
Web based resources

www.onyourdoorstepfife.org

Search for community groups, organisations, information and support.



www.livingwithdementiainfife.scot.nhs.uk

Information on resources and support for people living with a diagnosis of dementia, their friends, family and carers.



NHS Fife

www.nhsfife.org

This leaflet has been co-produced as part of the Dementia Friendly Glenrothes Project which has been funded by the Glenrothes Local Area Committee, Fife Health and Social Care Partnership, Fife Council and Alzheimer Scotland.

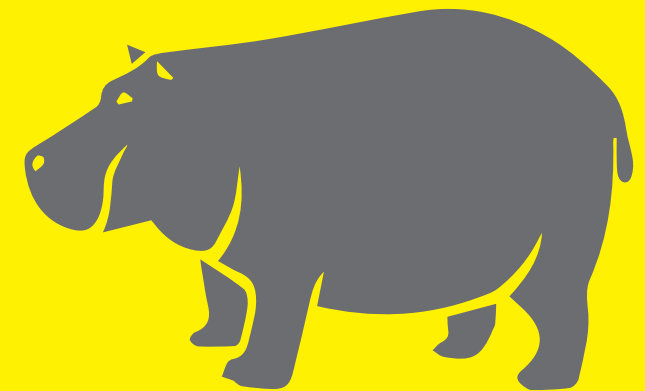
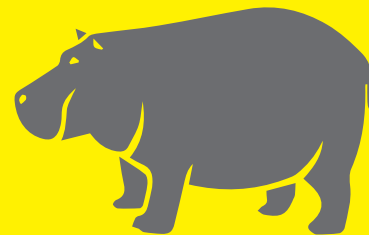


A very generous Community Grant from Scotmid provided the funds to print the leaflet.



Scotmid
co-operative

Support services for people living with dementia in Fife



Primary Care Teams – GP Practices/Hubs

All round general care and getting tests for your memory. GP's can prescribe medicines and will send you to more specialist services if you need them. They can also support you to make contact with other staff like nurses, physiotherapists, occupational therapists and pharmacists.



Post Diagnostic Support Team

Provide direct support at the point of diagnosis, plan for the future, aim to maintain health, independent living and community connections.

01592 643355 ext 27288



Social Work Contact Centre

Information about Social Work services.
03451551503.



Alzheimer Scotland

Dementia Resource Centre, Hill Street, Kirkcaldy, KY1 1AH. Resource Centre is open from 10 - 4 Monday – Thursday and between 10 - 3 on a Friday. We offer support, advice and information. We also provide befriending and group activities including cafes.

www.alzscot.org

01592 204541 24 hour Helpline 08088083000



Fife Carers Centre

Direct support to Carers, advice, training courses, a befriending service for Carers.

157 Commercial Street, Kirkcaldy, KY1 2NS

www.fifecarerscentre.org 01592 205472

Citizens Advice and Rights for Fife

Independent Charity providing advice and support on a wide variety of topics including welfare benefits, debt advice and consumer issues.

Saltire Centre, 10 - 12 Pentland Court, Glenrothes, KY6 2DA,

www.CABfife.org.uk,

General Enquiries 0345 140095,

Debt Enquiries 0345 140094.



Fife Voluntary Action

List of local services, training courses, support for employment issues.

Craig Mitchell House, Flemington Road, Glenrothes, KY7 5GE

www.fifevoluntaryaction.org.uk 08003896046



Crossroads

Respite for Carers, Befriending.

Buko Tower, Suite 9, Dalton Road, Glenrothes, KY6 2SS

www.crossroadsfifecentral.org 01592 610540



Age Concern Glenrothes

Befriending, group activities and home support.

100 Scott Road, Glenrothes, KY6 1AE

www.ageconcernglenrothes.org 01592 756316

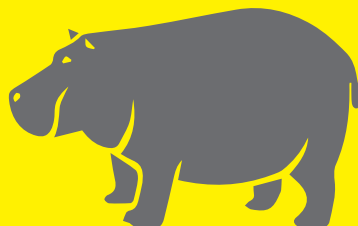


Fife Forum

Direct support to maintain independence.

Millie Street, Kirkcaldy, KY1 2NL

www.fifeforum.org.uk 01592 643743



**Support
services for
people living
with dementia
in Fife**

Fife Cultural Trust

Information on libraries, museums, theatres and activities. Helping Fifers to connect, discover and grow.

Iona House, John Smith Business Park, Grantsmuir Road, Kirkcaldy, KY2 6NA,
www.onfife.com 01592 583204



Fife Sports and Leisure Trust

Classes to help get people more active and to improve their strength and balance

healthandwellbeing@fifeleisure.org.uk

www.fifeleisure.org.uk 01383 602209



Supported Holidays – MindForYou

Holidays that are escorted and supported by paid staff who have a lot of knowledge and experience looking after people living with dementia. Holidays are available all year round at destinations throughout the UK.

23 Transy Place, Dunfermline, KY12 7QN.

www.mindforyou.co.uk

info@mindforyou.co.uk 01509351008



Regulation and Inspection Body for Care Services

Information on and reports about residential care facilities.

Compass House, Riverside Drive, Dundee, DD1 4NY

www.careinspectorate.com 01382207100



The Office of the Public Guardian

Information on Guardianship and Power of Attorney.

Hadrian House, Callendar Business park, Callendar Road, Falkirk, FK1 1XR

**www.publicguardian-scotland.gov.uk
01324 678300**