

Growing up and moving on to adult life in Fife

What's next after school or college?



Moving On Choices

early
options
life
plan
planning
me
choose
decisions
support
future
choice
decide
information
time

Hopes, Dreams and Opportunities

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Feedback from various Transition, Planning Ahead and other Community events has enabled the Local Area Co-ordinators Sylvia Thomson and Gerry Goldie to put together this Information Booklet and accompanying Workplan, Moving On Choices – an aid for young people and their families approaching different life transitions in Fife. These publications can supplement information already given or gathered in order to provide more choices and to generate ideas for the young person’s future.

These publications are not intended as a substitute for the advice of practitioners. They are meant to be an aid for young people and their families when planning what to do on leaving school or college. The Information Booklet and Workplan can help young people and their families think about employment or volunteering options or how to access further learning. They also provide some information if a young person is thinking how they may live more independently and become more connected into their local communities. They can also help when considering what support may be required for the options young people have chosen to help them stay well, explore opportunities and move on in their lives.

Although we have made every effort to ensure that the information in these publications is correct at time of distribution, we disclaim any liability to any party for any inconvenience or disruption caused by errors or omissions, whether such errors or omissions result from negligence, accident, or any other cause.

Introduction



This booklet can help you and your family begin to think about what you plan to do when you leave school. There will be **choices** for you to think about. These **choices** are sometimes called **options**.

Not all of these **options** will be right for you. You may hear about some **options** that you do not like. There may also be some you are not able to do when you leave school.



You can ask people you know to help you think about these **options** and write them down. This is called **planning**.

Teachers and other people who support you may call this **transition planning**.



Transition planning will help you to plan for your future when you are ready to leave school. It is important that you begin to plan early.

You and your family should start **your own planning** when you feel the time is right for you. This may be when you are about 14 years old, in 3rd year or it may be earlier or later.

You can decide when to begin your own plan.



You and your family can begin to get in touch with people and organisations to get information. You can also find out what is happening in your **community**, as there may be something here that you would like to belong to.

You can all do this together and be in control of your **transition plan**. You may find some ideas here to help you do this and to get the information you think you may need.

The plans you have already made will tell people what is important to you and what will make a good life for you after school. They will also help people decide what extra support you may need to do the things that matter to you when you leave school.

Requesting Social Care Support

Children

If you and your family think you will need extra help or support when you leave school, remember that it can take time to arrange this.

There may also be **cost or eligibility requirements** to get some of the support or help you think you may need.

If you feel that you or your child need additional support or services and you would like your child's needs to be more fully assessed by a social worker, you can either:

- Ask your child's 'named person' or 'lead professional' e.g. health worker or teacher to contact Social Work on your behalf or,
- Contact Social Work direct. The number of the Health and Social Care Contact Centre is, 03451 55 15 03.

If you and your child are assessed as needing social care support, the Council and its partners will work with you and your child to design a plan of action which ensures you get the right help at the right time.

Adults and Carers

Sometimes, social care support is not needed when you are at school but as you are getting ready to leave school, it may be useful to think about this.

Young people getting ready to move on from school or who have already left school, may feel they now need social care support.

Contact the Health and Social Care Contact Centre at the same number above. Someone else can also make the referral on your behalf.

Carers of people who are eligible for social care support or services can ask for their own individual assessment as well. The carers' assessment is also split into four bands, broadly covering the same areas as the eligibility criteria for adults.

There are guides and more information about requesting social care support for children, adults and carers on www.fifedirect.org.uk/socialcare.

(It may be worth noting that the word 'adult' in this booklet or on some of the websites mentioned in this booklet, can refer to people from the age of 16 upwards.)



Information and Some Useful Websites

Information

If you want information from a website but are not able to use a computer, you can be helped to use the computers in a library.

To do this you will need to take out a membership.

Go to a library and take something that has your name and address on it.

Ask a staff member to help you become a member of the library and to use a computer.

You do not have to use a computer if you do not want to. You can phone, write, or go to a place.

In this booklet there are some contact details to help you. If there is a website, the web address is printed as well.



Some good websites to look at are:

Growing up and moving on to adult life in Fife

www.fifedirect.org.uk/movingon

This has lots of information to help young people and their families make decisions about moving on from school.

The Thinking Ahead handbook is on this website under Publications.

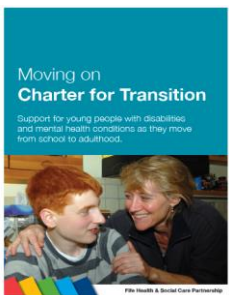
It is a handbook for families of people with learning disabilities to help with planning for the future.

The Transition Charter for Fife and the Multi-Agency Transition Pathway have more information about what should happen in your last year at school.

They can be found on the Moving On website as well.

You can also ask your school or college to give you a copy of the Charter and Pathway. If you are not at school or college, you can phone the Health and Social Care Contact Centre, 03451 55 15 03, and ask for a copy.

Moving On Website - www.fifedirect.org/movingon



Information and Some Useful Websites

On Your Doorstep

www.onyourdoorstepfife.org



This website has been set up to help people find out what is available in their community. You can use this website to search for community groups, organisations, information or support.

Community groups and organisations can also add themselves onto this website, so it will keep growing.

Fife Direct

www.fifedirect.org

This has information about learning centres, community use schools, community centres, libraries and lots more.

Welfare Reform Information Helpline (Fife Council)

The UK Government has changed the benefit system to try to make it simpler, reduce dependency on benefits and encourage people into work.

If you have a question you can contact Fife Council's new Welfare Reform information line on 0345 1400 031 to speak to an advisor.

www.fifedirect.org/welfarereform



ALISS

www.aliss.org



ALISS stands for A Local Information System for Scotland. It is a search tool for Health and Wellbeing resources in Scotland. It also helps signpost people to useful community information in different parts of Scotland.

Services Fife Directory

www.servicesfife.org



This directory offers a list of agencies and organisations operating in Fife. You can use it to look for information or for support.

There is information about Employment, Disabilities Advice, Citizens Advice and Rights, Advocacy, Health, Support, Advice for Children and Young People, and much more.

Information and Some Useful Websites

Office of the Public Guardian (Scotland)

www.publicguardian-scotland.gov.uk



Office of the
Public Guardian (Scotland)

The Office of the Public Guardian in Scotland supervises people who look after financial matters or the welfare of adults who cannot do so for themselves.

This site provides information about Powers of Attorney, Guardianship and Intervention Orders.

Tel: 01324 678300

Scottish Transitions Forum

www.scottishtransitions.org.uk

Scottish Transitions Forum
ARC Scotland



The forum has a focus on the transition of young people from school or college to adult life.

It aims to improve the experience of people with additional support needs, particularly those with high support needs, as they go through life transitions.

The document, Principles of Good Transitions 2, describes how people can work together to make sure that transitions are as smooth as possible.

It also says that the voices of children and young people should be at the centre of decisions made about their future.

Tel: 0131 663 4444

Citizens Advice and Rights Fife (CARF)

www.carfweb.org

Citizens
Advice &
Rights
Fife



Independent advice for our community

CARF provides free information and advice on a wide range of subjects such as welfare benefits and debt and money advice. Also work, relationship issues, housing, the law and your rights, discrimination, healthcare and education.

There are branches throughout Fife.

To find one near your either go on to the website or:

Call CARF Main Office on 01592 765400

Information and Some Useful Websites

Dunfermline Advice Hub

www.dunfermlineadvicehub.org.uk



We have volunteer advisers and a co-ordinator for the daily General Advice and Signposting service.

We work with local organisations to run regular clinics, making support more available to you, in a place that is accessible and convenient.

For more information call:

01383 432483

Shared Care Scotland

www.sharedcarescotland.org.uk



Shared Care Scotland works to improve the quality, choice and availability of short breaks (respite care) provision across Scotland for people with support needs.

It offers a telephone information service you can call for information about the types of breaks available. Shared Care Scotland also keeps a directory of organisations that carers can apply to for funding a break. These give out grants to people who they think need it most.

You can visit the directory [here](#) or you can call Shared Care Scotland about your situation and they will do the search for you.

There is also an online short breaks directory [here](#).

You can contact a member of staff for information on:

01383 622462

Digital Fife

www.digitalfife.com



Digital Fife offers local computing courses for people in Fife.

It also has a booklet, Fife Digital Directory, which explains where you can get free access to computers and the internet in Fife, and where you can learn more about how to use them.



Many Community Groups have been supported to set up their websites with Digital Fife. The Groups use their websites to tell people what they do and how to contact them. You can find them on the Digital Fife website.

You may be interested in joining or volunteering with one of the Groups.

Call: 03451 555 555 Ext 460829 or Ext 450506

Information and Some Useful Websites

Enquire

www.enquire.org.uk



Enquire has a booklet called Getting Ready to Leave School that you may find useful.

Visit the website for information about choices when you leave school.

Fife Adult Protection

www.fifedirect.org.uk/adultprotection



If someone is hurting you or treating you badly, you can make a phone call to the Fife Adult Protection line. See the phone numbers below.

If you are concerned about someone who may be at risk of harm or is being neglected, you can also call one of the numbers below. The situation you're worried about will be checked out and support given, if needed.

Call the Adult Protection Phone Line on 01383 602200

For the Out of Hours Number phone 03451 55 00 99

Or in an emergency call Police Scotland on 999.

Fife Child Protection



Fife Child Protection Committee

If you are worried about a child or young person speak to someone as soon as possible and tell them about your concerns.

If you consider a child or young person to be in IMMEDIATE danger then call Police Scotland on 999.

For non-emergency calls call Police Scotland on 101 or you can also call the Social Work Contact Centre on 03451 55 15 03

For the Out of Hours Number phone 03451 55 00 99

Information and Some Useful Websites

Frae Fife

www.fraefife.com



FRAE Fife's primary purpose is to promote racial harmony across all races and eliminate racial discrimination.

FRAE Fife offers help and advice across many different areas and issues, from support in dealing with and reporting hate crime to advice on starting your own business.

FRAE Fife works with a number of diverse local community groups in Fife.

At FRAE Fife we hope to be an approachable and helpful point of information for all. For more information call: 01592 204005

Remember



Moving on from school is not just about learning. It is also about finding out what you can do and what help you may need to try out the choices you have made.

Fife's Transition Charter says that young people will have their own Transition Plan. The Plan will set out what has been agreed with the young person, their families and other people involved in that young person's transition.

You can bring your own plans to any meetings about leaving school. The plans you and your family have already made will help people to decide what support you may need as you make your choices and move on to adult life.



A good transition plan will tell people what matters to you, what you are hoping for and what you want to be different in your life when you leave school or college.

BEGIN YOUR PLAN EARLY

School and College Options



Staying on at school

Some young people may choose to move on to the next school year and carry on with their learning at school.

Others will choose to leave school.

Spending some time in school and some time in college

Some young people may choose to spend some time in school and also at college.

Doing this can help you to find out if you like being at college. You will also find out if you like any of the subjects the college offers you.

If you decide to spend some time at college as well as staying at school, you can be offered some learning support if it is needed.



Preparing for college

A college may offer a short, part-time course to help you get ready for leaving school and going to college.

This can take place in the community and not always in a college building.

This short, part-time course can help you to become more confident. It may also help with your personal development.



You can choose

School and College Options



Leaving school and going to a college of your choice

Short and part-time courses or programmes can help you to find out more about what you like and what you do not like.

If you decide to go to college there are different ways you can learn.

Courses can be during the day or in the evenings.

They may be full-time or part-time. They can last for a few days or for a few weeks.

The time you spend in college or in a learning place in the community will depend on the type of course or programme you are doing.

You may even be able to do a course online.

Some of these courses may offer work experience. This is a good way of finding out what job you may want to do in the future.

Remember there are lots of different courses in lots of different subjects.

If you are not sure what will be best for you, go and speak to someone at school or college about the choices.

It will help if you can say what you are interested in or you may just want to try a course to see if you like it.

You can choose



School and College Options



Fife College

www.fife.ac.uk

Fife College has a range of different courses and programmes that you may be interested in trying.

The courses are run in different places all over Fife as Fife College also uses community and learning centres in towns and villages.

If you want information about some learning support to help you with your choice of course or programme, you can look on the website or ask for information about Support for Learning when you phone.

For more information call:

0344 248 0115

Prince's Trust Employability and Personal Development Course

For more information call: 07921 485 556 or 07876 442 803



Fife College, in partnership with the Prince's Trust, offers this course. It can help you to improve your skills, qualifications, confidence and motivation.

This will mean that you will have a better chance of getting a job.

This course is for young people aged 16 – 25 years. It will provide challenges that bring out the best in you.

The staff team are experienced and supportive and they are committed to young people and their development.

The course consists of practical activities and classroom work.

Scottish Rural College (SRUC), Elmwood Campus

www.elmwood.ac.uk/home

Elmwood Campus Number 01334 658800



At this college you can learn about animal care, rural skills, working in golf courses or parks, sport and fitness.

SRUC recognises that a number of students each year may have additional needs. An interview can be arranged in order to identify your individual needs and assess any support you may require.

Learning Support Lecturer

01334 658982

Community Learning Options

Community Learning

Community Centres, Learning Centres and Community Use Schools



There are many places in our towns and villages in Fife where you can learn. As well as a college, you can learn in a library, a learning centre, a community centre or in a community use school.

If you want to find out where they are without using a computer, go into your local library or local office and ask where these centres and schools are. Ask for a phone number and who to speak to at the place.

You can then phone or go to the place and ask about any courses or other information. Some of the courses can help you to get better at reading or writing. Some of them can help you to learn something new like taking photos or first aid.



Sometimes these courses are also good for building confidence and for introducing you to different ways of learning in a different environment to a school or college.

For a list of Fife Council's Local Offices or other Fife Council General Enquiries, call 03451 55 00 00

You can also find out where all the libraries and local offices are in Fife on the Fife Direct website: www.fifedirect.org.uk

More Community Learning



BRAG Enterprises, Crosshill

www.brag.co.uk

BRAG will be able to give you information about Community Based Adult Learning.

BRAG's Youth and Community Development team work in partnership with local Job Clubs as well as offering personal development programmes for vulnerable young people and those with additional support needs.

Call Brag Enterprises

01592 860296

Community Learning Options

More Community Learning

[LEAD Scotland](#)

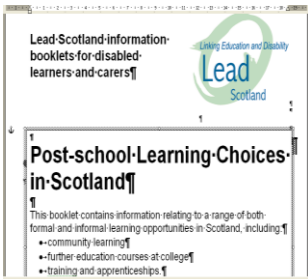
www.lead.org.uk



This organisation also has some booklets with information about choices for you when you leave school. There is a Learners Learning Pack, a booklet called Supporting You at College and another booklet is called Post-school Learning Choices.

Some of the information in the Post-school Learning booklet is about:

1. money for disabled learners
2. support and help for disabled people in education
3. learning opportunities
4. information on your rights as a disabled learner



In this booklet there is also information on learning opportunities that do not lead to a qualification. This is called informal learning.

There is information about community learning and information about support and funding for carers.

Main number to call LEAD Scotland 0131 228 9441

Home Learning



It may also be possible to do some learning in your own home or in a small group. LEAD Scotland is an organisation that can help you to:-

- Talk about what you want to learn
- Learn a new skill
- Increase your confidence
- Borrow a computer to learn
- Receive volunteer support with your learning

Fife Learning Co-ordinator for LEAD 01333 360672

You can choose

Training and Employment Options



You can go on a training programme with other young people. This programme can help you to find out what you are good at.

It can also help you to learn new skills and to decide on a job that interests you.

There are different kinds of training programmes and they are held in different places.

These places may be called training or learning centres.

There are training programmes in first aid, using a computer, gardening, eating well, food hygiene, woodwork, and many more.

These programmes usually only last for a few weeks and can be part time or full time during those weeks.

Some training programmes are for people who want to try to get a job.

They are employment training programmes. You may be able to spend some time in a job as well as being on this programme.

You may also have to spend some time at a college while you are on employment training. This training will help to get you ready for work.



Training and Employment Providers

Rathbone

www.rathboneuk.org

Rathbone
positive life choices for young people

Rathbone offer the Employability Fund Programme and Activity Agreements. Not everyone can go on these programmes and they may not be what you want to do.

Rathbone Glenrothes

01592 623950

Rathbone Dunfermline

01383 738006

Training and Employment Options

Social Work Supported Employment Service



This is a free and confidential employment support service for people living in Fife with disabilities or health issues who are interested in finding a job.

We will plan how to get you back to work and we will also help you to develop employability skills.

Once you are in work we will make sure you get all the help and support that you need for you to succeed in the job.

For more information call

01592 583142

www.fifedirect.org.uk

(put Supported Employment in the Search box)

Momentum Fife

www.momentumskills.org.uk

Momentum Skills deliver work focused programmes including Work Choice and Pathways (Fife).

Their programmes enable disabled and disadvantaged people to achieve their employment and personal development goals.



For more information call

01592 654618

West Fife Enterprises, Newmills

www.westfifeenterprise.org.uk



They have some training courses for young people such as the Employability Fund Programme but not everyone can go on these courses.

For more information call

01383 881364

Fife Employment Access Trust (FEAT)

www.fifeemploymentaccesstrust.com



FEAT have many years of experience of directly supporting people with mental health problems to find and sustain work.

They run several courses around mindfulness, developing confidence and self-esteem as well as a course on employability development.

For more information contact:

01592 759371

Career and Volunteering Options



You may want to start work as soon as you leave school and earn your own money.

If you do not know what job would suit you, a short course may help you to decide this.



You can apply for jobs that you find in the newspaper, at the job centre or that you have heard about.

You may have to fill out an application form and have an interview to show that you have the skills for the job. You can get help with the form and the interview.



If your friends, family or neighbours have their own business they might be willing to offer you some work experience.

Opportunities Fife

www.opportunitiesfife.org



This website has information about further learning, training and volunteering. It has a link to the Your Future's Unlimited booklet and lots of useful web addresses. For more information check the website or contact through email: info@opportunitiesfife.org

Skills Development Scotland (SDS)

www.skillsdevelopmentscotland.co.uk



If you are a young person at school or college you will be able to talk to an SDS Careers Coach about future options that will be suitable for you.

If you are not at school or college you can contact these numbers to get the same information around courses, training or job information:

Kirkcaldy Careers Centre 01592 645180

Dunfermline and Cowdenbeath Careers Centre 01383 745610

There are other Centres in other towns in Fife. The above numbers will be able to direct you to a Centre near you.

The main SDS Helpline for individuals is: 0800 917 8000

Career and Volunteering Options



You can visit a volunteering organisation or a charity to help you find voluntary work. This is a good way of learning skills to prepare you for work.

A good way of making yourself known to other people and to learn new skills is to take part in community activities.

You and your family can also speak to people you know to ask if they can help you to do volunteering. These people may know of a Group or an organisation that needs a volunteer.

Fife Voluntary Action

www.fifevoluntaryaction.org.uk



Volunteering is a good way for young people to develop different skills. These can be skills for learning, skills for work and skills for life.

If you need some extra help to be able to volunteer, there are projects that can offer you support to meet your needs.

If you think you may like to do some volunteering and want more information call:

0800 389 6046

Main Office in Glenrothes

01592 760720

Office in Kirkcaldy

01592 645300

Office in Dunfermline

01383 732136

Office in Cupar

01334 654080

Office in Leven

0800 389 6046



Project Scotland

www.projectscotland.co.uk



Project Scotland links young people aged 16-30 to volunteering opportunities of 20-30 hours a week, for about 3 months.

It offers young people the chance to make a positive contribution to their community through volunteering. Young people get experience of work and a chance to develop themselves.

Local communities are strengthened as new links and connections across generations are made. Project Scotland also provides access to workshops to support the volunteer's development.

People can either apply through the website or phone 0131 226 0700

Career and Volunteering Options

Working Outdoors



If you are interested in horticulture, working outdoors, ecology, conservation or the environment, some useful organisations are shown below.

[The Ecology Centre, Kinghorn Loch](#)

www.theecologycentre.org



Our unique Centre:

Enables young people to experience and learn about the natural world.

Provides fulfilling volunteering opportunities for adults of all ages and abilities.

Offers unemployed adults work experience and training opportunities to raise confidence, gain skills and improve future prospects.

For more information call: 01592 891567



Also based at Kinghorn Loch, Kinghorn is the Sustainable Communities Initiative and the Earthship Fife Visitor Centre.

www.sci-scotland.org.uk

Earthship Fife Visitor Centre, Kinghorn.

Phone 01592 891884

[Living Solutions](#)

www.living-solutions.org



Living Solutions is a Fife based social enterprise which was set up to conserve and protect the natural environment and reduce unemployment.

The enterprise also promotes the use of Scottish timber in affordable sustainable housing and in other uses and products.

We carry out work such as landscaping, woodland management and timber processing. We also provide a range of work, training and volunteer opportunities.

For more information: Phone 0845 222 0418

Career and Volunteering Options

Working Outdoors

[Greener Kirkcaldy](#)

www.greenerkirkcaldy.org.uk



Greener Kirkcaldy is a community-led charity. We hold fun events, run courses and workshops, and we work with community groups and schools.

We run an Advice Centre and Shop on the High Street in Kirkcaldy, and a Community Orchard and training area at Ravenscraig Walled Gardens.

We have around 25 volunteers who help out in many different ways. Our website will tell you more about volunteering with us.

For more information call: 01592 858458

[Falkland Centre for Stewardship](#)

www.centreforstewardship.org.uk



The Centre for Stewardship relies on the goodwill, expertise and generosity of volunteers to help support much of our work.

There are volunteering opportunities around events, conservation, gardening or archiving on Falkland Estate.

Our Bright Future is a five year programme (2016-2021) for young people in Fife. It will enable them to gain new skills relevant to finding jobs, training and volunteer opportunities.

The programmes will be tailored and flexible enough to work with those with long-term mental health issues, community payback and other excluded or disadvantaged groups.

There are also links on this website to the Fife Rural Skills Partnership and the Living Lomonds Landscape Partnership.

For more information call:

01337 858 838

You can also use some of the other websites in this booklet to find something else you may be interested in.

You can then contact that person or organisation to ask about volunteering or possible career options with them.

Advocacy

Advocacy Services in Fife

Fife Advocacy Forum

www.fifeadvocacyforum.org.uk

Fife Advocacy Forum
Supporting & Developing Advocacy Across Fife



The Fife Advocacy Forum supports the development of advocacy across Fife and represents the views of local advocacy providers.

Their website explains the range of advocacy available to people in Fife. It also provides details about the organisations that provide these services and how to contact them.

Advocacy is about helping people to make their own views and wishes clear. It is a way to support people to have a stronger voice and have as much control as possible over their lives.

Advocacy allows people to speak up when they have problems, to ensure their rights are protected, and to make sure that they are listened to.

There are several agencies in Fife that provide different types of advocacy. You can find out more about these in the Advocacy in Fife booklet.



Enable Scotland

www.enable.org.uk



We provide advocacy for children and young people with additional support needs. This includes professional advocacy at children's hearings, and self-advocacy support.

Enable also provides peer support advocacy for young people with learning disabilities, so they can develop the skills to speak out for themselves.

Enable offers information and advice to support young people in transition and their families. As well as all of this, Enable also provides a range of support for adults and children such as family support and support with planning for the future.

Enable will be relocating so for more information please use the website or email fife@enable.org.uk or call 01592 659295.

Advocacy

Circles Network Fife Advocacy Service

www.circlesnetwork.org.uk



For adults aged 16 or over in Fife who have mental health issues, learning or physical impairments, acquired brain injury or some other conditions.

Circles Network supports people by promoting informed choice and opportunities. It will explain things to you or speak for you to help you get the right information so you can make the right choices for you.

Circles Network exists to make a positive difference in the lives of people who find themselves isolated.

Office in Kirkcaldy 01592 645360

Office in Dunfermline 01383 732822



People First (Scotland)

www.peoplefirstscotland.org

People First (Scotland) works to support adults with learning difficulties to have more choice and control over their lives.

Local groups are the backbone of People First.

Members come together in their local area to support each other, gain skills and confidence and campaign on issues that affect them.

Office in Kirkcaldy 01383 624885

Kindred

www.kindred-scotland.org



Supports families of children and young people with additional needs. It provides advocacy, information and emotional support. In Fife Kindred runs informal parent support groups.

Kindred provides advocacy and information on services available to children with additional support needs and their carers. You don't always have to have a specific question for us, as we also provide a 'listening ear'.

Office in Dunfermline 01383 745651

Advocacy

Citizen Advocacy Projects in Fife



There are 3 Citizen Advocacy Projects in Fife.

Citizen Advocacy matches local people with vulnerable adults in the community to provide invaluable support and friendship, giving each individual a chance to have their voice heard and represented.

A Citizen Advocate is someone who will build a trusting relationship with you. They will help you to make connections and to become more aware of opportunities in your local community.

Equal Voice

www.equalvoice.org.uk



This is a citizen advocacy project for people in Central Fife with learning or physical disabilities or mental health difficulties which makes them unable to look after their own affairs.

Equal Voice provides independent advocacy for vulnerable adults aged 16 to 65 who need support speaking up for themselves. For more information contact:

Office in Kirkcaldy

01592 653754

IncludeMe

www.includeme.org.uk



This is a citizen advocacy project for people aged 16 to 65 who live in North East Fife. It is for people who are unable to safeguard their own interests due to a chronic illness, a physical or learning disability or mental ill health.

Include Me aims to enhance personal choice and community participation for vulnerable people through citizen advocacy.

Office in Cupar

01334 656242

Dunfermline Advocacy

www.dunfermlineadvocacy.org



Dunfermline Advocacy brings together local citizens with vulnerable people, providing long and short term support, understanding and friendship to those who need it.

Dunfermline Advocacy is based in Dunfermline and serves people throughout the West Fife area.

We provide a lifeline in our communities, linking local citizens, young and old, with vulnerable people.

Office in Dunfermline

01383 624382

Advocacy

Other Advocacy Services in Fife

Children and young people who are eligible to receive advocacy can refer themselves to the services or someone involved in their care can do this on their behalf.

[Barnardo's](#) Child and Family Support Services (Fife)

www.barnardos.org.uk/fifeservices



Barnardo's Children's Rights Service is commissioned by Fife Council to provide an independent Children's Rights Service for Fife children and young people.

It is for children and young people aged 0-18 years who are Looked After by Fife Council either at home, with Foster Carers, in Residential placement etc.

It is also for children and young people who have a disability or who have a planned Child Protection Case Conference - either Initial or Review.

For more information contact:

Office in Kirkcaldy

01592 651482

[Who Cares?](#)

www.whocaresScotland.org

Who Cares? Scotland is a national voluntary organisation, working with care experienced young people and care leavers across Scotland.

It provides professional advocacy for young people (up to 25) who are, or have been, resident in Fife's residential homes.

Who Cares? Scotland supports care experienced people to have their voice heard and we make that happen in a number of ways.



For more information contact:

07712 872096

(Advocacy and Participation Worker for Fife)

National Office in Glasgow

0141 226 4441

Befriending

Befriending

Befriending aims to reduce loneliness and isolation among people who may be feeling like this because of illness, disability or some difficulties in their life. It can help people to make connections with their communities.

Befriending can also help people to become more confident. A befriender will spend time with you and can help you to try new activities if this is what you want.

Befriending also provides volunteering opportunities.

LINK: Adolescent Befriending Project

www.linkbefriending.org.uk



Link Adolescent Project works with young people aged 12-18 years in East Fife and Levenmouth who have become lonely or isolated due to mental health problems. Referrals come from a range of statutory and voluntary sector agencies

The projects aim to recruit, train and support volunteers who will be matched to people who are isolated due to mental problems.

Contact Kingsbarns

01334 880744

LEAD Scotland

www.lead.org.uk



LEAD also have a Befriending Project in Fife for people (16+) who feel isolated, lonely or disconnected perhaps as a result of disability, ill health or other circumstances.

For more information call:

Fife Befriending Co-ordinator

07950 771875

Families First St Andrews

www.familiesfirststandrews.org.uk



Staff and volunteers provide befriending services to children and young people between five and sixteen years of age.

Befrienders give children and young people individual attention and support, provide them with encouragement, and help reduce feelings of isolation.

Popular befriending activities include baking, arts and crafts, local outings, and swimming.

Telephone: 01334 208086

Befriending

Crossroads Fife Central

www.crossroadsfifecentral.org.uk



Volunteer befrienders from Crossroads provide support to people of all ages who are socially isolated or suffering from loneliness.

Befriending has the reward of enabling you to participate in your local community in a positive way. It offers a supportive and trusting relationship and can make a difference to your life.

For more information call: 01592 630253

ENeRGI

www.energi.org.uk



Befriending can link you with someone safe, friendly, caring and supportive who will assist you to improve your health and wellbeing by being less socially isolated.

We recognise the importance of significant others in a person's life.

For more information call 01333 730477

The Butterfly Trust

www.butterflytrust.org.uk



The Butterfly Trust offers a variety of support and services for people affected by cystic fibrosis. These are listed on the website but include Befriending and Mentoring.

The Befriending support is for younger people and there is also a Mentoring Service for young adults to support them through times of transition.

Although based in Edinburgh, staff and volunteers cover Fife.

For more information call: 0131 445 5590

Befriending and Peer Mentoring

St Andrews University Voluntary Service

www.yoursvs.org.uk



The St Andrews Voluntary Service (SVS) tasks itself with assigning volunteers, mainly from the student body of the University of St Andrews, to local projects in and around St Andrews. It also offers one-to-one befriending.

The befriending scheme mainly operates only during term-times but occasionally students spend their holidays in the town so continue with their befriending over the holidays, rather than breaking and picking it up again after the break. SVS do have some projects that run over the holidays though.

It is for people of any age including families with young children and the elderly. With the befriending scheme, the aim is to provide company and friendship to a person who wouldn't otherwise get companionship.

Our volunteers are encouraged to volunteer for at least a year so that a real relationship can be formed therefore we look for people who would benefit from this company most.

For more information please contact:

Sarah: 07876 543211

Or: 01334 472766

You can also use the email form on the website.

Fairway Fife

www.fairwayfife.com



We want to provide young adults who have a disability the opportunity to access social and leisure facilities within their own communities and to form natural friendships with their peers.

We seek to address some of the social isolation issues experienced by young people with disabilities. To do this we recruit and professionally support committed volunteers of a similar age (Peer Mentors), to help our Young Adults strive to live their dreams.

For more information either to access Fairway Fife either as a Peer Mentor or as a young adult with a disability, please call: 01383 249491

Autism

Autism Support in Fife

[One Stop Shop for Autism in Fife](#)

www.fifeoss.org

| one stop shop | Scottish
autism

The Fife One Stop Shop offers people with autism, their families and professionals, information and advice about autism.

It has social and youth groups for young people on the autism spectrum as well as parent groups.

It has relocated from Dunfermline to Kirkcaldy so for more information please email fifeoss@scottishautism.org, check the website or you call them on 01592 645350.

[Scottish Autism](#)

www.scottishautism.org



Scottish Autism provides support for children and young people aged 5 to 19 through individualised, outreach support. There is also a respite and short breaks service.

Scottish Autism also provides a wide range of services for adults with autism, including outreach support, day and vocational opportunities and a variety of supported living options.

For more information call:

01259 720044

[Autism Rocks](#)

www.autismrocksfife.co.uk



Autism Rocks promotes and provides understanding, acceptance, inclusion and education. We offer support to children and adults with autism, their families, the wider community, health professionals and education.

Our centre in Buckhaven is called Kaleidoscope.

We hold regular coffee mornings at different locations in Fife and we also provide other social opportunities for children/adults on the spectrum and their parents/carers such as Family Days and Pool Parties.

For more information call:

07825 869511 or 07765 964108

Autism

Let's Talk

www.enable.org.uk



Let's Talk is an informal support group for parents and carers of children/young people with Autistic Spectrum Disorder (ASD). It is facilitated by staff from Enable U and the One Stop Shop. A member of the ASIST team is usually there as well to answer any questions on education.

There does not need to be a diagnosis of ASD to attend so it is a good opportunity for those with a child/young person in the middle of the diagnostic process or with autistic traits to get advice and support at this early stage.

For more information contact:

01592 659295

Appaws for Autism

www.appawsforautism.org



We provide assistance/therapy dogs or autism service training, to autistic families who already have a pup, at a minimal cost to them.

We will work with partner organisations to re-home animals who may become therapeutic pets and provide autism specific training to dogs and other therapeutic pets for deployment to people with an autism spectrum disorder.

In doing this, families are supported to access services in day to day situations, encouraging social skills and independence. In turn improving and developing life skills, safety, socialisation, comfort and better quality of life. Having an assistance dog will support autistic individuals to access public places such as shopping centres, restaurants, cinema, airport, doctors, public transport and much more.

An autism specific assistance dog can increase social interaction, confidence and safety. They can comfort and protect in times of great anxiety or stress and keep a person safe in times of grave danger by alerting, carrying out deep pressure techniques and distraction. Most of all your child/adult will experience and gain unconditional love and a best friend for life. A guardian angel in the guise of a dog.

For more information contact:

07854659568 or 07969614926

Support for Carers and Families

Support Services in Fife



There are many support services in Fife offered by various support providers for people of all ages and abilities.

They offer support to allow you to take part in activities you would like to do. This could be during the day, in the evenings or at week-ends. The activities can take place in lots of places or be buildings-based.



If you want some funding from Fife Council to help you access these activities, you will need to have a Social Work assessment completed to see if you are eligible for funding from Fife Council. If you are, then you can use this funding to buy some support time from one or more of the providers.

You can find some of these providers in the Services Fife directory, www.servicesfife.org/directory and in some of the other websites mentioned in this booklet.

Fife Council's Community Support Services



The Social Work Community Support Service offers a service to eligible adults between the ages of 16 and 65 with learning disability, physical disability, sensory impairments, autistic spectrum disorders and other related issues. This could take place during the day, in the evenings or at weekends.

A Community Support Service is based within the local community where you live. We will offer support to allow you to participate in social and leisure activities you would like to do.

Staff will plan with you and your family to make sure you can do the things you want to do. Young people with additional support needs can take part in activities which meet their own goals, including:

- Taking part in community activities
- Finding jobs, training and learning opportunities

For more information call: Social Work Contact Centre, 03451 55 15 03

Support for Carers and Families



www.homecare.co.uk (select Home Care tab then put Fife Area in the search box)

There are many care providers in Fife. This Homecare website lists some of them and will give you the contact details and information about the support they can provide.

[The Princess Royal Trust Fife Carers Centre](#)

www.fifecarerscentre.org



We aim to be a “one stop shop” for every carer in Fife.

We can help guide you with lots of information about everything from your entitlement to benefits, why it's so important to have Power of Attorney to information about the condition affecting the person you care for.

As a carer you can ask for an assessment of your own needs from Social Services and we can help you to complete this. For more information contact:

Office in Kirkcaldy

01592 205472

PAMIS

www.pamis.org.uk



PAMIS works with people with profound and multiple learning disabilities (PMLD) and complex healthcare needs, their parents and carers.

PAMIS works with families to try to make sure that they have community opportunities and can enjoy a full life - by opening doors and minds.

PAMIS Family Support Service offers information and help on all aspects of PMLD and support to families in their own right as carers.

Office in Kirkcaldy

01592 551310

Contact a Family

www.cafamily.org.uk



Contact a Family provides advice and information for families with disabled children, no matter what their condition or disability. It also campaigns for families to receive a better deal.

For more information call the free helpline

0808 808 3555

Support for Carers and Families

[RNIB Scotland \(Fife\)](#)

www.rnib.org.uk/scotland



As well as holding monthly Carers' Cafes, RNIB Scotland in Fife also offer other services for children, adults and families such as:

Bridge to Vision – Fife Visual Impairment, Learning Disability (VILD) and Complex Needs Service.

RNIB Scotland VILD Children's Services.

RNIB Scotland Vision Support Service Transition Fife.

RNIB Pathway Adult Services which include the Pathway Vision Assessment Service, the Pathway Day Service and the Pathway Outreach Service.

For more information contact: 01592 646015

[Family and Community Support Team](#)

www.fifedirect.org.uk



What is FACST? The 3 Family and Community Support Teams support vulnerable children, young people and their families in partnership with other services. They also provide a network of support for families where it is needed.

In addition, Active School Co-ordinators and 16+ Key Workers work closely with Family and Community Support Team staff.

For more information about how to access these Teams contact:

West Team	01383 602456
East Team	01334 659493
Central Team	01592 583485

[Disabilities Fife \(used to be known as Fife Independent Disability Network\)](#)



Disabilities Fife is a voluntary organisation that was set up so that people could discuss any issues relating to disabilities.

It tries to include people with disabilities in decision-making and works towards all disabled people being included and able to be part of their local communities in Fife.

www.disabilitiesfife.org.uk

01592 203993

Support for Carers and Families



Fife Council provides a Care at Home Service which includes home care and Telecare. You will need to have an assessment to see if you can have this service.

Phone the Social Work Contact Centre 03451 55 15 03

Shared Lives Fife

www.fifedirect.org.uk/sharedlives



Shared Lives Fife provides support to adults over 16 years of age. You can receive support for a few hours a week, you can have a short break in the carer's home or you can live with a carer and share their home.

Shared Lives Fife aims to match families or individuals who are willing to share their homes, their lives and their interests, experience and skills with adults over 16 years of age who need support to live their lives to the full.

What will Shared Lives Fife do for you?

- It is delivered in the local community by the local community.
- Provide new opportunities to do things you want to do.
- Support you to learn new skills.
- Build your self-confidence and develop your independence.



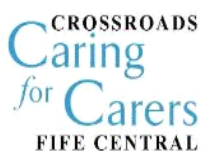
You will need to have a Social Worker who will complete an assessment to see if you meet the eligibility criteria and can access Share Lives Fife. Call:

Social Work Contact Centre

03451 55 15 03

Crossroads Fife Central

www.crossroadsfifecentral.org.uk



Crossroads operates across Central and North East Fife. It provides high quality, person-centred support to Carers who are caring for someone of any age with any disability or illness.

This support is provided in the form of Respite/Short Breaks.

The cared for person is either looked after in their own home or they can go out if they prefer, according to their individual assessed need, and of course, the need of the Carer.

For more information call:

01592 610540

Support for Carers and Families

Fife Forum

www.fifeforum.org.uk

Fife Forum



Fife Forum is a Voluntary Sector Advice and Information Agency that provides Local Area Co-ordination for adults.

The Local Area Co-ordinators:

- Help people to live independently within their own homes and communities,
- Help identify services and community resources for people,
- Work with individuals, families, supporters, agencies and community groups

The Local Area Co-ordinators support individuals, their families and carers to identify community groups and services which help people to maintain their independence, connect with and be part of their community for as long as is possible.

For further information on Local Area Co-ordination or other Fife Forum Services please call: 01592 643743

Deaf Communication Service



As part of Adult Services (Resources), Fife Council's Deaf Communication Service provides a range of support for people who have a hearing impairment or who are profoundly deaf or deaf/blind. It is also for people newly diagnosed with a hearing loss.

Our aims are to promote access and empowerment for deaf people, and to improve deaf awareness.

In addition, the Service can also help provide interpreters, lip speakers electronic note takers and deaf/blind guide communicators. For more information please contact:

SMS Deaf people only

07985 761908

Social Work Contact Centre

03451 55 15 03

Email:

swinfo.deafcommunications@fife.gov.uk

Support for Carers and Families

Enable Scotland (Fife Services in Dysart)

www.enable.org.uk/families/Pages/ENABLE-U.aspx



Enable U - Supporting families through the pre and post diagnosis of a learning disability, autistic spectrum disorder and ADHD.

Hearing your child/young person has been diagnosed as having a learning disability, or going through that process, is a time of extreme anxiety and adjustment for the whole family as they come to terms with a diagnosis and what it means for the future.

Enable U provides help, advice and support for families through a confidential personalised and individualised approach.

For more information contact

01592 659295

Options In Life

www.optionsinlife.org



At Options In Life we strive to challenge the individuals we support, encouraging them to improve their confidence, gain new skills and find new interests and passions. In order to do this we try to further develop activities which have already proved a success and to find new ones.

Our Recreation Programme is a social inclusion service for adults with learning disabilities in Fife. Currently the Programme runs on Mondays and Fridays, providing a range of exciting and challenging activities.

For more information contact through the website as no phone number given.

Down's Syndrome Scotland

www.dsscotland.org.uk



Down's Syndrome Scotland (DSS) is a parent led charity that provides "all through life" support nationally across Scotland. We work to help people with Down's syndrome reach their full potential by providing information and support to them, their families, carers and professionals at whatever age and stage of life. We also work to influence government policy to ensure that the society in which we all live reflects the needs of people with Down's syndrome.

There is more information about the Fife Branch on our website.

For more information contact

0131 442 8840

Support for Carers and Families

[Multiple Sclerosis Society Fife](#)

www.mssocietyfife.org.uk



MS Society Fife

The local Branch is run by volunteers. Our remit is raising awareness of MS. The MS Fife Branch is happy to accept invitations from social groups and other interested parties, who want to know more about Multiple Sclerosis, its effects, and living with the condition. We will supply speakers to address your group to suit your requirements.

We also have support groups, do social lunches, offer peer support and have information days.

For more information call:

07733 616 770

[Quarriers Epilepsy Fieldwork Service Fife](#)

www.digitalfife.com

(Go into the **Websites tab** and select Quarriers Epilepsy Fieldwork Service)



Quarriers Epilepsy Fieldwork Service offers a range of services for people with epilepsy, their carers and professionals.

The Epilepsy Fieldwork Service offers:

- Up to date information on epilepsy
- Help, information and support to individuals of all ages and their families
- Clinical liaison with healthcare professionals
- Advocacy to help people with epilepsy get their voice heard
- Training in epilepsy awareness with individuals and groups
- Training in administration of emergency rescue medication

We can visit you at home or at a mutually agreed place to discuss your needs.

For more information call:

01592 644307

Housing Support



At some point you may decide you would like to live in your own place. The following information may help you and your family to think about how this can happen.

The website Growing up and Moving On to Adult Life in Fife also has information about living independently that may help you.

www.fifedirect.org/movingon

(choose Support for families then Housing)

Housing Support

www.fifedirect.org.uk



Some young people need short-term housing support to develop the skills they need to live independently.

To find out more about this, speak to a social worker or a key worker if you have one. If not, you can go into the Local Office and ask for advice there about Housing Support.

For a list of Fife Council's Local Offices, call 03451 55 00 00 or go onto the Fife Direct website. You can also phone the Health and Social Care Contact Centre on 03451 55 15 03.

If you are already living in your own tenancy and are looking for general housing information and advice around your tenancy:

Contact

03451 55 00 33

Disabled Persons Housing Service (Fife)

www.dphsfife.org.uk



DPHS provides full independent housing information, advice and support for disabled people in Fife, assisting them to find the right housing solution that meets their needs.

They can also advise you about adapting your current property no matter what type of property – rented, owned, private let, etc.

DPHS will explore all your options with you and provide you with a full, independent, Housing Options Report so that you have an action plan to work with.

For more information contact:

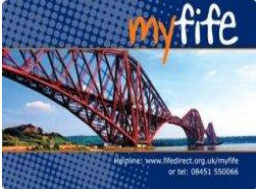
Office in Kirkcaldy

01592 803280

Travel Information

Travel Contacts

MyFife Card



This can be used for Scotland wide free bus travel for disabled people and for young person's concessionary travel. It also has other uses such as a public library membership card and can be used for the Fife Leisure Active scheme.

If you want to apply for this card you will need to give your full name, address and date of birth to a Customer Services Advisor. An appointment will be made for you at a Local Office to get your card. For more information contact:

Fife Council Customer Services Advisor

03451 55 00 66

www.fifedirect.org.uk

(put myfife card in the Search box)

MyBus Community Transport

www.mybusct.org.uk



We are based in Leven and provide transport in Central, East and North East Fife, although we will travel to wherever you want to go.

This is for community and voluntary groups that need transport with access for wheelchairs and for people with mobility problems. For more information contact:

Office in Leven

01333 429066

Dial-a-Ride

Dial-a-Ride is a **free shopping transport service** for people who have difficulty using normal buses. Trained staff pick up passengers from their homes who are then driven to a major shopping centre in the local area.

Before you can use this service you must first register with Fife-Bus by phoning the number below.



A friend can travel with you as a companion and the service operates all over Fife, Monday to Friday.

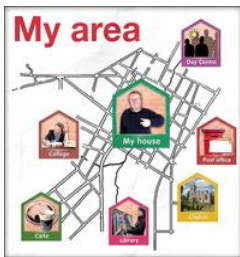
You must book in advance as a set timetable is followed.

Phone Number

03451 55 11 88

Travel Information

Ring and Ride



Ring and Ride is a **free door-to door service** that will call at your door and will take you anywhere within a local operating area. It is for people who have difficulty using normal buses.

Before you can use this service you must first register with Fife-Bus by phoning the number below.

You must call and book in advance. Ring and Ride currently operates within the following areas:

Kirkcaldy

Levenmouth (Leven/Buckhaven/Methil/Methilhill/Kennoway/Windygates

Dunfermline (including Rosyth)

Glenrothes

You can travel anywhere within an operating area but you cannot use Ring and Ride to travel between different operating areas. For example, you cannot travel from Kirkcaldy to Dunfermline using the Ring and Ride service.

If you feel the support of a friend or family member would help please bring them with you. You can also bring your hearing or guide dog.

Phone Number

03451 55 11 88

Concessionary Travel Scheme Fife

www.fifedirect.org.uk



Please phone the number below to speak to an Advisor about Concessionary Travel in Fife.

They can provide information about the MyFife travel card, taxi voucher scheme, community transport options, Young Scot travel entitlements, rail travel and other services or schemes running in Fife.

Fife Council Customer Services Advisor

03451 55 00 66

Go-Flexi Taxibus

www.go-flexi.org



Go-Flexi taxibuses cover large areas of rural North and East Fife. You just phone to book a journey and your fare will be similar to a bus fare. Anyone can use the services so why not 'Go-Flexi' for shopping trips, to catch a train, college trips or visiting friends?

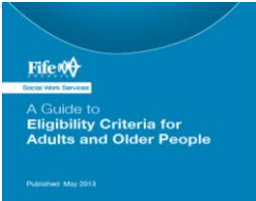
For more information contact:

01382 540 624

Social Work and Self-Directed Support

Social Work and Self Directed Support (SDS)

www.onyourdoorstepfife.org



Social Work Services can help when a young person with health or additional support needs moves on from school into adult life.

A social worker will arrange to meet with you and your family to gather some information. You can discuss any plans you and your family have already made when you see the social worker.

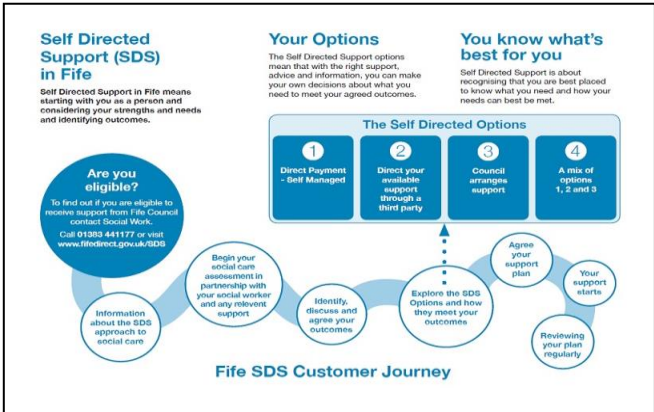
There will also be a form for you and the social worker to look at and fill out. This form will tell people what your outcomes are and what matters to you. It is called a Personal Outcomes Support Assessment.

The Social Work Service in Fife has rules about who gets care and support. These rules are called Eligibility Criteria and are used to make sure that everyone is treated fairly. There is a booklet about this called A Guide to Eligibility Criteria for Adults and Older People.

If you are eligible to get care and support from Social Work then this will be through a process called Self-Directed Support (SDS). This is a new way of providing care and support to those who need it. It was introduced by the Scottish Government to give people more choice and control over how their care and support is provided and who will provide it.

All the information collected from your own plans, from conversations, from meetings and any completed forms will help everyone to identify and agree your outcomes. The information will also help people to know what will make a good life for you and the support you will need for this to happen.

An outcome is the difference something will make in your life.



Social Work and Self-Directed Support



Sometimes, the Social Work Service will not be able to provide some people with services if they are not eligible. However, it should be able to give information about other people, organisations or groups in the local community that may be able to offer help or support.

Your family, friends, people at your school and the local community may also be able to help and provide information or suggestions about resources in the community that may be useful for you.

For more information contact:

Fife Council Social Work Contact Centre

03451 55 15 03

You can also find out more about SDS in Scotland by visiting the Scottish Government's Self Directed Support website:

www.selfdirectedsupportscotland.org.uk

SDS Government Funded Organisations in Fife



Self Directed Support

My Support My Choice

There are several organisations in Fife that have been funded by the Scottish Government to provide information about self-directed support.

These include: Enable - We Can All Do It Project; Penumbra; ENeRGI; Disabled Persons Housing Service; PAMIS and Deaf Action.

The organisations work in different parts of Fife and cater for people with varying support needs, their families and carers.

For more information about these organisations please contact:

Enable 01592 659295

Penumbra 01383 728467

ENeRGI 01333 730477

Disabled Persons Housing Service 01592 803280

PAMIS 01592 551310 or 01382 385154

Deaf Action 01592 644979

Health and Well-Being Information

Health and Well-being

www.thehubfife.org.uk



The Hub is managed by NHS Fife. The Hub has drop-ins across Fife at youth friendly venues, usually alongside youth activities. Specialised trained nurses deliver the Hub drop-ins together with youth workers

The Hub offers a sexual health service for 12-25 year olds but the nurse can also give information on family issues, friendships, bullying, your body, school and work as well as other relationship and health and well-being information.

This website has links to other sites that may be of interest such as

The Lowdown

www.getthelowdown.co.uk

Scottish website linked to Young Scot for young people looking for confidential advice and information about health related issues and the challenges they might encounter during the teenage years.

UR Health Fife

www.urhealthfife.co.uk

A website for young people with lots of information about staying healthy, safe and well.

Fife Learning Disability Services

www.nhsfife.org

This website contains information about various health services in Fife including those for young people and adults with learning disabilities.



In the section on Learning Disabilities you will find a link to the Community Learning Disability Teams. There are also links to other information you may find useful.

The Community Learning Disability Team (CLDT) provide specialist high quality, health care services for people with a learning disability that enables and supports the individual to participate in the activities of everyday life.

For the majority of people with a learning disability living in the community, most of their health needs are met by their G.P. or primary health care team. Additional "specialist" health needs may be met by the Community Learning Disability Team.

For more information contact:

Referral Co-ordinator

01383 565230

Primary Care Liaison Nurse (Learning Disabilities) 01592 743388 - Ext: 215

Health and Well-Being Information

Special Needs Jungle

www.specialneedsjungle.com



This is a parent-led website that has information, resources and informed opinions about children and young people with special educational needs, special needs, disabilities, health conditions and rare diseases.

Moodcafe

www.moodcafe.co.uk



Moodcafe promotes mental health and wellbeing in Fife. This website has lots of useful information for children, young people, parents and carers.

The website can give you information about classes and groups held in your local community to help you if you are feeling sad, worried or frightened. It also has suggestions to help you improve your well-being and lifestyle.

Breathing Space

www.breathingspacescotland.co.uk



This is a free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

Breathing Space provides a safe and supportive space by listening, offering advice and providing information.

For more information look on the website or phone

0800 83 85 87

Young Scot

www.youngscot.org



As well as the Young Scot card, this website has a lot of information, opportunities and incentives for 11 - 26 year olds in Scotland.

Put your postcode in the Near Me Tab to get information about your area.

Health and Well-Being Information

YMCA



There are several YMCAs in Fife and they each have their own web address.

The YMCA is an inclusive Christian youth organization, open to people of all faiths and none. The 'Y' works with all children and young people in a non-judgemental and supportive manner.

The vision of the 'Y' is to transform the lives of children and young people, by empowering them to create positive change in their lives and communities.

Each 'Y' runs different programmes, community learning and leisure activities such as Youth Clubs, music sessions and a youth café. For more information contact:

www.ymcaglenrothes.co.uk

01592 612 674

www.ymcakirkcaldy.co.uk

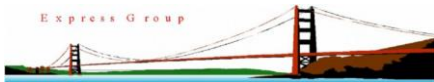
01592 645530

www.cuparymca-ywca.org.uk

01334 659387

Express Group (Fife)

www.expressgroupfife.org.uk



For many years, people with mental health problems have been able to turn to Express Groups to help them cope and recover. For some, the Groups are perhaps the only place they can meet people and socialise; for others, they are a chance to help and show what they can do.

To find out where the Groups meet call:

01592 645331

Support in Mind Scotland

www.supportinmindscotland.org.uk



In Fife, Support in Mind offer a Carer Support Service and one to one support and information. There are also peer support meetings in different places in Fife for people who experience voices and other sensory disturbances.

There are also drop-in sessions and a Volunteer Project.

For more information call:

01592 268388

Further Information

We have focused our publications online to save print costs. The booklet and accompanying Workplan can be downloaded from the Moving On website.

If you would prefer a hard copy of the publication or have any special requirements such as large print or another language, please see below.



Online

www.fifedirect.org.uk/movingon



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BSL Translation SMS service

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