486 | Based in Crieff – Currently open to anyone Mon, Tue, Thur 1400 via Zoom |
| Scotland Cycle Repair Scheme (supported by Scottish Government & administered by Cycle UK) Update (150421): Scheme ended, web link remains live for enquiries | Free bike repairs for people who wouldn't otherwise be able to afford repairs (up to £50 per person; each member of a family can get one bike repaired; for disabled people who own a non-standard cycle it is up to £100 per person; manual wheelchairs can also be taken to participating Bike Shops for maintenance); punctures, old tyres, brake problems, gears that don't work properly, or other issues that prevent cycle use are covered by the scheme | www.cyclinguk.org/ScotCycleRepair Email (for Bike Shops) scrs@cyclinguk.org If a Bike Shop would like to participate in the scheme contact by email Check the web link for exemptions & participating Bike Shops | National The Scheme aims to carry out 30 000 repairs by 310321 (the scheme may close before this date) Search for the nearest participating Bike Shop via the web link or look for a Bike Shop displaying a poster or window sticker The scheme is universal but is intended for those who would otherwise struggle to pay for the repairs |

| Service: | Brief: | Contact/Links: | Other: |
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| The Good Care Group Scotland Limited (Live-in Respite Provider) | Dedicated privately purchased live-in care provider rated outstanding by the CQC and excellent by the Care Inspectorate; the shortest contract offered is the Respite Package 24/7 Live-in Care (cost per week £1692.00 for a minimum of 14 days and can be taken in 2 separate blocks); regulated live-in care provided throughout Scotland | www.thegoodcaregroup.com 0203 728 7577 Dedicated Client Services Email clientservices@thegoodcaregroup.com TGCG Scotland- Care Brochure -There's nowhere better than home (ctrl & click to follow link) | National Specialist respite care available - includes dementia; Parkinson's; MS There is an additional clinical and environmental care assessment visit required to be carried out costing £395.00 The cost of 24/7 live-in ongoing care is £1494.00 per week |
| Individuals – Hardship Grants – Funding Sources (link provided by Fife Voluntary Action & the Funding & Monitoring Team, Fife Council) | Funding sources and hardship assistance during Covid-19 (external links) | Pandemic Funding for Individuals (ctrl & click to follow link) 01592 583498 Funding & Monitoring Team, Fife Council | National & Fife-wide |
| Face Covering Exemptions, Scottish Government & NHS Scotland | Information as to who is exempt from wearing a face covering and how to apply for an exemption card (available as a physical card or digital card); physical cards are issued within 7-14 days and digital cards are issued within 48-hours | www.exempt.scot for information and online applications 0800 121 6240 for telephone applications for those without internet access | National Online or Mon-Fri 1000-1500 for telephone applications |
| Innovations in Dementia 'Tip-Share' Update (081220): Launches 071220 | Easy way to source and share tips that assist daily living for people living with dementia; over 600 tips over 9 themes; all tips contributed by those living with dementia | www.dementiatip-share.org.uk Email philly@myid.org.uk for further information | National |

| Service: | Brief: | Contact/Links: | Other: |
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| SHOUT, UK Text Messaging Helpline | 24/7 text messaging service for when people feel they need immediate support and are experiencing a challenging time with their mental health; available to anyone, anywhere, at any time; free and anonymous (information may be shared if someone is at risk) | www.giveusashout.org Text SHOUT to 85258 Text STOP to stop conversation Text START to 85258 to re-start the conversation Text LOOFAH following your conversation to remove/scrub data from system Email info@giveusashout.org if contacting from a network listed and the service does not appear to be working (include your mobile phone number and network provider) | National 24/7 Free from all major UK networks (EE; O2; Three; Vodafone; BT Mobile; Virgin Mobile; Tesco Mobile; iD Mobile; Sky; Telecom Mobile; Libra; Giffgaff – some android phones may indicate you will be charged, this is incorrect if you are on these networks and you will not be charged) |
| Young Dementia Network (merged with Dementia UK Nov 2020) | Movement of people committed to improving the lives of those affected by young onset dementia | www.youngdementiauk.org 0800 888 6678 Email helpline@dementiauk.org Support Related Enquiry (follow link) www.youngdementiauk.org/need-advice | National |
| Ask for ANI, Home Office & partners (Domestic Abuse Sector, Police, Pharmacy Associations) Launches: 140121 | Codeword scheme working alongside existing supports helping victims of domestic support access emergency community supports; safe space provided within pharmacies | Participating Independent pharmacies and Boots Pharmacies throughout the UK | National Participating pharmacies will display posters – all victims of domestic abuse can approach staff and ask for ANI or help |
| WAY Widowed & Young Update (240221) | WAY offers peer-to-peer support network for anyone who has lost a partner before their 51st birthday – married or not, with or without children, whatever their sexual orientation, race or religion; UK members have access to a variety of supports | www.widowedandyoung.org.uk | National Membership only (over 3700) & this should be completed online costing £25 per year (paid either by direct debit or PayPal) |

| Service: | Brief: | Contact/Links: | Other: |
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| <p>ABC (Anorexia & Bulimia Care) Update (260221)</p> | <p>30 years of experience promoting care & support for anyone affected by anorexia, bulimia, binge eating & all types of eating disorders; support provided online, by telephone & by appointment</p> | <p>www.anorexiabulimiacare.org.uk 03000 11 12 13 Wed-Fri 0900-1300 & 1400-1700 Option 1 Support Line Option 2 Family & Friends Support by appointment Skype Video Call; Telephone Chat; Online Chat - follow link www.picktime.com/ABCsupport Email support@anorexiabulimiacare.org.uk or Email familyandfriends@anorexiabulimiacare.org.uk</p> | <p>National Support Line Wed-Fri 0900-1300/1400-1700 Support by Appointment Wed-Fri 1400-1600</p> |

Fife-wide

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|--|
| Fife Forum Update (130421): Essential visits may be arranged where practicable/permissible from 260421 ; new weekly group support 'Café Forum' launched 050321 | Enquiries; signposting; telephone befriending (existing clients; new referrals where required); telephone befriending via Helping Hand (see below); online social groups (via Zoom – from 050321) | www.fifeforum.org.uk 01592 643743 Email info@fifeforum.org.uk Facebook Fife Forum Online Zoom Groups Contact your Fife Forum link worker for information | Fife-wide Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap |
| Helping Hand, Fife Voluntary Action Update (140121): Reopened to anyone requiring help or support whilst Fife is in lockdown; this includes a Prescription Delivery Service | Partnership to help support people and the most vulnerable with their needs during the crisis; people can register to receive support and volunteer to provide support | www.fva.org/helping_hand.asp 0800 389 6046 | Fife-wide Mon-Fri 0900-1700 |
| Prescription Delivery Service, Fife Voluntary Action Update (240720): Prescription Delivery to cease from 150820 | FVA has partnered with NHS Fife, Fife Health and Social Care Partnership and Fife Council to provide a prescription delivery service for those in Fife that are most in need | www.fva.org/prescription.asp 0800 389 6046 | Fife-wide Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions themselves and have no one who can collect them on their behalf. Methadon/Subutex: Unable to collect or deliver these drugs. Please contact addiction services on 01592 716446 if help is required |
| Kirkcaldy Central Mosque | Free Food Packs | www.kirkcaldymosque.org.uk 01592 641057 | Fife-wide deliveries |

| Service: | Brief: | Contact/Links: | Other: |
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| Cosy Kingdom | Telephone energy advice, including energy debt support | 01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk | Fife-wide Mon-Fri 0900-1700 |
| Elders Crisis Contact Centre, Castle Update (140121): New online store including 'Free to You' range (Castle Furniture) | A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections | www.castlefurniture.org 01334 898669 | Fife-wide For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability) |
| Fife Council | Local Authority services | Council Services: 03451 55 00 99 Homelessness: 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) Scottish Welfare Fund: 0300 555 02 65 (Mon-Fri 0900-1430) Social Work & Social Care: 03451 55 15 03 Covid Community Helpline: 0800 952 0330 (Mon-Fri 0900-1700) or email covid.communityhelpline@fife.gov.uk | Fife-wide |
| Fife Migrants Forum | Telephone & online support; Virtual Conversational Cafes to combat isolation and improve English | www.fifemigrantsforum.org.uk 01592 642927 Facebook @fife.migrants Email info@fifemigrantsforum.org.uk | Fife-wide Main chatroom & local chatrooms can be accessed Telephone 0930-1300 |
| Citizens Advice & Rights Fife | Telephone advice | www.cabfife.org.uk General Advice 0345 1400 095 Debt Advice 0345 1400 094 Universal Credit 0800 023 2581 Macmillan Service (people affected by Cancer) 0345 1400 092 Text Service for the Deaf Community 0787 2677 904 | Fife-wide Mon-Fri 0830-1600 |
| Lead Scotland Befriending for Young Carers | Distance Befriending for Young Carers aged 12-18; weekly telephone/email/video support offered by volunteers | www.lead.org.uk 0131 228 9441 or 07775844885 Emma Pauley Email epauley@lead.org.uk | Fife-wide Tue, Thu, Fri (working days) |

| Service: | Brief: | Contact/Links: | Other: |
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| Lead Scotland Learning Project Update (020221): Free 1-hour online safety classes during February 2021 | Distance learning for individuals (age 16+); weekly telephone/email/video support for those seeking to learn how to use a computer or another skill | www.lead.org.uk 07768 916460 Dawn Robb (Fife Learning Co-ordinator) Email drobb@lead.org.uk Sign up (free safety classes): www.lead.org.uk/learn-how-to-be-safe-online-with-lead-scotland/ | Fife-wide Support will be provided by volunteers, who are PVG members; priority given to people who live on their own |
| Lead Scotland Befriending (Adults) | Distance befriending for adults (age 16+); weekly telephone/email/video call support offered by volunteers for those who are feeling lonely or socially isolated; priority is given to people who live on their own | www.lead.org.uk 07950 771875 Louise Andree Email louiseandree@lead.org.uk | Fife-wide Mon-Thu (working days) |
| Fife Centre for Equalities – 60+ Minority Ethnic Older People Project Update (090920) | Minority ethnic older people 60+ can use this support to access public services; access befriending; & information and signposting | www.centreforequalities.org.uk 01592 645310 Centre or 07826753539 Direct line for Damian Hoggan-Radu (Operational Assistant) Email info@centreforequalities.org.uk or damian@centreforequalities.org.uk Cantonese 07881 925301 Romanian 07826 753539 Urdu 07827 405915 Vârșnicii etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice 少數民族長者現在可透過我們的服務獲得公共服務的資訊 فائف کے اقلیتی بزرگ اب ہماری مدد سے پبلک سروسز کی رسائی حاصل کرسکتے ہیں For other languages, the Centre will find the right interpreter. | Fife-wide Alongside the aforementioned service the Centre's vision is to enable everyone they work with to take action that makes Fife a more equal, fairer place to live, work and study providing a collective voice to champion equality, diversity, inclusion and social justice |

| Service: | Brief: | Contact/Links: | Other: |
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| Foodbanks Update (051120): New contact for Dunfermline & surrounding areas | Food parcels for people in hardship – for further information relating to the services delivered in any given area contact the nearest locality link | Cupar: 07474453153 email info@cupar.foodbank.org.uk Dunfermline: 01383 432483 or 07730751895 email info@dunfermline.foodbank.org.uk East Neuk: Anstruther Church - Tue 1200-1600; Thu 1600-1800 Glenrothes: 01592 631088 email info@glenrothes.foodbank.org.uk Kirkcaldy: Various locations, website www.kirkcaldyfoodbank.org.uk Levenmouth: 07966502854 Delivery only St Andrews: 01334 474940 (option 2) email storehouse@kingdomvineyard.com Taybridgehead: 07840957039 (emergencies only) | Owing to Covid-19 there may be local variations so please contact Glenrothes Foodbank only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020) For referrals in the following towns and their surrounding areas, tel: South West Villages 07985739452; Ballingry 07515290119; Kelty 01383 650273; Cowdenbeath 07828564232 |
| Asda Pharmacy | Call and collect service for vulnerable people or those who are practising social distancing – prescriptions can be collected from your car at dedicated bays within the store car parks. | Dunfermline (Halbeath) 01383 843617 Kirkcaldy (Carberry Road) 01592 657210 | Fife-wide Please note opening times within stores may be reduced and people should call their local Asda pharmacy team for more information |
| Fife One Stop Shop, Scottish Autism | Support by email & telephone; telephone support by appointment; information, advice, local supports for autistic people, their families & professionals | www.scottishautism.org/services-support/family-support/fife-one-stop-shop 01592 645350 Email fifeoss@scottishautism.org | Fife-wide Aim to respond within 3 working days |
| Centre for Positive Change (in partnership with Positive Change Yoga) Update (220221) | Free online Zen Yoga offered to Fifers since January and now extended to throughout March 2021; see website for booking information and terms & conditions | www.positivechangeyoga.com Facebook @positivechangeyoga | Fife-wide |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|--|--|
| Friendship Cabin Update (190421): New services | For adults 16+ - virtual social group with entertainment via the Zoom platform (Fife-wide); remobilisation of face-to-face lunch clubs (Glenrothes); new Befriending & 'Call Companion' services for those with limited mobility or who are isolated; Garden meets (for up to 4 members & 2 volunteers in a private garden with lunch – weather permitting); all services will be delivered in accordance with Government guidelines | www.thefriendshipcabin.com 07423154632 Pearl Weepers Email info@thefriendshipcabin.com | Fife-wide & Glenrothes Area Lunch Clubs (Glenrothes): Wed 1000-1400 Lomond Centre Thu 1000-1400 Studio 8, Church Street Please note: some services require a small payment to help cover costs (for details and for updates contact the Friendship Cabin) |
| Fife Lockdown Economy (FiLE) Update (190221) | Marketplace that connects local people in Fife with local businesses offering products and services during lockdown | www.fifelockdowneconomy.com Facebook @fifelockdown | Fife-wide |
| Fife Carers Centre Update (190221): New 'Virtual Club for Carers' run by volunteer befrienders commences 220221 (thereafter Mon 1400-1530) | New referrals accepted; centre remains closed for drop-in (telephone, email and virtual contact); current services include - assistance given to complete forms; help with emergency planning (including Carer Emergency Cards); carer support planning; a point of contact for carers experiencing difficulties; advocacy; befriending for carers; online male carers group; and, co-ordinating supply of PPE to entitled carers (see separate entry p16) | www.fifecarerscentre.org 01592 205472 Email centre@fifecarers.co.uk For 'Virtual Club for Carers' contact Sylwia Nadolny: Email sylwia.nadolny@fifecarers.co.uk 07736909692 | Fife-wide Referrals can be made via the telephone or the online portal |

| Service: | Brief: | Contact/Links: | Other: |
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| Personal Protective Equipment (PPE) for Unpaid Carers | Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for | To request PPE contact Fife Carers: 01592 205472 Email centre@fifecarers.co.uk | Fife-wide |
| Personal Protective Equipment (PPE) for Personal Assistants (Self-Directed Support) | A Self-Directed Support Personal Assistant employer may request PPE if the person being cared for has a diagnosis of Covid-19; another member of the same household has a diagnosis or symptoms; the person receiving care has received a shielding letter; or, any other risk for person receiving care or Personal Assistant(s) | To request PPE contact SDS Options Fife: 01592 803280 Email ppe@sdsoptionsfife.org.uk | Fife-wide |
| Meal Makers, Food Train Update (180221) | Helping older people to eat well, age well and live well independently at home for as long as they wish; neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat | www.mealmakers.org.uk for information, to sign up as a cook or suggest a diner 0141 551 8118 or 07702 868893 Carol Simmons, Development Officer – working days Mon-Fri Email carol@mealmakers.org.uk | Fife-wide |

| Service: | Brief: | Contact/Links: | Other: |
|--|--|---|--|
| Befriending (Communities Recovery Fund), Fife Shopping & Support Services Update (171220): A few hours are left for referrals (available until the end of March 2021) | For elderly, disabled and vulnerable people who are feeling isolated as a result of the pandemic and would benefit from having a little company; open referral process | www.fifeshoppingandsupportservices.co.uk 01592 653344 Email lynne@fifeshoppingandsupportservices.co.uk Facebook | Fife-wide Other privately purchased provisions are available Update 230421: privately purchased supports have re-engaged; at present, journeys made with clients are for essential purposes only |
| Gingerbread Fife | Lone Parent Helpline; Support Workers who offer telephone advice; new referrals accepted for: Teen Parent Project; Making It Work; Square Start Levenmouth; Buddy Project; &, Dad and Me | www.fifegingerbread.org.uk 01592 725210 Email info@fifegingerbread.org.uk | Fife-wide with Local Projects Helpline: Mon-Thurs 0900-1700 Fri 0900-1530 |
| Wells Near Me, Fife Health & Social Care Partnership and Partners Update (050421): Dedicated email address added | Virtual Wells Tue-Thu 1000-1200 & Mon/Thu 1300-1500; video calls connect participants with an advisor who aims to help the person find solutions to their health & well-being issues, including available supports; participants enter a virtual waiting room or can pre-book an appointment | www.fifehealthandsocialcare.org/the-well Email TheWell@fife.gov.uk or Aleksandra.Atanasova@fife.gov.uk 03451 551 500 Dedicated telephone line for people with no access to technology when Wells are live BSL People requiring an interpreter should request this when booking an appointment (available from 091220) | Fife-wide Internet enabled video device; chrome or safari browser required For people entering the virtual waiting room please be advised you may not be seen if time expires |
| Libraries Service (On Fife) Update (110221) | Completely free eBook, eAudiobook & digital magazine service (RBdigital) now has even more content; all you need to register for this free service is your library membership | www.onfife.com/libraries-archives/online-resources/ebooks-eaudiobooks-and-digital-magazines# Email rbdigital@wfhowes.co.uk if you need additional help with this service | Fife-wide If you are not already a member of Fife libraries join up by either clicking here (Ctrl + Click to follow link) or by visiting any Fife Library (when this is permissible) |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|--|
| <p>Fife Bus (previously known as Dial a Ride and Ring & Ride) Update: Commencing 170820 and bookable from 140820</p> | <p>Free door-to-door transport for people unable to access mainstream public transport due to some form of reduced mobility; at this time, the service prioritises people who need to make essential trips (to attend medical appointments or essential shopping trips)</p> | <p>www.fife.gov.uk/kb/docs/articles/roads,-travel-and-parking/demand-responsive-transport By following the link you can see what days the service is running in each area by clicking on Fifebus Service by Town 03451 55 11 88 to register & book journeys</p> | <p>Fife-wide Bookings will only be taken the day before travel, with Sunday and Monday bookings taken on a Friday</p> |
| <p>Safe & Well Resource 2020 Edition, Fife Adult Support & Protection Committee Update (081220)</p> | <p>Essential signposting, resources and supports for over the Christmas period</p> | <p>www.fifeforum.org.uk/resources-downloads/ (click on 'Safe and Well 2020 Booklet') Email shona.mcewan@fife.gov.uk for further information 03451 55 55 55 ext 442134</p> | <p>Fife-wide Covering Christmas 2020</p> |
| <p>Fife Sports & Leisure Trust Update (230321): reopen 260421</p> | <p>Sports & leisure (check website for updates); new downloadable App (see website for information) allowing users to help keep track of activities & goals; online activity</p> | <p>www.fifeleisure.org.uk/coronavirus-update/</p> | <p>Fife-wide All facilities open on the same date, however, work is progressing to address issues related to the Beacon Leisure Centre</p> |
| <p>The Byre Theatre, St Andrews Update (220221)</p> | <p>The Byre has selected a variety of things to watch online or on subscription free TV to help people choose from the array of films/online content currently available alongside 'Creative' & 'Health & Well-being' content</p> | <p>www.byretheatre.com/events/what-to-watch-online/ 01334 475000 Box Office</p> | <p>Fife-wide (theatre based in St Andrews, North East Fife)</p> |
| <p>Crossroads Fife Update (230321)</p> | <p>Supporting people who care for someone with an illness or disability; services include Core Service (Respite & Palliative Care), Self-Directed Support & Privately Purchased Support</p> | <p>www.crossroadscentral.org Email info@crossroadsq.co.uk 01592 610540 Kirsten Docherty, Manager</p> | <p>Fife-wide Open to new referrals and self referrals</p> |

| Service: | Brief: | Contact/Links: | Other: |
|---|--|--|---|
| Fife Law Centre Update (240221) | A team of solicitors providing free legal advice & representation for the people in Fife who need it most; legal advice on a range of subjects and depends upon on what the problems are; if unable to help, they will signpost to someone who can; contact by phone, email or chat online | www.fifelawcentre.co.uk Email info@fifelawcentre.co.uk 01592 786710 Mon-Fri 0900-1700 Facebook Fife Law Centre | Fife-wide |
| Fife Parkinson's UK Branch Update (110321): Aiming for face-to-face contact during the second half of 2021 with the guidance of Parkinson's UK | A range of interest and social groups online (Zoom platform) including 'Coffee & Chat', 'Walking' & exercise; information & advice; link to Parkinson's Nursing in Fife | www.fifeparkinsons.org Email via 'Contact Us' on website 0808 800 0303 National Helpline (including local signposting) | Fife-wide (Branch) Parkinson's UK provides national coverage |
| Carers' Self Help Service, Link Living | Provides up to six one-to-one self-help coaching sessions using CBT for Carers of children, young people and adults with Autism Spectrum Conditions; aims to reduce isolation & offer practical skills and techniques for managing stress (active engagement with materials during and between sessions provides maximum benefit to individuals); sessions are being held remotely | www.linkliving.org.uk Email kirstin.brady@linkliving.org.uk 07584502442 Write to Carers' Self Help, Link Living, Bridge Street, Kirkcaldy KY1 1TE | Fife-wide Free & open to both self-referral and professional referral |

Across Multiple Localities

| Service: | Brief: | Contact/Links: | Other: |
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| Link Living, Better Than Well Update (201120) | Provide up to eight supported self-help sessions to adults 16+ who have experienced childhood trauma to stay safe and stable using a CBT approach; sessions aim to help participants understand the impact of trauma, identify outcomes & how to work towards these & connect to other supports; available by telephone or video call; approximately 4-6 week waiting period for a coach; referrals can be self or on behalf of (with consent) | 01592 644048 Email selfhelp@linkliving.org.uk Write to Link Living Better Than Well, West Bridge Mill, Bridge Street, Kirkcaldy, Fife KY1 1TE | Cowdenbeath, Levenmouth, Glenrothes Dunfermline, Kirkcaldy Participants must live in the abovementioned localities North East Fife & South West Fife Sessions will always only be available via telephone or video call |
| Sporting Memories Update (150120): New initiative to encourage physical activity at home; Sporting Memories KITbag designed to be used in conjunction with either weekly calls, virtual sessions or phone circles | Aim to demonstrate the health, wellbeing and social benefits of talking about sport | www.sportingmemoriesnetwork.com Email admin@thesmf.co.uk Local Contact 07941123278 or email gary@thesmf.co.uk Gary Waddell, Group Delivery & Practice Co-ordinator Sporting Memories KITbag Sign up by contacting Gary or by Survey Monkey www.surveymonkey.co.uk/r/DLFVR6R | National & Kirkcaldy; Glenrothes Online Groups Wed 1030-1200 Kirkcaldy Wed 1330-1500 Glenrothes |
| Scotland Hourglass (Action on Elder Abuse) | Free shopping bag delivery for older people in isolation. | 07496323801 Email colinscott@wearehourglass.org | Dunfermline & West Fife |
| Aberdour Bakery, Aberdour Update (280121): Deliveries 10-mile radius incl. Culross & Kinross | Fresh bakery products & some essentials; deliveries Thu-Sat; tel to place order & check stock availability; card payment or cash on delivery | 01383 860330 | Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay & surrounding areas Mon-Sat 0800-1400 |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|--|
| Dunfermline Central Mosque | Shopping/essential deliveries including halal; free food parcels for those 60+ in need | Telephone or SMS 07946636913 | Dunfermline to Rosyth |
| F3 Food for Families, Gillespie Memorial Church, Dunfermline | Free fresh food during summer school holidays for families struggling to feed the family | www.gillespiechurch.org/mission-outreach/f3-food-for-families/ 07518902602 Leave a message or text & you will get a call back Email f3gillespiechurch@gmail.com Facebook F3 or foodforfamiliesdunfermline | Dunfermline & West Fife Service commences from 060720 |
| Benarty Fruits, Lochore | Fruit/Veg deliveries | www.benartyfruits.co.uk/shop 07786025233 | Oakley to Glenrothes Open Mon-Fri 0900-1500 & Sat 0900-1200 |
| Fife Curnie Clubs Update (171120) | Promoting social inclusion and combating social isolation for people aged 26-49; continuing to support members and new referrals (including self-referrals); online group chats and predetermined activities; 1:1 support for members available | www.fassaction.org.uk/curnie-clubs-home/ 07384514478 Kirkcaldy (Jo) 07384514479 Cupar & Glenrothes (Karen) 07748631648 Cowdenbeath & Dunfermline Steve) 07384514478 Methil (Jo) 07741559373 Volunteer Opportunities (Kerry) Email curnieclubsinfife@gmail.com Facebook Fife Curnie Clubs | Virtual Groups: Kirkcaldy Tues 1100 Cupar & Glenrothes Tues 1100 Cowdenbeath & Dunfermline Wed 1100 Methil Thu 1100 |
| Raith Fruit Shop | Fruit/Veg & some essentials being delivered | www.raithfruit.com 01592 653444 | Kirkcaldy, Dunfermline & Glenrothes Areas |
| Womens Wellbeing Club | Female only mental health group – online resource | Facebook www.womenswellbeingclub.co.uk | Glenrothes & Dunfermline |
| Employment Plus, Salvation Army Update (241120) | Free & confidential help with employability, training, in-work support and well-being & life skills | www.salvationarmy.org.uk/employability 0800 652 4276 Email employmentplus@salvationarmy.org.uk Local Contact 07827037013 Dawn Hinton Email dawn.hinton@salvationarmy.org.uk | Levenmouth, Glenrothes, Kirkcaldy, Lochgelly & Cowdenbeath |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|--|
| Pain Association Update (041220): Programme commencing 130121 | Professionally-led training group for people with all forms of chronic pain; sessions focus on building skills that help people to regain control and cope more effectively; meetings will be held using a mixed approach (Zoom; face-to-face where possible; and/or a mixture of both); book a placement no later than 2 days before the event | www.painassociation.co.uk 0800 783 6059 Email info@painassociation.com To join a zoom meeting – include a contact telephone number and which locality group you wish to join) Email awaugh@painassociation.com For information or a programme | Dunfermline (Townhill Community Centre) from 130121 1000-1200 Kirkcaldy (St Bryce Kirk Centre) from 140121 1030-1230 Levenmouth (Buckhaven Community Centre) from 140121 1330-1530 Cupar (YMCA) from 250121 1330-1530 |
| East Neuk Cooks Update (040321) | Range of catering options including 'Home Made Meals for One' (Meal in a tray) – freshly made meals for one which are frozen for freshness including vegetarian options (Meat dishes £6.80; Fish dishes £7.00; Vegetarian dishes £5.60); Minimum £20 order +£3.75 delivery (delivery free if over £40) | www.eastneukcooks.com 07969208497 Facebook East Neuk Cooks | Selected Postcodes Delivery to postcode areas KY1, KY7, KY8, KY9, KY10, KY14, KY15, KY16, DD6 Weekly Saturday deliveries |
| Crossroads Befriending Service Update (230321) | Distance befriending for adults with a physical, mental or sensory impairment who are socially isolated and lonely; contact by telephone, video chat or email until face-to-face visits resume | www.crossroadscentral.org Email marie@crossroadsg.co.uk 01592 630253 Marie Lindsey, Co-ordinator | Fife excluding Dunfermline & West Fife New referrals welcomed as are volunteer enquiries |

Levenmouth Locality

| Service: | Brief: | Contact/Links: | Other: |
|---|--|---|---|
| Largo Area Coronavirus Response Team Update (151020): Remains operable with volunteers on standby | Support to access local shopping delivery services and deliveries where local shops are unable; Telephone befriending for isolated people is also being developed | 0800 999 3465 | 5 local contacts for New Gilston & Woodside; Newburn & Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links |
| Arden House Projects, Leven | Primarily for over 65s Arden House will support vulnerable people where it is able to do so; all services associated with the pandemic are free of charge - enquiries; signposting; telephone befriending (existing clients; new referrals); shopping deliveries; prescription collection; & the provision of free hot meals | www.ardenproject.org.uk 01333 303210 Email ardenhp@googlemail.com | Levenmouth, including the Wemyss Villages; Kennoway; Lundin Links; & Largo Villages Mon-Fri 0900-1700 Messages can be left and will be responded to asap |
| Monday Lunch Club, St Agatha's & St Giles RC Church, 160 Methil Brae, Methil Update (171120): Closed until restrictions are eased; follow social media for updates | Free Lunch Club open to all (soup, sandwiches & hot drinks); in the church hall | Facebook @stagthas | Methil (Levenmouth) Mon 1200-1330 |
| Cosy Kids on Tour, Levenmouth Childrens Clothing Bank (in partnership with Fife Council) Update (031220): From 301112 | Trial drop-in Savoy Centre, Methil (Mon) and The Centre, Leven (Tue) from 301112; help with winter coats/shoes for children | Savoy Centre, Methil Drop-in between 1500-1700 on Mon 3011; 0712; 1412; 211220 The Centre, Leven Drop-in between 1500-1700 on Tue 0112; 0812; 1512; 221220 | Levenmouth Limited service dependent upon stock availability |

| Service: | Brief: | Contact/Links: | Other: |
|---|--|--|--|
| It's Game Time & Talk Time, East Fife Community Football Club, Bayview Stadium, Methil Update (120421): Resumed | All fitness levels welcome; opportunity to meet new people; discuss all things mental health & well-being; grab a drink and a blether before and after the game | www.eastfifecommunityfootballclub.com 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information | Levenmouth Mon 1800-1900; Thu 1030-1230 Bayview Stadium, Free (no need to book) |
| Walking Football, East Fife Community Football Club, Bayview Stadium, Methil Update (031120): Commenced from 251020 1730 | The beautiful game at a slower pace; over 45s; due to restrictions contact Alan Lowe in the first instance | www.eastfifecommunityfootballclub.com 07710532424 Alan Lowe Email alan.lowe@efcfc.co.uk for information and how to book | Levenmouth Book online or contact for information |
| Taxi Centre Fife Update (210121): Transport assistance (Vaccine related) | Free transport being offered for elderly people living on their own and without any other family, friends or transport options to get their vaccine injection; Covid secure taxi fleet | www.taxicentrefife.com 01333 300300 Email taxicentre@hotmail.com Facebook | Levenmouth |
| Sam's Mental Health Café (SAMH), Forth Street Hall, Leven Update (210421): New service from 060521 | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in | www.samscafe.org.uk 07725214012 or 07971892886 Telephone Support Wed-Sun 1400-2200 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk | Leven (Fife-wide with enquiries or for those able to access) Tue, Wed, Sat 1200-2000 |

Glenrothes Locality

| Service: | Brief: | Contact/Links: | Other: |
|--|---|--|--|
| Age Concern Glenrothes Update (120421): Garden/doorway visits and walking reinstated; aiming to recommence home visiting from 260421 | Groups remain closed; however, the service is now open to new referrals for the 'Help to Stay at Home' service (1-hour visits); limited availability as existing service users have been offered this support where required | www.ageconcernglenrothes.org 01592 756316 | Glenrothes, Leslie, Markinch, Thornton and Coaltown of Balgonie |
| Leslie Community Pantry | Stocked food pantry free to the local community located at the back of the Station Hotel (277 High Street); if you are struggling to get out and need a parcel, delivery can be arranged | Telephone or text 07730789255 Facebook – Leslie Community Pantry | Leslie Food Pantry closes 1700 |
| Collydean Community Centre, Glenrothes – Community Supports Update (081020) | Free food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations via the Supporting Communities Fund; Digital Connectivity – free technology devices along with free Wi-Fi to the elderly & vulnerable; telephone befriending | Free food parcels, shopping, prescriptions, etc 01592 359012 Disbursement of Funds 01592 742913 Digital Connectivity 01592 359022 Telephone Befriending 01592 359040 Community Pantry Mon-Fri 0900-1645 Further information please contact Rose Duncan, Centre Manager on 01592 742913 or 07926503923 Email rose@collydeancommunitycentre.co.uk | North Glenrothes (including Cadham and Leslie) |
| Leslie Baptist Church | Assisting those struggling with loneliness or providing food for their family | Email community@lesliebaptistchurch.org.uk | Leslie |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|---|---|
| Markinch Community Council Update (091020): Ceased | Shopping; dog walking; gardening; and, a friendly voice | 07922221629 | Markinch Mon-Sat 0900-1600 |
| Pop Up Community Kitchen (sponsored by 50th Scouts & CAREA) Update (300121) | Free meal including vegetarian option and kids treat bag; every Saturday 1200-1400 beginning 300121 | 07518435821 Facebook CAREA Community Hub Glenrothes | Glenrothes Sat 1200-1400 Scout Hall/Woodside Hall, Balbirnie Road, Glenrothes |

North East Fife Locality

| Service: | Brief: | Contact/Links: | Other: |
|--|---|---|--|
| Auchtermuchty Community Centre Update (081020) | Hot meal deliveries; Foodbank; free packed lunches during school breaks | 01337 827068 Facebook (PM for free packed lunches) @AuchtermuchtyCommunityCentre | Auchtermuchty & Dunshalt Mon 1400-1500; Wed 1730-1830 Foodbank |
| East Neuk Community & Emergency Planning Team Update (208020): Emergency Response Deactivated | From 200720 - Signposting list now available | 0800 999 6543 Facebook or Messenger @ENCEPT.UK | East Neuk |
| East Neuk Frail Elderly Project Update (291020): In partnership with the East Neuk First Responders delivering Christmas lunch on Christmas Day for those who are alone | Continuing to support existing service users by telephone; accepting new referrals (telephone contact); delivering, in partnership with Waid Academy, 'Afternoon Tea in a Bag' on a fortnightly-cycle (from end of Oct, Fri pm); planning from Nov to open a 'Drop-in' Café' at the Lower Town Hall, Anstruther Thu 1000-1600 (should guidance & Government permit) | Contact Ruby Urlotti (East Neuk Frail Elderly Project) Email enproject10@gmail.com | East Neuk |
| Welfare & Food Supports, North East Fife (shared by Business Support, Fife Council) Update (110321): 2021 Update | A host of welfare and food supports in list form; available to people living in NEF; list can be downloaded from the Fife Forum website | www.fifeforum.org.uk/resources-downloads/ (click on 'NEF Welfare & Food Support 2021') | North East Fife Multiple providers |
| snappysopper.co.uk | Shopping delivery App with services all over | Download App & put in your postcode to check if your area is covered | Check App Premier in Cupar are part of this service |

| Service: | Brief: | Contact/Links: | Other: |
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| Ardross Farm, Elie Update (200820): Returning to normal hours daily 0930-1730; deliveries still possible | Food and meals delivery service (£4.50 delivery charge); via Facebook @ArdrossFarmShop a series of live behind the scene tours with some of their favourite producers (interactive) | www.ardrossfarm.co.uk 01333 331400 Email info@ardrossfarm.co.uk | North East Fife Payments are made over the telephone prior to delivery |
| Community Aid St Andrews (CASA) | Established by the community to support others during the pandemic; requests for support can be made and individual connections made | www.communityaidstandrews.co.uk 03000 122014 Email hello@communityaidstandrews.co.uk | St Andrews The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other |
| Colinsburgh & Kilconquhar Community Council Update (091020): Ceased | Volunteer community supports | Email colkilcc2@gmail.com | Colinsburgh & Kilconquhar |
| Cupar Community Fridge, County Buildings (St Catherine Street) | The Community Fridge enables businesses and individuals to waste less through the sharing of good quality food that's within its use by dates – free to use | Email Katy.Bald@fife.gov.uk | Cupar Area Tues 1100-1200 Note: Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety |
| Clothesline, NE Fife Community Hub, St Andrews Update (031220): The Community Hub has secured their new forever home (St David's Centre, St Andrews) with refurbishment plans afoot | Free donations of good quality used clothes (adult & children); can be accessed directly by the individual in need or via a formal referral; clothing for special occasions can also potentially be provided (for example: weddings; interviews; funerals); | 07875085410 Ask for Jill Email nefcommunityhub@gmail.com Facebook @CommunityHubNEF Email fundingnefcommunityhub@gmail.com For information on the development of The Hub or to become involved | St Andrews/NE Fife Items are delivered directly to person or referrer; Covid measures in place |

| Service: | Brief: | Contact/Links: | Other: |
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| <p>J B Penmans Butchers, Crail Update (200820): Shop open with distancing measures; deliveries still possible</p> | <p>Food and meals delivery service (no charge for delivery) and no order too small</p> | <p>Facebook J.B Penman Butchers 01333 450218 Email jbpenman01@btconnect.com</p> | <p>East Neuk, St Andrews & surrounding area</p> |
| <p>Virtual Death Café, The Byre Theatre, St Andrews</p> | <p>Held across the UK, Death Cafés are welcoming, safe and friendly meetings for people, often strangers, to openly discuss something that affects us all; there is no set agenda, topic, or designated expert; it is not a support group, or grief counselling, but is a safe space to have a conversation in a comfortable environment with open hearts, open minds, and respect for all; traditionally, Death Cafés take place in physical spaces and offer refreshments and cake, but since Covid-19, many have moved online – people are encouraged to bring a cup of tea or coffee and a snack to the meeting</p> | <p>www.byretheatre.com/events/virtual-death-cafe-5/ (ctrl & click to follow link) to book a free ticket (the meetings take place via Microsoft Teams and a link is sent to a secure site on the day before)</p> <p>01334 475000 Box Office</p> | <p>St Andrews – National Initiative Free ticketed event online Internet connection and video & audio device required Next Event 240221 1700 – for future events contact the Box Office</p> |
| <p>#Food2Go, St Andrews Pop Up Pantry, Madras College (Kilrymont Road, St Andrews) Update (040321): From 030321</p> | <p>Top up with items such as cupboard essentials and toiletries at no cost</p> | <p>For information: Email Claire.Fisher@fife.gov.uk Claire Fisher, Lead Officer Or 077852711797 Vicki Blair, Com Ed Worker</p> | <p>St Andrews Wed 1600-1730</p> |

| Service: | Brief: | Contact/Links: | Other: |
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| <p>Health Walks (Health Walks, Paths for All & Pilgrim Care) Update (150321): Recommence 220321</p> | <p>Free health walks & all welcome; walks arranged around St Andrews Botanic Garden (Canongate); walkers must ensure they wear appropriate footwear/clothing; telephone to pre-book a space</p> | <p>07792941783 Cath Carter (Pilgrim Care, Parish Nurse) Email cath@pilgrimcare-standrews.org</p> | <p>St Andrews Mon 1100 Meet at St Andrews Botanic Garden (contact to pre-book place)</p> |

Kirkcaldy Locality

| Service: | Brief: | Contact/Links: | Other: |
|--|---|---|---|
| Care & Share Companionship Update (070421): Closed to new referrals | 1-1 visits resumed; either weekly/fortnightly up to 1-hour | www.careandsharecompanionship.org 07494129112 Teresa Naylor Facebook care and share companionship | Kirkcaldy Area Directed by Scottish Government guidelines on a weekly basis |
| Community Meals to Go, Greener Kirkcaldy | For people struggling 2-3 free meals per person can be delivered (deliveries Tues & Fri); most dietary needs catered for (excluding nut allergy); households need to register first | 07551325548 Email communitymeals@greenerkirkcaldy.org.uk | Kirkcaldy & Dysart People can self-refer or be registered by an agency |
| Linktown Tenants & Residents Association | Food parcels; swap shop (DVDs; games; etc); when possible weekly hot food; daily packed lunches for school children | Private message their Facebook page | Kirkcaldy Area Mon-Fri |
| The Cottage Family Centre | Support for vulnerable families or individuals within family units - food parcels; daily packed lunches; activity packs | www.thecottagefamilycentre.org.uk 01592 269489 Or contact via Facebook | Kirkcaldy Area Support for any family with a child under 5 |
| Linton Lane Centre, Kirkcaldy | Support within the local community – food parcels; hot food; Foodbank (Mon-Fri) | 01592 643816 Or contact via Facebook | Templehall Area, Kirkcaldy |
| Burrtisland Emergency Action Team (BEAT), Volunteer Hub in Toll Centre | Help with essential shopping; prescription collections; dog walking; or someone to speak with; swap shop | www.burrtislandcc.org.uk 01592 872854 Email communitycouncil91@gmail.com | Burrtisland Mon-Fri 0900-1600 |
| Lunch Club, Linton Lane Centre, Kirkcaldy Update (161120): Lunch Club will not reopen until Fife returns to tier 2 or above | Socially distanced lunch club for over 65s; activity after lunch | To book a place contact Mary Henderson (Manager): Email mandyhenderson75@hotmail.com 015902 643816 | Templehall Area, Kirkcaldy Wed 1215-1415 Guidelines will be sent to participants |

| Service: | Brief: | Contact/Links: | Other: |
|---|---|--|---|
| Burntisland Foodbank – Solid Rock, High Street | Free hot drinks & filled rolls and Foodbank; new opening hours | www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/ | Burntisland Tues 1030-1230 Fri 1200-1400 |
| #Food2Go Update (110221) | Pick up a free bag with all the essentials for 3 days of lunches; available from venues in the area; social distancing measures in place and must be adhered to | #Food2Go@TollCommunityCentre/Hub #Food2Go@Hayfield #Food2Go@LintonLane #Food2Go@LinktownCommunityAid | Kirkcaldy & Burntisland Available Tue & Fri 1145-1300 from: Toll Community Hub, Burntisland Linton Lane Centre, Kirkcaldy Hayfield Community Centre, Kirkcaldy Linktown Community Aid, Kirkcaldy |
| Sam’s Mental Health Café (SAMH), Linton Lane Centre, Templehall, Kirkcaldy Update (240720): reopened | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in | www.samscafe.org.uk Write to Sam’s, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk | Kirkcaldy (Fife-wide with enquiries or for those able to access) Wed, Fri, Sat, Sun 1500-2100 |

Cowdenbeath Locality

| Service: | Brief: | Contact/Links: | Other: |
|--|---|--|--|
| Benarty Peoples Pantry BRAG Enterprise, Benarty | Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals | 01592 860296 | Benarty Area; Glenraig, Crosshill, Lochore and Ballingry Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery |
| Cowdenbeath Salvation Army Update (120421): Opening times now limited | Emergency food parcels can be accessed Tue only (1000-1200) | 01383 512533 07741906029 Ask for Karen Thomas (Lieutenant) | Cowdenbeath Area Food support is available Tue 1000-1200 Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only) |
| Fife Council Cowdenbeath Area, Befriending | Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between | 07925397314 | Cowdenbeath Area |
| Our Cowdenbeath | Information regarding work going on across the locality including supports available | www.our.fife.scot/cowdenbeatharea/ Facebook @ourcowdenbeath | Cowdenbeath Locality |
| Benarty Food Angels Update (090221): From 080221 | Free packed lunches every Monday 1200-1330; no booking required | Email benartyfoodangels@gmail.com Facebook | Benarty Collect from Benarty Community Centre |
| Cardenden Community Fridge, Bowhill Community Centre (145 Station Road) Update (240620): new dedicated line | Free fresh produce as well as tinned and packaged items to help reduce food waste | 07767047957 | Cardenden Area Mon 1300-1500 Fri 1400-1600 Note: Access by side door; social distancing and hygiene rules will be observed |

| Service: | Brief: | Contact/Links: | Other: |
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| Lo'Gelly Lunches, Lochgelly | Emergency Food Supplies | Lochgelly Town Hall Facebook & Messenger | Lochgelly Area Attend Friday 1100-1300 |
| The Whispering Women, Cowdenbeath | Free packed lunches & baby food | Facebook/Messenger www.facebook.com/Thewhisperingwomen/ | Cowdenbeath Area Deliveries once a week |

City of Dunfermline Locality

| Service: | Brief: | Contact/Links: | Other: |
|---|--|---|---|
| Abbeyview Day Care Update (070421): Garden visits recommended weather permitting | Telephone befriending; prescription collection; dog walking; shopping delivery; garden visits possible (charge applicable - £5 per visit) | 01383 621738 | Abbeyview Area – Dog Walking Dunfermline – Other services |
| Food for Future - Community Pantry, Abbeyview Dunfermline Update (031120): Contact change | Free Food Packs are presently continuing; however, it is hoped the scheme will return to a membership only Pantry in due course (members pay £2 per week and shop for a minimum of 10 items) | 07730809375 Telephone to register - Wednesday between 1000-1300 & a pick-up time will be allocated for Thursday Email foodforyourfutureenquiries@gmail.com | Abbeyview, Halbeath, Dulloch, Brucefield & Touch (Dunfermline) Telephone registration only (Wednesday 1000-1400) |
| GrocerOnLine (Nisa Local Abbeyview), Dunfermline | Online local grocer | Facebook - groceronlineabbeyview 01383 733048 | Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas (up to 3.5 miles from store) Mon-Sat 12pm-4pm |
| RC Ferguson Florists | Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep) | 01383 733048 | Dunfermline Area (free delivery) Card payments only |
| Gillespie Memorial Church, Church of Scotland, Dunfermline | Volunteers who can help with: delivering shopping; collecting prescriptions; delivering books/CDs; pastoral support; praying with and for you; & a friendly phone call | 01383 621253 | Dunfermline & Parish (out to Wellwood) You do not have to be a church member to receive support |
| Food Trolley, St Margaret's Church of Scotland (Dunfermline) | Free food for anyone who might need it; items can be taken or donated directly from/to the trolley; from 210620 Sunday Worship Service Zoom meeting | www.stmargscos.org.uk Facebook @StMargsCoS Contact Iain for Zoom Church Services (internet enabled device required) | Touch, Dunfermline Daily Food Trolley situated outside church (Abel Place) |

| Service: | Brief: | Contact/Links: | Other: |
|--|---|---|---|
| Broomhead & Baldridgeburn, Baldridgeburn Centre, Dunfermline Pantry-for Dunfermline North & Central residents | Free bag of shopping; must register first and collect from centre; a time slot will be allocated; delivery may be available for the those who are unable to attend the centre | To register: 01383 432483 | Dunfermline North & Central Residents Tue 1200-1300 (collection slot allocated) |
| Guardian Peace of Mind | Shopping delivery and gardening service within a 3-mile radius of Dunfermline (privately purchased service) | 07462237437 ask for Zeek | Dunfermline & within 3-miles |
| Going Forth Dunfermline, SAMH Update (210421): Face-to-face from 260421 & will continue to offer online workshops for those preferring this | Tools for living workshops which aim to support individuals to improve and maintain their mental health & well-being; range of 2hr units held over 14 weeks working on personal development & resilience; can self-refer or can be referred by partner agencies | www.samh.org.uk 01383 623179 Email goingforth@samh.org.uk | Dunfermline |
| Sam's Mental Health Café (SAMH), First House, Woodmill Road, Dunfermline KY11 4SS Update (070920): reopened | Peer support team offering mental health and crisis support for anyone aged 16+; drop-in | www.samscafe.org.uk 07725214012 Write to Sam's, SAMH, First House, Woodmill Road, Dunfermline KY11 4SS Email sams.cafe@samh.org.uk | Dunfermline (Fife-wide with enquiries or for those able to access) Thu, Fri, Sat, Sun 1500-2300 |

South West Fife Locality

| Service: | Brief: | Contact/Links: | Other: |
|--|---|---|---|
| Eats Rosyth | Food Packs to vulnerable, over 70s, keyworkers & people isolating | Facebook 07782848705 Email info@eatsrosyth.org.uk | Rosyth Area Being delivered to individuals |
| Louis Browns, Dalgety Bay Update: Preparing for reopening thus covid response service will cease | Free Homemade Food/bread, milk, etc | 07711987888 07935664846 | Dalgety Bay Area Collection or delivery everyday between 1200-1400 for anyone |
| Food Pantry Club, Ballast Bank Community Centre (Inverkeithing) | Pre-packed food parcels; £3 per bag or a donation; generally 1 bag per household; collection from centre | www.inverkeithingtrust.co.uk/the-food-pantry.html Email inverkeithingtrust@gmail.com | Inverkeithing New service commencing 180620 Thurs 1200-1400 (may close early depending upon food stocks) |
| The Pantry Club, Valleyfield Community Centre | Surplus food redistribution; £2 for 7 items | Facebook The Pantry Club Valleyfield Community Club | High Valleyfield Tues 1715 collection Wed Deliveries – Over 70s; key workers; people shielding or with Covid symptoms; vulnerable groups |
| Hyperclub, Ballast Bank Community Centre (Inverkeithing) Update (050820): No longer providing this specific service | Food & activity packs for vulnerable people; available for collection and delivery | 07735588480 Facebook @hyperclubinverkeithing | Inverkeithing Contact to arrange delivery or for further information |
| Kincardine Community Centre Food Hub Update (040321): Open Wednesday (previously Tue & Thu) | Food redistribution – each bag has a minimum of 14 dry/tin items & selection of fresh items; open to all; minimum £3 donation (no change given) | Email kincardineca@gmail.com Facebook Kincardine Community Centre Note: Emergency Food Parcels available (run separately from the Food Waste Project) | Kincardine Wed 0930-1230 & 1400-1800 |

Fife Forum - latest edit 290421 - www.fifeforum.org.uk email info@fifeforum.org.uk

Contact Information:

Fife Forum

Fraser Buildings

Millie Street

Kirkcaldy

Fife KY1 2NL

Tel 01592 643743

Email info@fifeforum.org.uk

Website www.fifeforum.org.uk

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