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## Staying Safe and Keeping Well

Useful telephone numbers and contact  
information for support services in Fife



2025 edition

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



# Staying Safe and Keeping Well

This booklet (paper copy or online) is also called SSKW.

What does the front cover of the new SSKW 2025 tell us? .....



This little booklet (paper copy or online) aims to keep you **staying safe and keeping well** so that **no harm** comes to **you** .....or anyone.

Snowflakes show it is handy for knowing about how to cope over Christmas.

**BUT**, SSKW is **not just for** Christmas. The content is up to date from December 2025 and for 2026.



# More about what the front cover of the new SSKW 2025 tells us .....

Useful telephone numbers and contact information for support services in Fife



Many people from different organisations have helped.

Their advice and support is:

- Free
- Easy for **you** to find and know that there is support.

Why? Because **you are important!**

The front page also has a Fife advertisement showing a website where you can get help in times of need.

There are more advertisements inside.



# How is this little booklet set out?

Page 2 is the 'Contents' page which gives a list.

Beside each topic or section, there is a page number in orange.

Some sections are short but some are longer. The section opposite on 'Food' starts at page 16 but it lasts until the next new section on page 30.

On a computer, you can put your cursor on the page number and it will jump from the 'Contents' to the section you want. On paper, you can flick through the booklet easily.

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Help with food

16

The 'To Do' list





There is a **wide** range of **topics** to offer help and support.

## Examples of topics

Bereavement support

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How to cope when feeling sad when someone dies. Go to: 'Bereavement' topic, page 55



Staying connected

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How to find social groups to support you. Go to: 'Staying Connected' topic, page 57

Help with home energy and keeping yourself warm



Help with housing, home energy and household bills

10

Go to 'Help with housing, home energy and household bills' topic, page 10



Help with family relationships  
– go to ‘Families’ topic,  
page 32

## How to use SSKW

(the paper booklet or online)

There is no right or wrong answer

- whatever way suits **you**.



You may feel OK at reading SSKW on your own or even parts of it. **SSKW online** might help you with any reading or visual needs.

## Here are some ideas of how to use SSKW:



Read one topic of your choice **with your support worker** and then chat about it together.



Look at a topic like 'Help with Money' in a **group** to help learn together and share ideas.

## Here are more ideas of how to use SSKW:



Learn about **2** (or more) **topics** like 'Help with the Cost of Living' page 6



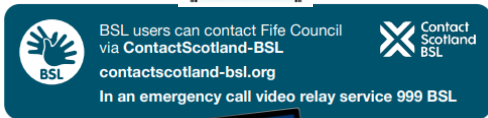
**and**

Help with Housing on page 10 to help with money problems.



Read a part of SSKW to think about ideas and make a plan like:

- make a phonecall
- write an email or
- go to websites and learn more.



Remember to ask for help if you need it.

## Important Parts of SSKW.

### Look out for...

Families

The **start of each topic or section** with white letters on dark blue headers. These sections contain lots of info.

**Advice** in **light blue boxes**

Health and wellbeing

For example: To keep you physically safe and know what to do in an emergency.

## ‘Hints and tips’ –

For example: To keep you or others safe when drinking, if or when using drugs.

**HINTS & TIPS**

**How to stay safe when using alcohol or drugs during the holidays**

Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

**Take-Home Naloxone - SFAD** [sfad.org.uk](http://sfad.org.uk)

Naloxone is also available free from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit.

The Scottish Ambulance Service can also train individuals and supply them with Take Home Naloxone when at a call.

**Social Work Offices** will be closed on Wed 24th, Thurs 25th and Fri 26th December 2025 as well as Wed 31st Dec, Thurs 1st and Fri 2nd January 2026.

However, emergency Social Work can be offered during public closures and can be contacted on **03451 55 00 99**.

For the most up-to-date information on access to drug and alcohol services over the festive period visit [www.fifeadp.org.uk](http://www.fifeadp.org.uk)

**ADAPT** is the main drug and alcohol triage service in Fife and provides information, advice, and support for alcohol and/or drug use.

Mon 22 Dec 2025	Normal Hours
Tue 23 Dec 2025	Normal Hours
Wed 24 Dec 2025	9am - 1pm
Thurs/Fri 25 & 26 Dec 2025	Closed
Mon 29 Dec 2025	Normal Hours
Tue 30 Dec 2025	Close at 12.30pm
Wed 31 Dec 2025	9am - 1pm
Thurs/Fri 1 & 2 January 2026	Closed

Answering service available outwith the above times.

**Referral & Access to Treatment & Services** **01592 321 321**

All services return to normal Monday 5 January 2026  
FAS5 will be running a telephone skeleton Counselling service over the festive period. (same hours as ADAPT) contact number 01592 206200.

## Important information highlighted about when services open and close over Christmas 2025 and the New Year.

## More Important Parts

## Pointers (in coloured boxes) on mental wellness and how to cope over the Christmas period.

This little booklet has one big message... you are important.

That's exactly why so many services have contributed to this booklet from across Fife from the Council workforce, Health and Social Care Partnership, organisations and the third sector, such as voluntary and community groups) to make up the content.

The shared aim is to make 'Staying Safe and Keeping Well' a relevant, free and handy source of information. It helps address a range of concerns that you might be experiencing - from finance to issues about health and wellbeing.

Perhaps you are looking for help under a section or several sections - maybe even browsing on behalf of someone? Whatever the purpose for reading this booklet, the contributors want you to know help and support is on hand.

It's OK in these uncertain times to reach out for support. Remember you are not on your own.

If you plan to visit any of the organisations mentioned in this booklet, please check first before you go.

The contents were correct at the time of preparing this booklet but please remember that this is a year long booklet so there may be changes. Once again, please check first before you go.

Do have YOUR version of Christmas  
Who says you have to

Do be kind to yourself  
Don't expect everything to be perfect. The most important thing is to have fun and spend time...

## COSY KINGDOM

Cosy Kingdom is a free and impartial home energy and utility debt advice service available to anyone living within Fife.

Our Energy Advisors can provide practical, tailored energy advice by telephone or through a home visit.

To arrange an appointment with an energy advisor please contact us on the details below.

Some of the things we can help with include:

- Help with bills, tariffs, meters and energy suppliers



For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

[www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit](http://www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit)

No access to the internet? It's easy to arrange a visit by calling 0800 0731 999 or just Text "FIRE" to 80800 from your mobile phone.

Information on the New Alarm Standard, which came into effect in February 2022, can be found using the QR Code. Just open the camera on your phone and fit the QR code onto the screen. A link to the Scottish Government information will pop up. Alternatively, visit Fire and smoke alarms: changes to the law:



## Different types of information

To give you information and support, there are:

- Advertisements
- Online sites
- QR codes.

## Across the booklet.....

The **key** message is about **keeping safe**. It's important to report harm if it is happening. Harm comes in many forms.

Adult Protection Phone Line 01383 602200  
Call this number if you are worried because you or someone you know is being harmed or neglected. **In an emergency call 999**  
SMS text service for people with a hearing loss 07781 480 185  
Sign up required for SMS or use translation service.

For example:

Emotional, physical, sexual and financial harm in cases of Domestic abuse.

**Examples of domestic abuse include:**

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Depriving access to help and support services
- Depriving you of basic needs, such as food
- Financial or economic abuse
- Harassment and stalking
- Isolating you from friends and family

**Shut Out Scammers**

Only let somebody into your home if

- Be wary if someone turns up unexpectedly at the door.
- Check their identity card. Close the door to confirm their identity if you are unsure.

**Suicide prevention**

Signs of suicide can be difficult to spot. Asking about their feelings can help to save their life. It is a difficult conversation to have but it can make a difference.

Financial harm like scams.

This main harm leads to emotional harm too.

It could be self-harm and suicide.

Each section offers support from organisations to prevent harm and support victims.

Health and wellbeing

**What's next?**

**Well.... Here's a taster of some other content:**

#### Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service offers a **FREE** Home Fire Safety Visit. We will come to your home at a time that suits you to give advice, help spot fire hazards and cover what to do in the event of a fire. Smoke and heat detectors might be fitted as part of the visit depending on existing alarms and home ownership.

For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

[www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit](http://www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit)

If you want to read what the Scottish Fire and Rescue Service offer free of charge, then turn to page 12.

#### Mental Health

Access Therapies Fife [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

Provides information to help people deal with mental health problems and access a range of local services.

#### Psychology Enhanced Engagement Team (PEET)

Provides brief psychological interventions for people with mild mental health difficulties. In PEET, you work together with an NHS trained professional to learn tools and skills that will help you to better manage your current difficulties. PEET is available for adults aged 18+ through self-referral, via the Access Therapies Fife website -

[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

If you want help with your mental health, turn to page 44.

**Now.... we hope you this Easy Read makes you curious to read and use SSKW!**



This Easy Read was produced using Photosymbols



and extracts from 2025 'Staying Safe and Keeping Well' content, produced by the Adult Support and Protection team. Please remember that the SSKW Booklet is on line so text can be supported using IT. If you have any further accessibility needs, please email [ASPC.Admin@fife.gov.uk](mailto:ASPC.Admin@fife.gov.uk).

