



**Help
with...**

**the cost
of living**

our.fife.scot/gethelp



Staying Safe and Keeping Well

Useful telephone numbers and contact
information for support services in Fife



2023 edition



www.fife.gov.uk/stayingsafekeepingwell

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BSL users can contact Fife Council
via **ContactScotland-BSL**

contactscotland-bsl.org

In an emergency call video relay service 999 BSL



Need help now?

If you are in a crisis, or are worried about someone you know, help is available. You're not alone. The best thing you can do is talk to someone. Call 'Breathing Space' or the 'Samaritans' on the numbers below or speak to someone you trust. **If it is an emergency, or you are in immediate danger, call 999. Don't try to cope on your own.**

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.

Breathing Space **0800 83 85 87**
Mental health and wellbeing helpline. breathingspace.scot.org.uk

Child Protection **Police 101 or Social Work on 03451 55 15 03**
If you consider a child(ren) or young person to be in IMMEDIATE danger, DO NOT wait, **in an emergency call the Police on 999.**

Citizens Advice and Rights Fife (CARF) cabfife.org.uk

CARF Text service for people with a hearing loss **0787 2677 904**

Homeless Emergency Number - Free Phone **0800 028 6231**

NHS 24 **111**
Call NHS 24 if you are ill and it can't wait until your GP surgery opens. This includes immediate mental health illness out with GP hours.

Samaritans **116 123**
jo@samaritans.org (response time 24 hours) www.samaritans.org
Their helpline is available 24 hours a day all through the year and it is free to call. They know that this is a difficult period for lots of people.

Social Work Contact Centre (Open 9-5pm) **03451 55 15 03**

Social Work out of hours emergencies **03451 55 00 99**

About this booklet

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.

Help with the cost of living

Rising costs are making life especially difficult for many friends and family this winter. If you know someone who is finding it hard to make ends meet or struggling in other ways, please encourage them to reach out. They are not alone. We're here to help and so are countless other people from all across Fife's public services and voluntary organisations. Here you'll find their contact details. Please, get in touch and encourage your friends and family too. That way we'll help each other through this winter.

You are important. PLEASE...

Don't keep things to yourself

It's ok not to feel ok. Try to recognise the signs that things are getting too much. Remember you are not alone. There is always someone who wants to listen and help. Talk to someone you trust. If you reach crisis point call one of the support numbers on page 3 of this booklet.

Don't try to change anything big

Now is not the time to start a new diet, a new routine or make unrealistic resolutions. Don't stretch yourself too far or overindulge. You can always try and change things for the better, but take small steps, not all at once. Let go of some of the things you can't control and try to focus on what's most important for that day.

Don't forget to look after yourself

Try to keep to a routine. Do things that help you look after your mental health and that keep you comfortable, safe and happy. Try to eat healthy meals and get enough sleep. Stay active if you can. Try to get out for a daily walk - it's important to get fresh air even if it's a walk around your garden or up and down your street.

Don't forget to have time for yourself

Give yourself a break and don't be too hard on yourself. Take some time to relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you. If you are a regular user of social media, try to take a break from it. Visit onfife.com for details of places you may be able to escape to between Christmas and New Year.

Help with... the cost of living

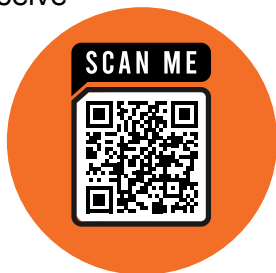


Everyone is feeling the impact of the cost of living crisis but a huge range of support is available.

For useful information, advice, help with benefits, energy bills and food go to: our.fife.scot/gethelp

Use the free and confidential benefits calculator to receive an estimate of the entitlements you could be getting. Don't miss out - claim what's yours.

Unable to access information online?
Call our **Community Support Line**
0800 952 0330 (Mon-Fri, 9am-5pm)



Help with money

Increase your income

You may be missing out on income you're entitled to. It's always worth checking and this can be done online or you can arrange an appointment to speak with someone.

There's a whole host of other advice online around benefits, support services, support grants and helping your money go further.



our.fife.scot/gethelp/money

EntitledTo Benefits checker

fife.entitledto.co.uk

Use this free and confidential Benefits Calculator provided by www. EntitledTo to find out what extra money you can claim. Enter your details and you'll receive an estimate of the entitlements you could miss. Even if you already receive some benefits it's worth checking.

Christians Against Poverty

0800 328 0006

capuk.org

Free one to one debt support by 2 centres (covering postcodes KY1-5 and KY11-13. Use **free phone number** to check opening days etc)

Citizens Advice and Rights Fife (CARF)

CABFife.org.uk

Macmillan Fife Welfare Benefits Partnership

0345 1400 091

Help with coping with the cost of living with cancer

Money Advice Unit

0345 1400 094

Welfare Benefits Advice

0345 1400 092

Crisis and Community Care Grants

fife.gov.uk/welfarefund

Disabilities Fife

dfscot.com/money

Are you a person with disabilities who needs help with money?

Visit the website for help and advice.

Fife Credit Unions

01592 725233

fifecreditunions.org.uk

Help with money

National Debtline	0808 808 4000 nationaldebtline.org/Scotland
Scottish Welfare Fund	0300 555 0265
Tax Credit Helpline	0345 300 3900
Universal Credit Freephone	0800 328 5644

Financial Abuse and Scams

Scammers will be hoping to exploit the current Cost of Living crisis by preying on people who may be vulnerable because they are worrying about their finances. This means you have to be even more vigilant to keep your money safe and not let it fall into the hands of criminals. Here are helpful websites and pointers to avoid being scammed.

Advice Direct Scotland (ADS)	0808 164 6000
To report scams or get help and advice.	consumeradvice.scot

Rogue Traders/Doorstep Callers

if you feel uncomfortable or suspicious about a cold caller in your local area, **phone Police Scotland on 101, or 999 in an emergency or use on-line form: www.scotland.police.uk/contact-us**

Fife Trading Standards	Trading.Standards@fife.gov.uk
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Fife Trusted Trader	0333 444 0185
Find reliable and vetted local tradespeople	trustedtrader.scot/Fife

Friends Against Scam	friendsagainstscam.org.uk
Online training and national initiatives	

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

Shut Out Scammers

Only let somebody into your home if you know who they are.

- Be wary if someone turns up unexpectedly. If in doubt, don't answer the door.
- Check their identity card. Close the door and phone the organisation to confirm their identity if you are unsure.
- Don't feel embarrassed to ask questions about their identity - genuine callers will expect you to be careful.
- A trusted organisation will never ask for your financial or personal details over the phone or in an email.
- Don't be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.

Citizens Advice Scotland

www.citizensadvice.org.uk

Use their online scams helper to find out more.

Trading Standards Scotland

www.tsscot.co.uk/news/scam-share

Learn about the latest scams

Don't miss out - claim what's yours

For advice on benefits, help with bills and support with the cost of living go to:

our.fife.scot/gethelp/money

Unable to access information online or need more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Help with housing, home energy and household bills

The cost to heat our homes is becoming increasingly challenging. Advice and support is available to help keep warm this winter, as well as support if you are struggling with your rent and other household bills.

 our.fife.scot/gethelp/home

Homeless Emergency Number (free) **0800 028 6231**

If you are homeless or about to be made homeless, please call.

If you are fleeing domestic abuse and have been made homeless call our **out of hours number 03451 55 00 99**

Care and Repair Service **01592 632 592**

Help with household repairs and maintenance. Available to homeowners over 60 or homeowners over 50 who are registered disabled or in receipt of benefits.

Disabled Person's Housing and Self-Directed Support Service Fife **01592 803 280**
dphsfife.org.uk

Fife Cares **03451 55 15 03**
fife.gov.uk/safetyvisit

Free home safety visits for families with children under 5 years and also vulnerable adults. **Free** home security visits for people who have suffered domestic abuse.

Fife Community Safety Support Service **01592 641 618**
infofife@sacro.org.uk

Fife Council Housing Information & Advice **03451 55 00 33**

Fife Council Out of Hours Emergencies **03451 55 00 99**
Open 24/7 over Festive period.

Fife Council Repairs Centre **03451 55 00 11**
Please report routine repairs online fife.gov.uk/housingrepairs

Community Support Line

0800 952 0330

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

Fife Council Tenancy Assistance

03451 55 00 33

Contact your Housing Management Officer for help with your Fife Council tenancy.

Fife Housing Register

fifehousingregister.org.uk

Information regarding housing options and housing advice.

Fife Private Rental Solutions (FPRS)

01592 201849

info@fprs.co.uk

Fife's private rented sector advice hub, offering advice, guidance and support on all things private rented. Assistance for tenants, landlords and letting agents to sustain accommodation in the private sector.

Fife Law Centre

01592 786710

info@fifelawcentre.co.uk

Fife Law Centre is a charity with a team of solicitors providing free legal guidance and possible representation for residents of Fife, in all aspects of housing and related matters.

Frontline Fife

01592 800 430

info@frontlinefife.co.uk

Provide housing advice and support to people to help them to sustain their home and prevent homelessness.

Furniture Plus Customer Services (Dysart)

01592 654546

A Fife wide charity offering a free collection service, Goodwill Scheme and referrals. Dunfermline and Dysart stores open to the public.

Penumbra

07876258721

fife.sls@penumbra.org.uk

Short term housing support service team offer practical and emotional support to people in their own homes and cover the Dunfermline and west of Fife. Community drop in sessions every Wednesday 2-4pm at 89 New Row, Dunfermline, KY12 7DZ.

Shelter Scotland free helpline

0808 800 4444

Practical advice on urgent housing matters

shelter.scot.org.uk

Help with housing, home energy and household bills

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

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:



www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



Contact us today to arrange a
FREE Home Fire Safety Visit
We'll help you spot possible fire hazards, sort out a fire escape plan and provide information about smoke, heat and carbon monoxide alarms.
CALL **0800 0731 999**, TEXT '**FIRE**' TO **80800** or VISIT firescotland.gov.uk

Help with housing, home energy and household bills

Home Energy

Power cuts and safety helpline

105

powercut105.com

Heating advice

www.fife.gov.uk/heatingadvice

When it comes to energy and heating your home, there's endless advice and information available which can be overwhelming. Here you will find the most common issues and advice.

Prepayment Meters

Emergency Fuel Top Up

If you run out of money on your meter or used your emergency credit and cannot afford to top-up, please contact your energy supplier for immediate assistance.

If you're a Fife Council tenant, contact your **housing management officer** or nearest **local office** for help and advice.

If you are living in temporary accommodation, speak to your temporary accommodation management officer.

The Scottish Welfare Fund provides a safety net for vulnerable people on low incomes by providing community care grants and crisis grants. These awards are not loans, so you do not need to pay it back. The grants are designed to help people who are on a low income, so you can apply even if you do not claim benefits. For more information visit www.fife.gov.uk/welfarefund

If none of these are possible, Cosy Kingdom may also be able to help. If you're having difficulty topping up your meter due to mobility or issues in your personal life, please contact them for advice.

Help with housing, home energy and household bills

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
- Help to understand your heating controls, get more out of your appliances and to keep warm in the home.
- Advice on energy efficiency measures and funding for home energy efficiency improvements.
- Checking eligibility for any grants and discounts that may be available to help you pay your bills.
- Support to deal with fuel debt and self-disconnection from prepayment meters.

Call: 01592 807930

Text: 'Cosy' and your name to 88440

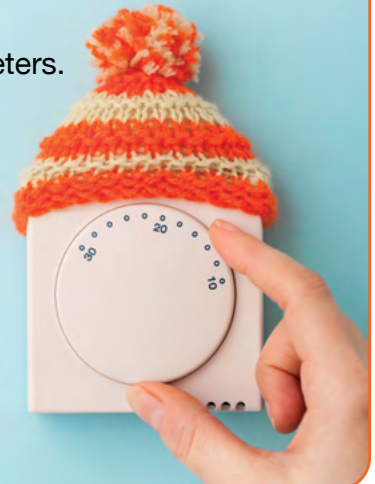
Email: info@cosykingdom.org.uk

Visit: www.cosykingdom.org.uk

Social Media @CosyKingdom

Closed from 3pm 22 December.

Open 10am 3 January 2024



Help with housing, home energy and household bills

Energy suppliers

Boost	0330 102 7517 www.boostpower.co.uk
British Gas	0333 202 9802 www.britishgas.co.uk
EDF	0333 200 5100 www.edfenergy.com
E-Energy	0333 103 9575 www.e.org
E.ON Next	0808 501 5200 www.eonnext.com
Octopus Energy	0808 164 1088 octopus.energy
Scottish Power	0800 027 0072 www.scottishpower.com
SSE	0345 026 2658 www.sse.com
Utilita	0330 333 7442 www.utilita.co.uk

Financial and practical advice if you are struggling with rising energy costs

For advice on benefits, help with bills and support with the cost of living go to:

our.fife.scot/gethelp/bills

Unable to access information online or need more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Help with food

Food is essential and nobody in our community should go hungry. Fife has some amazing community cafes, community fridges, and pantries offering low cost meals and food items. The warm, welcoming environment is also a good opportunity to get out and meet people. A list of community cafes and food providers can be found online here:



our.fife.scot/gethelp/food

People can go hungry for many different reasons: for example, from redundancy to getting an unexpected bill when on a low income. Anyone finding themselves in such a crisis can visit a foodbank for short term access to emergency food and support.

Foodbanks are non-profit organisations that receive publicly donated food which is then sorted by volunteers and distributed as food parcels.

Customers in crisis may be referred to a foodbank by:

- Social Worker
- Community Education Workers
- Welfare Support Workers
- Housing Officer
- Fife Council's Welfare Fund team tel. **0300 555 0265**
- Citizens Advice & Rights Fife tel. **0345 1400 095** or visit cabfife.org.uk
- Some GPs and health visitors can also refer you.



www.fife.gov.uk/cafeinc

Café Inc is a free lunch club for families during school holiday periods from school dining halls or community centres.

The offer from the Council is to provide a lunch time provision that encourages families to enjoy a lunch together. Packed lunches are also available at some venues.

Staff will be able to assist or arrange an appointment for you to speak with someone in more detail. (Mon-Fri, 9am-5pm)

City of Dunfermline

Community Cafés

Liberty Church

01383 733970

Pitreavie Way, Pitreavie Business Park, Dunfermline, KY11 8QS

office@libertychurch.co.uk

www.libertychurch.co.uk

Opening hours: Wednesdays 6pm to 7.15pm and 1st & 3rd Thurs of the month 1pm to 3.30pm. Free

Link Church

01383 739169

Link Church, 39 Priory Lane, Dunfermline, KY12 7DU

info@linkchurch.org.uk

www.linkchurch.org.uk

Opening hours: Mondays 11.30am-2.00pm. Free

Open House Café

01383 621253

Gillespie Memorial Church, Chapel Street, Dunfermline

gillespiechurch.org

Opening hours: Tuesdays and Thursdays 10am to 1pm

Revive Wellbeing Hub @ The Vine

01383 631 005

131 Garvock Hill, Dunfermline, KY11 7HZ

tim@vineconference.co.uk

revivewarmandwell.eventbrite.co.uk

Opening hours: Wednesday 5pm to 8.30pm. Free

Viewfield Baptist Church

01383 620465

Viewfield Centre, Dunfermline, KY12 7HZ

dropin@viewfield.org.uk

www.viewfield.org.uk

Opening hours: Tuesday 12pm to 3pm. Free, donations welcome

Help with food

Community Fridge/Food Bank

Baldridgeburn Pantry

01383 724751

Baldridgeburn Community Centre, Dunfermline, KY12 9EH

cld.dunfermline@fife.gov.uk

Opening hours: Tuesday 13:00 to 15:00 Café - from 12.30pm to 1.30pm
Pantry - from 1.00pm to 2.30pm. Donation of £2 or what can be afforded

Dunfermline Food Bank

Liberty Centre, Pitreavie Business Park, Dunfermline, KY11 8QS

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/

Opening hours: Mon, Wed & Fri 4pm to 6pm

Food For Your Future Pantry

07730 809375

Touch Community Centre, 30 Mercer Pl, Dunfermline, KY11 4UG

www.facebook.com/foodforyourfuture

Call 07730809375 on a Wednesday to register between 10am & 1pm.
You will be given a time slot to collect your bag From Touch Community
Centre on the Thursday. £2.50 donation

Low Cost Hot Meals

Gillespie Memorial Church

01383 621253

Gillespie Centre, Chapel Street, Dunfermline, KY12 7AW

minister@gillespiechurch.org

Opening hours: Mon & Thurs 10am to 2pm. Donation

St Andrew's Erskine Church

01383 841660

Robertson Road, Dunfermline, KY12 0BF

info@standrewserskine.org.uk

standrewserskine.org.uk

Opening hours: Friday 10am to 2pm. Free

Help with food

St Margarets RC Memorial Church

01383 625611

East Port, Dunfermline KY12 7JB

stmargaretsdunfermline.co.uk

Opening hours: Mon 12pm to 4pm Free

St Ninians Parish Church

01383 623187

1 Allan Crescent, Dunfermline, KY11 4HE

www.stniniansdunfermline.org

Opening hours: Friday 11am to 3pm. Free

Soup@12

01383 739026

Abbey Church Halls, 6 Abbey Park Place, Dunfermline KY12 7PT

www.dunfermlineabbey.co.uk

Opening hours: First Monday of every month from 12pm to 1.30pm. £3 or donation

Cowdenbeath Area

Community Cafés

Lo'gelly Lunches

Town Hall, Bank St, Lochgelly, KY5 9RE

www.facebook.com/Logelly-Lunches-359811728217548/

Opening hours: Community Café open every Tuesday 11am to 1pm
Community Larder open every Friday 10am to 1pm. Free

Max's Light Bites

Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD

Opening hours: Monday 1pm to 2.30pm. Free

Help with food

Oor Wee Café

07563 380176

Kelty Community Centre, Main Street, Kelty, KY4 0AQ

oorweecafe@yahoo.com

www.facebook.com/OorWeeCafe

Opening hours: Tuesday 11:30am to 1pm. Donation

Community Fridge/Food Bank

Benarty Food Bank

07580 231286

BRAG Centre, Main Street, Crosshill, Lochgelly, KY5 8BJ

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline

Opening hours: Monday, Wednesday and Friday 4pm to 6pm. Free

Cardenden Community Fridge

Bowhill Community Centre, 145 Station Road, Cardenden, KY5 0BW

Opening hours: Monday 1pm to 3pm and Friday 2pm to 4pm. Free

Cowdenbeath Food Bank

07580 231286

Fountain Meeting Rooms, Broad Street, Cowdenbeath, KY4 8JA

www.trusselltrust.org/get-help/find-a-foodbank/dunfermline

Opening hours: Tues & Thurs 4pm to 6pm. Free

MAX's Meals

Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD

Opening hours: Thursday from 12pm -1pm. Free

Salvation Army

01383 513384 or 07741 906029

Stenhouse Street, Cowdenbeath, KY4 9DD

cowdenbeath@salvationarmy.org.uk

Opening hours: drop in facility on a Tuesday between 10am to 12pm.
Free

Help with food

The Clearing

07802 414418

239 High Street, Cowdenbeath, KY4 9QF

www.facebook.com/streetpastorbase

Opening hours: Call on Tuesdays, Wednesdays and Thursdays between 10am and 1pm to arrange a time for collection. Free

The Pantry @BRAG

Crosshill Community Enterprise Centre, Main Street, Crosshill, KY5 8BJ

www.facebook.com/bragenterprises

Opening hours: Thursday 1pm - 3pm. £3

Glenrothes Area

Community Cafés

Colly Café, 89th North Glen Scout Group

Collydean Community Centre, Torphins Ave, Glenrothes, KY7 6UL

www.facebook.com/collydeancommunitycentre

Opening hours: 9am to 3pm, Monday to Friday, Saturday 10 to 12pm
Donation if it can be afforded

Community Fridge/Food Bank

Glenrothes Community Sports & Health Hub

Glenrothes Cricket Club, Pitcoudie Ave, Glenrothes, KY7 6RB

www.facebook.com/GlenrothesCommunitySportsHealthHub

Opening hours: 2pm to 4pm on Wednesdays and 5pm to 6pm on Fridays
Free

Glenrothes Food Bank

01592 631088

Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ

glenrothes.foodbank.org.uk

Opening hours: Mon and Fri 12pm to 3pm, Tue 11am to 1pm &
Wed 1pm to 5pm. Free

Help with food

Glenrothes Foodbank at Auchmuty **01592 631088**

107 Alexander Road, Glenrothes, KY7 4DZ

glenrothes.foodbank.org.uk

Opening hours: Saturday 10am to 12pm. Free

Leslie Community Pantry **07730 789255**

Quarry Park Pavilion, Back Braes, Leslie, KY6 3EZ

www.facebook.com/lesliecommunitypantry

Opening hours: Monday to Thursday 10am until 3pm, Friday 10am to 1pm. Free

Peace N Jam **01592 754206**

St. Luke's Scottish Episcopal Church, Glenrothes, KY7 4BL

www.facebook.com/peacenjamproject

Opening hours: Tuesdays 12pm to 2.30pm. Thursdays 10am to 1.30pm. Free

Kirkcaldy Area

Community Fridge/Food Bank

Greener Kirkcaldy Community Fridge **01592 858458**

8 East Fergus Place, Kirkcaldy, KY1 1XT

www.greenerkirkcaldy.org.uk

Opening hours: Thursday 3pm to 4.30pm Friday 9.30am to 4.30pm Free or donation

Nourish Support Centre **01592 653639**

Community Hub, Mercat Shopping Centre, High St, Kirkcaldy, KY1 1NJ

www.facebook.com/nourishsupport

Opening hours: Tues, Wed, Thursday 10am to 2pm. £4.00 suggested donation

Help with food

Nourish Support Centre

01592 653639

Elizabeth House, Barclay Court, Kirkcaldy, KY1 3WE

www.facebook.com/nourishsupport

Opening hours: Tues, Wed and Thursday. £4.00 suggested donation

Kirkcaldy Food Banks

www.kirkcaldyfoodbank.org.uk/

- Viewforth Hub Viewforth Church Hall, Viewforth Terrace, Kirkcaldy, KY1 3BW
Opening hours: Mon/Thur 10am to 3pm, Tuesday 10am to 1pm, Wed 10am to 1pm. Free
- Burntisland Salvation Army Hall, 40 Lonsdale Crescent, Burntisland, KY3 0BN
Opening hours: Tue & Fri 12pm to 2pm. Free
- New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT
Opening hours: Mon/Wed/Fri 10am to 12.30pm. Free
- Link Living Westbridge Mill, Bridge Street, Kirkcaldy, KY1 1TE
Opening hours: Mon to Fri 9:30am to 4pm. Free
- Linton Lane Centre, Linton Lane, Kirkcaldy, KY2 6LF
Opening hours: Mon to Fri 10am to 12:30pm. Free

Low Cost Hot Meals

Greener Kirkcaldy Community Meals

01592 858458

8 East Fergus Place, Kirkcaldy, KY1 1XT

www.greenerkirkcaldy.org.uk

Opening hours: Opening hours: Wednesdays 4.30pm & 5.30pm. Free or donation

Hosting Hope

01592 643816

Linton Lane Community Centre, Linton Lane, Kirkcaldy, KY2 6LF

Opening hours: Last Sunday of every month from 12.30om to 2pm. Free or donation

Help with food

Levenmouth Area

Community Cafés

Safe Haven Café

Buckhaven Baptist Church, College Street, Buckhaven. Free/donation

Community Fridge/Food Bank

Levenmouth Food Bank

01333 439202

Methil Evangelical Church, Bowling Green Street, Methil, KY8 3DH

levenmouth.foodbank.org.uk

Opening hours: Food parcels are fulfilled by referral only, with appointments offered for pick up on Monday and Friday from 3.30pm.
Free

The Open Door

07715 506712

St Kenneths Church, Church Hall, Cupar Road, Kennoway

Opening hours: Wednesday 5pm to 7pm Free or donation

North East Fife Area

Community Fridge/Food Bank

Colinsburgh Community Café & Food Hub

Colinsburgh Town Hall, 2 Main Street, Colinsburgh KY9 1LN

www.facebook.com/groups/colinsburghcommunitycafeandfoodhub

Opening hours: Café and Surplus food: Tuesday 10.30am to 12pm.
Surplus food only: Friday 6.00pm to 6.30pm. Check on Facebook as times can vary week to week. Free or donation

Help with food

Cupar Community Fridge

County Buildings, St Catherine's Street, Cupar, KY15 4TA

www.facebook.com/OurNEF

Opening hours: Tuesdays 11am to 12pm. Free

East Neuk Eats! Anstruther Community Fridge

East Neuk Centre, Ladywalk, Anstruther, KY10 3EX

facebook.com/eastneukcentre.trust

Opening hours: Café: Thursdays from 12.30pm to 2pm Community Fridge: Thursdays from 1pm to 3pm. Free or donation

Leuchars Larder

Leuchars Primary School, 18 Pitlathie Road, Leuchars, KY16 0EZ

www.facebook.com/LeucharsPS

Opening hours: Fridays 2pm to 3pm. Free

Lumsden Larder

Lumsden Hall, High Street, Freuchie, KY15 7EX

facebook.com/Freuchie

Opening hours: Monday to Friday from 8am to 4pm Open Saturday and Sunday but no set hours, check social media for updates. (self service). Free

St Andrews Community Fridge

07792 941783

St David's Centre, St Andrews KY16 8BP

www.facebook.com/CommunityHubNEF

Opening hours: Opening Hours: Monday to Friday from 10am to 3pm. Free

St Monans Community Food Larder

St Monans Town Hall, Hope Place, St Monans, KY10 2DH

www.facebook.com/St-Monans-Community-Food-Larder-107623251950939

Opening hours: Friday 12opm to 2.30pm £2 to access larder

Help with food

Tayport Community Fridge

07486 893215

Larick Centre, Shanwell Road, Tayport, DD6 9EA

www.facebook.com/tayportcommunityfridge/

Opening hours: Fridays 3pm to 4pm. Free or donation

Cupar Food Bank

07474 453153

21 St Catherine Street, Cupar, KY15 4TA

cupar.foodbank.org.uk

Opening hours: Monday 11am to 3pm, Wednesday 4pm to 6pm,
Friday 11am to 3pm and 5pm to 6pm. Free

East Neuk Food Bank

01333 310156

Anstruther Church, Burial Brae/School Green, Anstruther, KY10 3HF

www.facebook.com/eastneukfoodbank/

Opening hours: Tuesdays 12pm to 4pm Thursdays 4pm to 6pm. Free

Newburgh Food Bank

01337 840709

Tayside Institute Community Centre, 90-92 High Street, Newburgh,
KY14 6DA

www.facebook.com/taysideinstitute

Opening hours: Monday 10am to 11am, Thursday 5pm to 6pm. Free

Storehouse Food Bank

01334 845985

St David's Centre, 23 Albany Park, St Andrews, KY16 8BP

www.storehousetandrews.com [facebook.com/storehousetandrews](https://www.facebook.com/storehousetandrews)

Opening hours: Tuesdays 11am to 1pm. Free

Taybridgehead Food Bank

07840 957039

Wormit Parish Church, 52 Riverside Road, Wormit DD6 8LL

taybridgeheadfoodbank.org.uk

Opening hours: All parcels are delivered on a Wednesday afternoon. Any request for an emergency parcel is dealt with immediately. Free

Help with food

Auchtermuchty Foodbank

Auchtermuchty Community Centre, 1 Distillery Street, Auchtermuchty KY14 7BY

www.facebook.com/groups/auchtermuchtycommunitycentre

Opening hours: Drop in or contact via facebook during office hours: Mon & Wed 9.30am to 2.30pm, Fri 11.30am to 2.30pm. Free

ENeRGI (East Neuk Recovery Group Initiative)

01333 730477

32 East Street, St Monans KY10 2AT

www.energi.org.uk

Opening hours: Contact to arrange. Free

Social Café

07921 288423

County Buildings, St Catherine's Street, Cupar, KY15 4TA

Opening hours: Friday 10am to 12pm. Free

South & West Fife Area

Community Cafés

Grow West Fife Community Meal

www.growwestfife.org

Grow West Fife Walled Garden Blair Castle (Carlow Home) Culross, Fife, KY12 8J. Free

Chill and Chat

01383 411381

North Queensferry Community Complex, Brock Street, Queen Margaret's Playfing Fields, North Queensferry, KY11 1JD

www.nqcommunitycomplex.org.uk

Opening hours: Friday 4.30pm to 5.30pm. Low cost

Help with food

Community Fridge/Food Bank

Community Shop & Café 'Food for Thought' (Inverkeithing Trust)

Ballast Bank Community Centre, Preston Crescent, Inverkeithing, KY11 1DS

Opening hours: Wednesdays 9.30am to 11.30am. £4 per bag or donation

Saline and Steelend Fabulous Food Pantry **01383 853762**

Saline Community Centre, 13 Main Street, Saline, Dunfermline, KY12 9TL

Opening hours: Wednesdays 12pm to 2pm . £4 donation

The Food Hub **01259 730997**

Kincardine Community Centre, Anderson Lane, Kincardine FK10 4SF

www.facebook.com/KincardineCA

Opening hours: Food Hub Tuesday 5.30pm to 7pm and Wednesday 11am to 12pm, Coffee & Blether Wednesday 1pm to 3pm. £4 donation

Tower Pantry

Oakley Community Centre, Station Road, Oakley, Dunfermline, KY12 9QF

Opening hours: Wednesday from 12pm to 2pm but, finishes when food is gone. It goes quickly. Minimum £3.00 donation

Valleyfield Community Club Pantry

Kinloss Court, Valleyfield, KY12 8RT

Opening hours: Tuesday 2pm to 3pm. £2.00 per bag surplus food

EATS Rosyth Community Hub **01383 341260**

115a Queensferry Road, Rosyth, KY11 2PS

www.facebook.com/rosythcommunityhub

Opening hours: Living room café Monday - Friday 10am to 2pm; Larder available Monday to Friday 10am to 4pm. Community meals 5pm to 7pm. Free or by donation

Help with food

Inverkeithing Food Bank

The Friary (next to the Civic Centre), Queen Street, Inverkeithing, KY11 1LS

dunfermline.foodbank.org.uk

Opening hours: Tuesdays and Thursdays 4pm to 6 pm. Free

Rosyth Food Bank

Parish Church, Queensferry Road, Rosyth, KY11 2PQ

dunfermline.foodbank.org.uk

Opening hours: Mondays, Wednesdays and Fridays 4pm to 6 pm. Free

Canary Canteen

Valleyfield Community Club, Kinloss Court, Valleyfield, KY12 8RT

www.facebook.com/valleyfieldclub

Opening hours: Monday to Friday 9.30am to 2pm. Donation

Castle Community Cafe

07450984081

Blairhall Community Centre, 10-12 Wilson St, Blairhall

www.facebook.com/Castle-community-cafe-581797062194993

Opening hours: Thursdays 11.30am to 1.30pm. Low cost

Rosyth Parish Church

Rosyth Parish Church, 82a Queensferry Road, Rosyth KY11 2PQ

Opening hours: Friday 12pm to 2.30pm Free or donation

**Advice and support if you are
struggling with food costs**

our.fife.scot/gethelp/food

Unable to access information online or need
more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



The 'To Do' list

Do have YOUR version of Christmas

Who says you have to do it the way it's always been done? Try to plan the Christmas you feel will give you the most enjoyment.

Do be kind to yourself

Don't expect everything to be perfect. The most important thing is to have fun and spend time with people you want to be with. Get better at delegating and making sure that everyone helps on the day. Get into a pattern that keeps you well before the holidays start - like going for a walk each day and eating well.

Do plan a special treat or a day out after Christmas

It doesn't have to be something that costs a lot of money - it could just be a day out to the Christmas lights or a walk in the park. It can help take the focus away from one big day of celebration and the let down feeling that can come after it.

Do make sure you have enough things you need to stay healthy and well

Make sure you have enough food in to last you over the days when the shops are shut. If you've got food at home and are looking after yourself, it's easier to cope with all the other hassles and temptations.

Do look after your health

If you've overdone it on the festive food and drink, try and go for a walk the next day. A walk gives you an excuse to get away from the festivities and out of the house for some "you" time, as well as shake the cobwebs away. To help you keep well over Christmas and the New Year, remember to order enough of any prescription medicines you will need and make sure you have other off-the-shelf remedies you might need e.g. "headache tablets".

Families

Family tensions can feel overwhelming at this festive time of year.

- Try to get a balance between time with family/friends and 'me time'.
- Have an 'escape plan' like making a phone call to a friend.
- Make sure you have time to yourself and time to recuperate.

Contact (for families with disabled children) **07458 046 071**
scotland.office@contact.org.uk

Contact Scotland aims to help you source the right information for you and your family, from early years through to transitions into adult life.

Families First familiesfirststandrews.org.uk/family-support-enquiries@familiesfirststandrews.org.uk **01334 208086**

A very small independent charity working with children 5-16 years and their families who face a range of challenges in life living in NE Fife. eg ASD, MH, parent/carer responsibilities

Families Outside helpline **0800 254 0088**

For families affected by imprisonment in Scotland.

Provides info and support e.g. housing, finance, emotional support, detailed knowledge of the justice system and prison procedures, access to community services etc.

Fife Families Information Service **01592 583146**
www.fathersnetwork.org.uk/fifefamilies

Fife Gingerbread **01592 725210**
fifegingerbread.org.uk

Accessible, approachable and non-judgemental support, advice and information with a focus on lone parents and families who need a helping hand.

Their work is grounded in tackling child poverty and centred around creating better todays and brighter tomorrows for children and young people through a number of projects.

Families

Home-Start

01334 477548

Provides support for families by recruiting and training volunteers to work with and support parents with young children. They also run Family Support Groups where children and families are involved in a range of activities together.

Muirhead Outreach Project

01592 358713

manager@muirhead-outreach.org.uk muirhead-outreach.org.uk

An early intervention charity that aims to reduce isolation, minimise the impact of childhood/family trauma and improve well-being and self-esteem.

One Parent Families Scotland

0808 801 0323

opfs.org.uk/talk-to-us

OPFS offers help and advice on single parent tailored topics. Connect through the **freephone** helpline, online chat, email about you and your story.

Parentline Scotland

08000 28 22 33

Support when you need a helping hand or feel like you are at the end of your tether. Freephone, browse the website or start a webchat.

Relationships Scotland

0345 119 2020

Relationships-scotland.org.uk

Sleep Scotland Support Line (Mon-Thu 10am-4pm) **0800 138 6565**

The Cottage Family Centre

info@thecottagefamilycentre.org.uk

- 29/31 Cawdor Crescent Kirkcaldy KY2 6LH - **01592 269489**
- 34 St Clair Street Kirkcaldy KY1 2QE - **01592 210189**

The Cottage's purpose is to provide a family centre, serving Kirkcaldy, which caters for the needs of children aged 0 -16 years and their families.

Alcohol and Drug Support and Recovery Services

In Scotland, most substance use services will close for the two public holidays at both Christmas and New Year. This will feel like a long time for some people who use these services.

Social Work Offices will be closed on Mon 25, Tues 26 and Wed 27 December 2023 as well as Mon 1, Tues 2 and Wed 3 January 2024. 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

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

Fri 22 Dec 2023 **Close** at 12.30pm

Mon 25 & Tue 26 Dec 2023 **Closed**

Wed 27 & Thu 28 Dec 2023
Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm.
Telephone Service 1.30pm – 4.30pm

Fri 29 Dec 2023
Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm.
Services **close** at 12.30pm.

Mon 1 & Tue 2 Jan 2024 **Closed**

Wed 3, Thu 4 & Fri 5 Jan 2024
Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm.
Telephone Service 1.30pm – 4.30pm

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

All services return to normal Monday 8 January 2024.

Alcohol and Drug Support and Recovery Services

We Are With You

freephone 0800 917 9211

wearewithyou.org.uk

We Are With You offer safer drug and alcohol advice and support.

Free sterile injecting equipment is available from 20 pharmacies across Fife and from We Are With You. Daily online webchat service open to all until 9pm.

Closed from the afternoon of Fri 22 Dec and reopens on Wed 27 Dec.

Al-Anon

0800 0086 811

Support for family and friends.

al-anonuk.org.uk

AA – Alcoholics Anonymous

0131 225 2727

National free helpline

0800 9177 650

help@aamail.org

alcoholics-anonymous.org.uk

Clued Up

01592 858248

Substance use support for young people under 25 in Fife.

Closed 25-27 Dec 2023 and 1- 3 January 2024.

DAPL

01333 422 277

enquiries@dapl.net

DAPL.net

SMS: 07584 233877

- DAPL Leven, 1-2 Parkdale Avenue, Leven, Fife KY8 5AQ
- DAPL Kirkcaldy, 13 Wemyssfield, Kirkcaldy KY1 1XN

DAPL offers one to one counselling, support, information and advice to individuals and families who are affected by substance use and live within Fife. The service is **free** and confidential.

Closed Monday 25 Dec and reopens Thursday 4 Jan 2024.

Drinkline Helpline Scotland freephone

0800 7 314 314

substanceawareness.scot.nhs.uk/drinklinehelplinescotland

Supports people who are worried about their own or someone else's drinking or drug use. Webchat available at www.wearewithyou.org.uk

Alcohol and Drug Support and Recovery Services

FIRST Peer Support Groups **07792 785144**

Wed 27 Dec 2023 and Wed 3 Jan 2024 at St Luke's Church, Glenrothes
6:30pm-8pm. Food provided before Peer Support (5pm-6pm).

Gamblers Anonymous Scotland **0370 050 8881**
gascotland.org

GamCare **0808 8020 133**
gamcare.org.uk

National Gambling helpline providing free confidential information,
advice and support for anyone affected by gambling.

Know the Score **0800 587 5879**
knowthescore.info

Narcotics Anonymous **0300 999 1212**
ukna.org

Re-Solv **01785 810762**
re-solv.org

Restoration Fife facebook.com/RestorationFife
Call, Text or WhatsApp **07501 176 234**
General Enquiries **07734 408 498**

A social activities community organisation for people in recovery
from substance use and their families, offering safe spaces and fun
activities, both online and in-person across Fife.

Scottish Families affected **01592 382330**
by Alcohol and Drugs Fife service www.sfad.org.uk/fife
Helpline is **free** and is staffed. fifefamilies@sfad.org.uk
Call back service 365 days a year **08080 101011**

SMART recovery online meeting smartrecovery.org.uk
For any form of addictive behaviour

Talk to Frank (drug info and advice) **0300 123 6600**
talktofrank.com

Alcohol and Drug Support and Recovery Services

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.

Ask your support workers or services for the phone numbers and dates of the out of hours services that will be available. You can keep these written down somewhere you'll be able to find them easily, for example pinned to a fridge, in a specific pocket of a bag or jacket or other easy to remember place, or write them at the back of this booklet. If possible, you could also store them in a mobile phone.

Remember that the services will be open again in a few days, and you can contact additional services (**NHS 24 on 111 or emergency services on 999**) or report to **A&E** in an **emergency**.

Contact the out of hours services if you need to talk to someone.

HINTS & TIPS

To stay safe when using alcohol

- Eat before a night out.
- Know your limit and stick to it.
- Alternate alcoholic drinks with a drink of water (stay hydrated).
- Make sure you have a safe way of getting home.
- Do not accept drinks from anyone you do not know.
- Do not leave your drink unattended.
- Do not mix alcohol with depressant drugs (opioids, heroin, benzodiazepines).

Alcohol and Drug Support and Recovery Services

HINTS & TIPS

To stay safe when using drugs

- Avoid using drugs alone.
- Avoid sharing injecting equipment (IEP). **Free** injecting equipment is available from some pharmacies (check online at www.needleexchange.scot) and from We Are With You (closed for face to face Fri 22nd PM, Mon 25th and Tues 26th Dec) and is available for delivery by calling **0800 9179211** and leaving a message.
- Start with a low dose of any drug and wait at least an hour before taking any more to see if the effects are what you are expecting. The strength of a drug and what it's cut with varies from batch to batch. If you want, you can also access Wedinos (www.wedinos.org) to test samples for peace of mind.
- Avoid mixing depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose.
- If you or a friend is unwell, seek medical help immediately. If possible, speak to services about getting a Naloxone kit for the event of an overdose.

How to spot an overdose

- Unresponsive
- Snoring or shallow breathing
- Blue lips
- Pale Skin
- Pinpoint pupils

If you think someone may have overdosed call 999 for an ambulance immediately. Tell the call handler you think the person has overdosed and let them know if you have Take Home Naloxone. Medical help must still be sought even if the individual then feels well again after you have given Naloxone. Wait with the person till the ambulance arrives.

Alcohol and Drug Support and Recovery Services

Take Home Naloxone Get Trained & Carry a Kit

Naloxone can be used to reverse the effects of opioids and reduces the risk of overdose. A person may have multiple drugs in their body, but reversing the effects of opioids with naloxone can be the difference between life and death.

If you, or anyone you have contact with, is using opioids, ensure you have a Naloxone kit. Tell those with you that you have one, so they know where to find it, and how to use it.

Take Home Naloxone comes in two forms:

- **Nyxioid** - Intranasal spray, available to anyone aged 14yrs and over.
- **Prenoxad** – Intramuscular injection, available to anyone aged 16yrs and over.

Free training on how to administer Take Home Naloxone, and how to access a kit **free of charge** via post, is available via

Stop The Deaths

stopthedeaths.com

Take-Home Naloxone - SFAD

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.

Health and wellbeing

Vaccination

Protect Yourself From COVID-19 and Flu

Flu and coronavirus vaccines will be offered to those who are eligible this winter. If you are eligible it is strongly recommended you are vaccinated.

You should wait for NHS Scotland to contact you with details of your appointment, or until you are prompted to book. Depending on your selected communication preferences, this will be by email, text, or by post.

Invitations will include either a timed appointment or instructions to book an appointment.

To find out more about eligibility and vaccination this winter visit:
www.nhsinform.scot/winter-vaccines

Don't let your protection fade

To check your eligibility visit:

www.nhsinform.scot/winter-vaccines

For further information on the vaccines and booking visit:

www.nhsfife.org/booster



Right Care, Right Place When You Need Urgent Care

By using NHS services wisely, you can keep well and get the care you need quickly and safely.

If you become unwell and need to see a healthcare professional the same day, but it is **not** an emergency, there are different services you can use.

- During normal opening hours you should call your GP practice or you can get help online using the information and resources on NHS Inform, which includes symptom checkers [nhsinform.scot](https://www.nhsinform.scot)
- Other services such as Community Pharmacies, Opticians, and Dentists can also help you.
- Minor Injuries can assist with a range of conditions including cuts, minor burns, sprains and strains or broken/fractured bones. If you think you need to visit Minor Injuries phone **111** day or night
- For out-of-hours, when your GP is closed, you should phone **111** for advice.

If it's a **life-threatening emergency**, such as a heart attack or stroke, you should always call **999** or go directly to **A&E**.

A&E and 999 services should only be used when people are seriously ill or injured.

For further information visit: [nhsfife.org](https://www.nhsfife.org)

Health and wellbeing

Community Pharmacies

nhsfife.org/community-pharmacy

There are 86 community pharmacies in Fife, providing walk-in help and advice on medicines and a wide range of health conditions. Most have a private consultation room where you can discuss issues with pharmacy staff in confidence. Services such as Pharmacy First provide support for common conditions such as sore throats, earache and urinary infections. To find your nearest pharmacy and information on the services they provide visit nhsfife.org

Dental Care

nhsfife.org

If you have a dental problem you should call the dental practice that you normally attend in the first instance. If you are not registered with a dentist you can call the NHS Fife Dental Helpline for advice on **01592 226555**. Outside normal working hours if you have an urgent dental need call **111**.

Eye Care

nhsfife.org

If you have eye problems visit your local optician. Opticians have the same specialist equipment as specialist eye doctors. You can find a list of your nearest opticians at www.nhsfife.org

NHS Fife

nhsfife.org

For information on local services and the latest local healthcare news

NHS Inform

nhsinform.scot

Scotland's national health information service, includes symptom checkers to assess symptoms and advice on what to do next.

Stop Smoking Support

nhsinform.scot/stopping-smoking

For advice and support on stopping smoking, including local services that can help

Quit Your Way (support in Fife)

0800 025 3000

Fife.smokingcessation@nhs.scot

Health and wellbeing

Mental Health

Access Therapies Fife

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

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

Guided Self-Help

Provides brief psychological interventions for people with mild mental health difficulties. In guided self-help, you work together with an NHS trained professional to learn tools and skills that will help you to better manage your current difficulties.

The GSHS is available for adults aged 18+ through self-referral, via the Access Therapies Fife website - [accesstherapiesfife.scot.nhs.uk](https://www.accesstherapiesfife.scot.nhs.uk) or via the QR code



Barnardo's

01592 651482

wellbeinginfife@barnardos.org.uk [barnardos.org.uk/get-support](https://www.barnardos.org.uk/get-support)

Barnardo's Wellbeing in Fife service provides mental health and wellbeing support to anyone aged 5-26 living in: North East Fife, Leven, Glenrothes, Kirkcaldy & Cowdenbeath. The service aims to increase capacity and skills for young people and families to feel equipped with managing their mental health and improving emotional wellbeing.

Childline (Freephone)

0800 1111

[childline.org.uk](https://www.childline.org.uk)

Express Group (Fife)

01592 645331

info@expressgroupfife.org.uk

[expressgroupfife.org.uk](https://www.expressgroupfife.org.uk)

Support groups for adults 18+ affected by mental health issues &/or social isolation; lunch provided.

Health and wellbeing

Includem 0141 427 0523
enquiries@includem.co.uk includem.org/wellbeing-in-fife

Our Wellbeing in Fife service offers a range of support to children, young people and their families focused on groups and 1:1 support to promote positive mental health and wellbeing and reduce distress.

LLTTF (Living Life to the Full) llttf.com

Mental Health Foundation Scotland mentalhealth.org.uk/scotland

Mind to Mind nhsinform.scot/mind-to-mind

Moodcafé moodcafe.co.uk

NHS Fife Child and Adolescent Mental Health Service (CAMHS)
nhsfife.org/camhs-thingstotry

Psychology Services accesstherapiesfife.scot.nhs.uk

SAMH samh.org.uk
info@samh.org.uk

See Me seemescotland.org.uk

Student Mental Health thinkpositive.scot.org.uk

Self Harm

Mind mind.org.uk

Penumbra 01383747788
Selfharm.Fife@penumbra.org.uk

Our Self Harm services provide support for people 18 over living anywhere in Fife.

Young Minds youngminds.org.uk

Health and wellbeing

Sexual Health

Sexual Health Fife

01592 647979

nhsfife.org/sexual-health

Under 25s can phone or text the Young People's number on **07890 586392**. We will arrange for a nurse to call you back. We aim to call back the same day or the next working day. Phone numbers available Monday to Friday 8:30am to 4:30pm

Free Condoms by Post

Free condoms by post are available for people living in Fife. We can send free condoms direct by post to your home confidentially in a plain unmarked envelope. The pack will contain 12 condoms and some water-based lubricant and should arrive within 10 days. Used correctly and consistently condoms help prevent HIV and reduce the risk of sexually transmitted infections and pregnancy. If a condom bursts, comes off or you do not use one you may be eligible for EMERGENCY CONTRACEPTION if you are at risk of pregnancy.

Scan the QR code to complete the form and request condoms. Access to form is also available on our website.

Further information and video are available on our website.

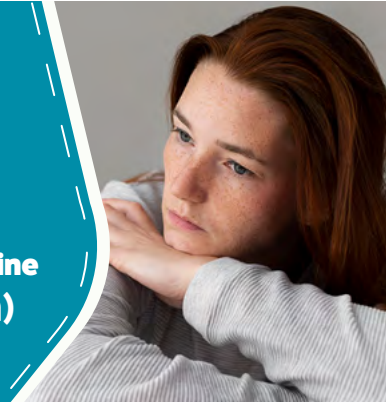
We're here to help

For advice on benefits, help with bills and support with the cost of living go to:

our.fife.scot/gethelp

Unable to access information online or need more assistance, call our **Community Support Line**

0800 952 0330 (Mon-Fri, 9am-5pm)



Health and wellbeing

Suicide prevention

Signs of suicide can be difficult to spot. Asking someone directly about their feelings can help to save their life. This may feel like a difficult conversation to have but it can make a difference. If you are worried about someone, encourage them to talk to a family member, friend or contact one of the helplines listed below. If you are with someone who has an immediate suicide plan and means to carry it out, do not leave them alone. **Call 999** and get immediate help. If you feel you need help, please talk to someone.

Breathing Space **0800 83 85 87**
Mon-Thu 6pm-2am, Fri 6pm–Mon 6am **breathingspace.scot**

CALM **0800 58 58 58**
Helpline open 5pm – midnight, 365 days a year **thecalmzone.net**

Distress-Brief Intervention **dbi.scot**
Connected, compassionate support for people experiencing distress in Scotland. Following initial telephone call, individual will receive contact within the next 24 hours to start provision of support.
Contact NHS 24 on 111 and follow instructions.

NHS Inform **www.nhsinform.scot/surviving-suicidal-thoughts**

Papyrus (preventing young suicide) **0800 068 41 41**
Hopeline open 24 hours a day, 365 days a year **papyrus-uk.org**
pat@papyrus-uk.org **Text: 07860 039967**

Samaritans **116 123**
Helpline open 24 hours a day, 365 days a year **www.samaritans.org**
(Email response time 24 hours) **jo@samaritans.org**

SHOUT **nhsfife.org/shout**
24/7 support for any mental health concern. **Text “FIFE” to 85258**

Health and wellbeing

Survivors of bereavement by suicide

Call Mon & Tues 9am-5pm

0300 111 5065

uksobs.org

Local Support

Sam's Café

samscafe.org.uk
sams.cafe@samh.org.uk

Sam's provides support for mental health issues, crisis and suicidal thoughts. It is open for one-to-one support, just drop in anytime – **no referral needed**. Sam's is available at a variety of venues and locations throughout Fife. Visit the website for full information.

Andy's Man Club

andysmanclub.co.uk

A peer-to-peer support group for men over 18 to help them through life. All groups meet every Monday at 7pm (except on bank holidays). Andy's Man Club is available at a variety of venues and locations throughout Fife. Visit website for full information.

Women's Wellbeing Club

womenswellbeingclub.co.uk

A peer-to-peer community support group run for woman by volunteers. See website for details.

Sexual abuse

Rape or Sexual Assault - Turn to Sexual Assault Response Coordination Service (SARCS)

Did You Know.....?

- If you have experienced rape or sexual assault and are over the age of 16, you no longer have to report to the police or GP in order to receive medical care and support.
- If you are under 16 you can still contact SARCS but other professionals including social work and the police may have to be informed.

What is the NHS Scotland sexual assault self-referral phone service?

The NHS Scotland Sexual Assault Self-Referral phone service can refer you to **a healthcare professional at SARCS who will phone you back to discuss and arrange care for you in your local area.** If you self-refer within 7 days of the assault, arrangements can be made for you to have a forensic medical examination (FME) at a local SARCS in order to gather evidence from your assault. For Fife, the Forensic Medical Examination Suite is located at Queen Margaret Hospital, Dunfermline.

If the assault occurred more than 7 days ago, you can still use the self-referral helpline number who can put you in contact with the local Sexual Health clinic and Gender Based Violence service.

What could this mean for you....?

If appropriate for you, and you wish to have an FME, you will be given an appointment to attend your closest SARCS or the one most convenient for you. The FME team consists of a specialist nurse and doctor. At the time of making your appointment, you can request the gender of staff although this may not always be possible. At the time of making your appointment you can also ask if it would be possible to bring a friend or family member with you when you attend the SARCS for your examination.

Sexual abuse

Possible Outcomes....?

Any evidence that is collected (following your FME) will be kept and securely stored for 26 months. During that time, you can decide if you want to tell the police. Your evidence will only be looked at if you decide to report to the police. After 26 months, your evidence will be safely destroyed. This can be done earlier at your request. You can still report to the police after this time if you decide to do so.

Further support....?

If you give your consent, your details will be passed onto the Gender Based Violence team based in NHS Fife and they will make contact with you to help arrange follow-up appointments and offer ongoing care, support and advice. They can also refer on to other support services on your behalf.

SARCS self referral phone service open 24/7 **0800 148 88 88**

**Sexual Assault Response
Coordination Service (SARCS)** www.nhsinform.scot/turn-to-sarcs

In an **emergency call 999** or attend **Accident & Emergency**.

AMINA – Muslim Resource Centre **0808 801 0301**

Monday to Friday 10am to 4pm mwrc.org.uk

Offer support to Muslim and BME women across Scotland

Fife Rape and Sexual Assault Centre **01592 642336**

frasac.org.uk

Offers support of anyone 12+ who has been raped or sexually assaulted at some point in their lives.

Sexual abuse

Gender Based Violence Team NHS Fife Fife.gbvteam@nhs.scot

Help or advice available for residents of Fife that are or have been affected by domestic abuse and/or sexual violence. Open Monday - Friday 8:30am to 5pm except bank holidays.

Kingdom Abuse Survivors Project (KASP) **01592 644217**

Supports adult survivors of childhood sexual abuse kasp.org.uk

National Ugly Mugs (NUM) nationaluglymugs.org

A UK wide charity working with sex workers to provide safety tools and support services to people in the adult industries.

Rape Crisis Scotland (available 5pm to midnight) **08088 01 03 02**

rapecrisisscotland.org.uk

Support for people of all genders 13+ years who have been affected by sexual violence. Advice and info plus community languages and BSL video.

Safe Space **01383 739084**

Supports survivors of sexual abuse (aged 12+) safe-space.co.uk

SurvivorsUK **020 3598 6898**

survivorsuk.org

Supports men and non-binary people who have been affected by rape or sexual abuse. Webchat service available 12pm to 8pm 7 days a week.

Waverley Care **0131 4416989**

Advice for gay and bisexual men. waverleycare.org

Domestic Abuse Support

It's difficult to accept that people you love or care for can treat you badly.

Domestic abuse is rarely a one-off incident. It is persistent and controlling behaviour perpetrated by a partner or ex-partner. It includes physical, sexual and emotional abuse.

Recent changes in the law recognise the harm caused by “coercive control” - acts that cause harm, punish or frighten.

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
- Online or digital abuse
- Psychological and/or emotional abuse
- Physical or sexual abuse

Christmas and New Year can be a particularly difficult time, but there are people who can help you.

Police Scotland
www.scotland.police.uk/contact-us

In an emergency call **999**
non-emergency **101**

Domestic Abuse Support

CEDAR Plus (domestic abuse)

01592 583676

Therapeutic group work programmes for families who have experienced domestic abuse

- CEDAR (Children Experiencing Domestic Abuse Recovery) for 4 – 16 year olds and their mothers
- EYDAR (Early Years Domestic Abuse Recovery) for mothers with children 0-4 years

Fife Women's Aid Freephone

0808 802 5555

24 hour support line for women

fifewomensaid.org.uk

FRASAC

01592 642 336

info@frasac.org.uk

Fife Rape and Sexual Assault Centre is an independent voluntary organisation that offers a range of **free** and confidential time limited support to anyone 12+

'Join the Dots'

0808 801 0422

Service for children and young people.

Or contact on Facebook/Messenger 'Join The Dots – FWA'

KASP

01592 644 217

info@kasp.org.uk

Kingdom Abuse Survivors Project supporting the people of Fife with the aim to eliminate the debilitating effects that childhood sexual abuse can have on adult survivors.

LGBT Helpline Scotland

0800 464 7000

helpline@lgbthealth.org.uk

lgbthealth.org.uk

A helpline providing information and emotional support to the entire diversity of the lesbian, gay, bisexual and transgender (LGBT)

National Domestic Abuse

0808 2000 247

Domestic Abuse Support

National Stalking Free Helpline

0808 802 0300

Gives practical information, support and advice to victims of stalking.

Scotland's Domestic Abuse & Forced Marriage Scotland

Freephone (Women & Men)

0800 027 1234

helpline@sdafmh.org.uk

sdafmh.org.uk

Shakti Women's Aid Fife

0131 475 2399

info@shaktiedinburgh.co.uk

shaktiedinburgh.co.uk

Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.

The Hideout

thehideout.org.uk

For children and young people

Do you feel afraid of your partner or ex-partner?

You are not alone. We can help

Fife Women's Aid **0808 802 5555**

National Domestic Abuse helpline **0800 027 1234**

Police Scotland (non-emergency) **101**

In an emergency call 999



Bereavement Support

The organisations below will listen when you are ready to talk.

At A Loss ataloss.org

Child Bereavement UK 0800 02 888 40
support@childbereavementuk.org childbereavementuk.org

Cruse Bereavement Care Scotland 0808 802 6161

Scotland's Bereavement Charity crusescotland.org.uk
support@crusescotland.org.uk

Professional support and counselling to bereaved adults and children across Scotland. Their **free** telephone helpline is the first point of contact and provides a compassionate listening service. Online support is available through their GriefChat web service.

Grief Encounter 0808 802 0111
griefencounter.org.uk

Supporting bereaved children and young people

Held in Our Hearts heldinourhearts.org.uk

A local charity providing baby loss counselling and support to families.

NHS Inform nhsinform.scot/care-support-and-rights/death-and-bereavement

NHS Specialist Palliative Care

NHS Fife Specialist palliative care includes a children and families service. It supports families following parental cancer diagnosis through palliative care and bereavement.

Referral is through the oncology service or GP.

Sands Fife 24 hr Helpline 0845 528 0322
fife@sands.org.uk facebook.com/FifeSands

One to one bereavement support worker and counselling for anyone in Fife affected by a sudden and unexpected death of a child.

Bereavement Support

Scottish Cot Death Trust contact@scottishcotdeathtrust.org.uk

One-to-one bereavement support worker and counselling for anyone in Fife affected by a sudden and unexpected death of a baby or young child.

Survivors of Bereavement by Suicide uksobs.org

The Compassionate Friends **0345 123 2304** helpline@tcf.org.uk tcf.org.uk

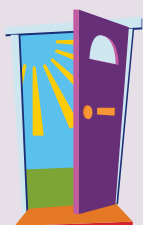
To support 'family' members in their bereavement following the death of a child. Very active in local networks so help is available. Bereavement support packs also available and can be customised to your circumstances.

WAY Widowed & Young **0300 201 0051** enquiries@widowedandyoung.org.uk widowedandyoung.org.uk

Support to people who are bereaved of a husband, wife or partner before the age of 51.

Winston's Wish winstonswish.org.uk

Support for children and families after the death of a parent or sibling.



ON YOUR DOORSTEP

Find out more about groups
and activities near you

**Fife Health
& Social Care
Partnership** 
Supporting the people of Fife together

On Your Doorstep Fife is a community website with links and information about care providers, clubs, organisations, groups and activities that are locally available in Fife.

It's aimed at individuals who require care and support, family carers, practitioners, care providers, support workers and health staff as well as members of the public.

www.onyourdoorstepfife.org

Staying Connected

Advocacy

www.fifeadvocacyforum.org.uk

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

To help meet the needs of different people at different times in their life, there are several different types of advocacy. Please see the website which explains the range of advocacy available, details about the organisations that provide these services and how to contact them.

Age Scotland Helpline (Mon-Fri 9am-5pm)

0800 12 44 222

Free, confidential phone service for older people, their carers and families in Scotland. Providing information, friendship and advice.

Alzheimer Scotland

01592 204541

fifeservices@alzscot.org

Alzheimer Scotland Brain and Health Dementia Centre, Hill Street (opposite Stance 7 at Kirkcaldy bus station) Kirkcaldy KY1 1AH

Social, activity and support groups for people living with dementia and their carers in Fife; information and advice; Day Care; support to access technology enabled care and help to live independently at home.

British Red Cross National Support Line

0808 196 3651

Open Monday to Friday 10am to 5pm, Wednesday 10am to 8pm.

Crossroads Fife

01592 610450

info@crossroadsg.co.uk

crossroadsfifecentral.org

Short breaks for carers, befriending, self-directed support and purchased care.

Deaf Communication Service

03451 551503

Textphone: 01592 583340

SMS Text message 07984 356 580

swinfo.deafcommunications@fife.gov.uk

Staying Connected

Disabilities Fife

dfscot.com/access
help@dfscot.com

This organisation aims to address barriers caused by disability. It offers support on any issue relating to disability: eg an accessibility matter, travel, IT and much more.

If you don't have a computer, please ask a friend or visit a library to send an email.

Fife Carers Centre

01592 205472
fifecarerscentre.org

Fife Centre for Equalities

01592 645 310
info@centreforequalities.org.uk

Fife Centre for Equalities (FCE), New Volunteer House, 16 East Fergus Place, Kirkcaldy, KY1 1XT works with communities and partners to make Fife a fairer place to live, work and study. FCE is a Hate Crime Third Party Reporting Centre.

Fife Council SMS text service for people with a hearing loss

07781 480 185

Sign up required for SMS or use translation service for the Adult Protection phone line

BSL users can also contact the council via [ContactScotland-BSL](#)

Fife Forum

Advice and groups for adults and older people

01592 643743

fifeforum.org.uk

Fife Migrants Forum

01592 642927
facebook.com/fife.migrants

Fife Voluntary Action

freephone 0800 389 6046
info@fva.org fva.org

Fife Young Carers

01592 786717
fifeyoungcarers.co.uk

Staying Connected

Hourglass 24/7 Helpline

(Safer ageing • Stopping abuse)

0808 808 8141

wearehourglass.scot

Free SMS: 078 6005 2906

Hourglass is the only UK-wide charity which works to protect and prevent the abuse of vulnerable older people by raising awareness of the issues, encouraging education and giving information and support.

LGBT Helpline Scotland

helpline@lgbthealth.org.uk

0800 464 7000

lgbthealth.org.uk

A helpline providing information and emotional support to the entire diversity of lesbian, gay, bisexual and transgender (LGBT)

LGBT Youth Scotland

info@lgbtyouth.org.uk

0131 555 3940

LGBTYouth.org.uk

Love and Harmony

info@fifelgbtcentre.scot

01592 268102

facebook.com/TheHiveLGBTCentre

On Your Doorstep Fife

onyourdoorstep.fife@fife.gov.uk

onyourdoorstepfife.org

Search for community groups, information or support.

People First (Scotland)

0131 478 7707

peoplefirstscotland.org

People First is an organisation run by and for people with learning difficulties. The organisation aims to speak up and campaign for the rights of people with learning difficulties. People First also support collective-advocacy groups across the country in their work.

RNIB Helpline

Advice and information on sight loss.

0303 123 9999

helpline@rnib.org.uk

Or say “Alexa call RNIB helpline” to an Alexa-enabled device.

Staying Connected

Seescape

01592 644979

info@seescape.org.uk

Seescape (the operational name for Fife Society for the Blind) is the leading charity provider of support services for people with a visual impairment in Fife. They aim to empower people with visual impairment to live safely, independently and achieve their personal goals. Seescape offer a range of services as part of a one-stop-shop approach, including information and advice, rehabilitation, assistive technology training, befriending and social groups.

Closed 22 December at 5pm and reopens 3 January 2024 at 9am.

The Silver Line (24hr helpline for older people)

0800 4 70 80 90

thesilverline.org.uk

The Well

03451 551500

thewell@fife.gov.uk

fifehealthandsocialcare.org/thewell

The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. The service is for anyone 16+ looking for advice and support. The Well's friendly staff are there to empower people and to find solutions to problems quicker and easier, giving them the right information at the right time. If you are looking for support, information, and guidance on topics such as energy, social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

Transgender Fife

transgenderfife.com

Support and information for the transgender community

Your Feedback

Please tell us what you think about Staying Safe and Keeping Well 2023

Your feedback is important to us so that we can
further improve this little booklet.

If you have any comments or suggestions
please complete our very short questionnaire online, available at:
www.fife.gov.uk/safeandwellfeedback

If you are reading the booklet and do not have access to a computer, we would still like to hear your views. To help you complete it, you could visit a library or ask a support worker/organisation mentioned in the booklet for assistance. There's the option that the questionnaire could be printed out for you to complete.

These could be returned to a Fife Council office, marked for the attention of:

ASP Team,
2nd Floor
Kirkcaldy Town House
2 Wemyssfield
Kirkcaldy
KY1 1XW.

READY FOR WINTER

www.fife.gov.uk/readyFife



**Don't feel isolated
when severe
weather hits**

There are plenty of
ways for you to get the
latest information.



www.fife.gov.uk/winter



facebook.com/fifecouncil



twitter.com/fifecouncil



**Kingdom FM - 95.2 & 96.1
Forth One - 97.3
Tay FM - 96.4 & 102.8**



**03451 55 00 11 faults & repairs
03451 55 00 99 out of hours**



Fife Adult Support & Protection Committee (ASPC) is a partnership between Fife Council, Police Scotland and NHS Fife. These organisations and others, work together to support and protect adults at risk of harm in Fife, enabling them to live safe, healthy and fulfilling lives within their community.

Adult Protection Phone Line

01383 602200

SMS text service for people with a hearing loss: **07781 480 185**
BSL users can contact via **ContactScotland-BSL**

In an emergency call 999

BSL users call video relay service **999 BSL**

Police non-emergency number 101

www.scotland.police.uk/contact-us



Fife Adult Support & Protection

www.fife.gov.uk/adultprotection



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