



# Staying Safe and Keeping Well

Useful telephone numbers and contact  
information for support services in Fife



2024 edition

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

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

[contactscotland-bsl.org](https://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.**

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<b>Adult Protection Phone Line</b>	<b>01383 602200</b>
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Call this number if you are worried because you or someone you know is being harmed or neglected. **In an emergency call 999**

<b>SMS text service for people with a hearing loss</b>	<b>07781 480 185</b>
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Sign up required for SMS or use translation service.

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<b>Breathing Space</b>	<b>0800 83 85 87</b>
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Mental health and wellbeing helpline. [breathingspace.scot](https://breathingspace.scot)

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<b>Child Protection</b>	<b>Police 101 or Social Work on 03451 55 15 03</b>
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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.**

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<b>Citizens Advice and Rights Fife (CARF)</b>	<b>0345 1400 095</b>
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[cabfife.org.uk](https://cabfife.org.uk)

<b>CARF Text service for people with a hearing loss</b>	<b>0787 2677 904</b>
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<b>NHS 24</b>	<b>111</b>
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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.

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<b>Samaritans</b>	<b>116 123</b>
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[jo@samaritans.org](mailto:jo@samaritans.org) (response time 24 hours) [www.samaritans.org](https://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.

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<b>Social Work Contact Centre (Open 9-5pm)</b>	<b>03451 55 15 03</b>
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<b>Social Work out of hours emergencies</b>	<b>03451 55 00 99</b>
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# 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...

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## 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.

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## 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.

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## 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.

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## 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 [www.onfife.com](http://www.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](https://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)**

SCAN ME



# 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](https://our.fife.scot/gethelp/money)**

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### **EntitledTo Benefits checker**

**[fife.entitledto.co.uk](https://fife.entitledto.co.uk)**

Use this free and confidential Benefits Calculator provided by EntitledTo and 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.

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### **Christians Against Poverty**

**0800 328 0006**

Free money coaching and in-person debt support covering postcodes KY11 and KY12

**[capuk.org](https://capuk.org)**

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### **Citizens Advice and Rights Fife (CARF)**

**0345 1400 095**

CARF can offer help on a range of topics including welfare benefits and money advice.

**[CABFife.org.uk](https://CABFife.org.uk)**

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### **Crisis and Community Care Grants**

**[fife.gov.uk/welfarefund](https://fife.gov.uk/welfarefund)**

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### **Disabilities Fife**

**01592 203993**

**[dfscot.com/help-and-advice](https://dfscot.com/help-and-advice)**

Are you a person with disabilities who needs help with money?  
Visit the website for help and advice.

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### **Fife Council's Welfare Fund**

**0300 555 0265**

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### **Fife Credit Unions**

**01592 725233**

**[fifecreditunions.org.uk](https://fifecreditunions.org.uk)**

# Help with money

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## Fife International Forum

**01592 642927**

**[www.fifeinternational.uk](http://www.fifeinternational.uk)**

Fife International Forum provides services Fife Wide for Migrants and Refugees. Their website provides information on the range of services.

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## National Debtline

**0808 808 4000**

**[nationaldebtline.org/Scotland](http://nationaldebtline.org/Scotland)**

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## Tax Credit Helpline

**0345 300 3900**

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## Trust in Fife

**01592 201849**

**[info@fprs.co.uk](mailto:info@fprs.co.uk)**

Fife Private Rental Solutions - Fife's advice hub for the private rented sector and ethical letting agency have an Advanced Income Maximisation Officer who can support tenants living in private lets to increase their income.

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## 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.

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### Advice Direct Scotland (ADS)

**0808 164 6000**

To report scams or get help and advice.

**[consumeradvice.scot](http://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](http://www.scotland.police.uk/contact-us)**



## 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)

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### Fife Trading Standards

[TradingStandards@fife.gov.uk](mailto:TradingStandards@fife.gov.uk)

### Fife Trusted Trader

0333 444 0185

Find reliable and vetted local tradespeople [trustedtrader.scot/Fife](https://trustedtrader.scot/Fife)

### Friends Against Scam

[friendsagainstscams.org.uk](https://friendsagainstscams.org.uk)

Online training and national initiatives

### Shut Out Scammers

#### HINTS & TIPS

- 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.

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### Citizens Advice Scotland

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

Use their online scams helper.

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### Trading Standards Scotland [www.tsscot.co.uk/news/scam-share](https://www.tsscot.co.uk/news/scam-share)

Learn about the latest scams

# 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](https://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](https://dphsfife.org.uk)

## Fife Cares

03451 55 15 03

[fife.gov.uk/safetyvisit](https://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](mailto: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](https://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)

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### Fife Council Tenancy Assistance

03451 55 00 33

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

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### Fife Housing Register

[fifehousingregister.org.uk](http://fifehousingregister.org.uk)

Information regarding housing options and housing advice.

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### Fife Private Rental Solutions (FPRS)

01592 201849

[info@fprs.co.uk](mailto: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.

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### Fife Law Centre

01592 786710

[info@fifelawcentre.co.uk](mailto: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.

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### Frontline Fife

01592 800 430

Provide housing advice and support to people to help them to sustain their home and prevent homelessness. [info@frontlinefife.co.uk](mailto:info@frontlinefife.co.uk)

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### 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.

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### Penumbra

07876258721

[fife.sls@penumbra.org.uk](mailto: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.

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### Shelter Scotland free helpline

0808 800 4444

Practical advice on urgent housing matters [shelter.scot.org.uk](http://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](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:



[www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes](http://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](http://firescotland.gov.uk)

# Help with housing, home energy and household bills

## Home Energy

**Power cuts and safety helpline**

**105**

[powercut105.com](http://powercut105.com)

**Heating advice**

[www.fife.gov.uk/heatingadvice](http://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](http://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](mailto:info@cosykingdom.org.uk)**

**Visit: [www.cosykingdom.org.uk](http://www.cosykingdom.org.uk)**

**Social Media @CosyKingdom**

**Closed from 3pm Friday 20 December**

**Open 10am Monday 3 January 2025**



# Help with housing, home energy and household bills

## Energy suppliers

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

## 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](http://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](https://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.

Community Fridge/Pantry/Larders are mainly run from community centres, churches and other organisations involved in community work. They have a range of pantry items and fresh items using surplus foodstuffs from shops in the area as well as some items topped up from funding. Mostly there is a small charge for the food and sometimes a membership is required. Community Cafes, and places to access low cost meals, run from a variety of venues such as churches, bowling clubs, town halls, community centres, and community organisations - they can be free or by donation.

## **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](https://cabfife.org.uk)**
- Some GPs and health visitors can also refer you.



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

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**Bonnie Brew****01383 625 611**

East Port, Dunfermline KY12 7JB

[stmargaretdunfermline@gmail.com](mailto:stmargaretdunfermline@gmail.com)

Opening hours: Mondays 12pm to 4pm Free

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**Communi-Tea****07713 475 477**

Abbeyview Community Hub, Abbey View, Dunfermline, KY11 4HA

[cld.dunfermline@fife.gov.uk](mailto:cld.dunfermline@fife.gov.uk)

Opening hours: Thursday 12pm Free with donations accepted

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**Cosy Café****01383 623 187**

1 Allan Crescent, Dunfermline, KY11 4HE

[stninianssessionclerk@gmail.com](mailto:stninianssessionclerk@gmail.com) [www.stniniansdunfermline.org](http://www.stniniansdunfermline.org)

Opening hours: Wednesdays Donation based

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**Dunfermline St Columba's Church****01383 841 660**

Robertson Road, Dunfermline, KY12 0BF

[info@dstcc.org](mailto:info@dstcc.org)

[www.dstcc.org](http://www.dstcc.org)

Opening hours: Fridays 11am to 2pm Free, donations welcome

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**Headwell Community Council**

Headwell Bowling Club, 60 Shamrock Street, Dunfermline, KY12 0JQ

Opening hours: First Friday of the month from 12pm to 2pm. Free

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**Liberty Church - Connect****01383 733 970**

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

[office@libertychurch.co.uk](mailto:office@libertychurch.co.uk)

[www.libertychurch.co.uk](http://www.libertychurch.co.uk)

Opening hours: Thursdays 2pm to 4pm Closed for July, opens again from 1st August 2024. Free

# Help with food

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## **Liberty Church - Gathering With God** **01383 733 970**

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

[office@libertychurch.co.uk](mailto:office@libertychurch.co.uk)

[www.libertychurch.co.uk](http://www.libertychurch.co.uk)

Opening hours: Wednesdays 6pm to 7.15pm Free

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## **Link Church** **01383 739 169**

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

[info@linkchurch.org.uk](mailto:info@linkchurch.org.uk)

[www.linkchurch.org.uk](http://www.linkchurch.org.uk)

Opening hours: Mondays 11.30am to 2pm Free

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## **Lunch @ Liberty** **01383 733 970**

Liberty Centre, Pitreavie Way, Dunfermline, KY11 8QS

[office@libertychurch.co.uk](mailto:office@libertychurch.co.uk)

[www.libertychurch.co.uk](http://www.libertychurch.co.uk)

Opening hours: Thursdays 11.30am to 1pm Free

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## **Oasis Drop-in** **01383 620 465**

Viewfield Centre, Dunfermline, KY12 7HZ

[dropin@viewfield.org.uk](mailto:dropin@viewfield.org.uk)

[www.viewfield.org.uk](http://www.viewfield.org.uk)

Opening hours: Tuesdays 10.00pm to 2pm Free, donations welcome

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## **Open House Café** **01383 621 253**

Gillespie Memorial Church, Chapel Street, Dunfermline

[office@gillespiechurch.org](mailto:office@gillespiechurch.org)

[gillespiechurch.org](http://gillespiechurch.org)

Opening hours: Tuesdays and Thursdays 10am to 1pm Free with low cost items available

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## **Revive Wellbeing Hub @ The Vine** **01383 631 005**

131 Garvock Hill, Dunfermline, KY11 7HZ

[revivewarmandwell.eventbrite.co.uk/](http://revivewarmandwell.eventbrite.co.uk/)

Opening hours: Monday to Thursday 9.30am to 2.30pm Low cost

# Help with food

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## St Leonard's Church

2 Brucefield Avenue, Dunfermline, KY11 4SX

Opening hours: Wednesdays from 10am to 1pm, toasties at 12pm Free with donations accepted

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## Soup@12

01383 739 026

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

[www.dunfermlineabbey.co.uk](http://www.dunfermlineabbey.co.uk)

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

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## Zac's Cafe

01383 620 465

Viewfield Centre, Dunfermline, KY12 7HZ

[dropin@viewfield.org.uk](mailto:dropin@viewfield.org.uk)

[www.viewfield.org.uk](http://www.viewfield.org.uk)

Opening hours: Wednesdays and Thursdays from 10am to 4pm and Fridays 10am to 2pm Low cost

## Community Fridge/Food Bank

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## Baldridgeburn Pantry & Café

01383 724 751

Baldridgeburn Community Centre, Dunfermline, KY12 9EH

[cld.dunfermline@fife.gov.uk](mailto:cld.dunfermline@fife.gov.uk)

Opening hours: Tuesdays 12.30pm to 1pm (free café) Tuesday 1pm to 2.30pm (Community Pantry) £2 or whatever can be afforded

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## Dunfermline Food Bank

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

[info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/](http://www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/)

Opening hours: Mon, Wed and Fri 4pm to 6pm Free

# Help with food

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## Food For Your Future Pantry

07730 809 375

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

[foodforyourfutureenquiries@gmail.com](mailto:foodforyourfutureenquiries@gmail.com)

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

Opening hours: Thursdays 12pm to 1.30pm, and 5pm to 6.30pm £2.50 donation

## Cowdenbeath Area

### Community Cafés

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#### Lo'gelly Lunches

Town Hall, Bank St, Lochgelly, KY5 9RE

[www.facebook.com/Logelly-Lunches-359811728217548/](https://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

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#### Max's Light Bites

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

Opening hours: Mondays 12pm to 1.30pm Free

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#### Oor Wee Café

07563 380 176

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

[oorweecafe@yahoo.com](mailto:oorweecafe@yahoo.com)

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

Opening hours: Tuesdays 11.30am to 1.30pm Donation

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#### Cardenden Community Fridge

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

Opening hours: Fridays 2pm to 4pm. £2

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#### MAX's Community Larder

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

Opening hours: Mondays 1pm to 2pm £2 per week

# Help with food

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## **The Pantry @BRAG**

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

[enquiries@brag.co.uk](mailto:enquiries@brag.co.uk)

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

Opening hours: Thursdays 1pm to 3pm £3

## **Community Fridge/Food Bank**

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### **Benarty Food Bank**

**07580 231 286**

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

[info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/](http://www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/)

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

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### **Cowdenbeath Food Bank**

**07580 231 286**

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

[info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/](http://www.trusselltrust.org/get-help/find-a-foodbank/dunfermline/)

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

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### **Salvation Army**

**01383 513 384**

Stenhouse Street, Cowdenbeath, KY4 9DD

[cowdenbeath@salvationarmy.org.uk](mailto:cowdenbeath@salvationarmy.org.uk)

Opening hours: drop in' facility on a Tuesdays 10am to 12pm Free

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### **The Clearing**

**07802 414 418**

239 High Street, Cowdenbeath, KY4 9QF

[theclearing@btinternet.com](mailto:theclearing@btinternet.com) [www.facebook.com/streetpastorbase](https://www.facebook.com/streetpastorbase)

Opening hours: Telephone 07802 414 418 on Tuesdays, Wednesdays and Thursdays between 10am and 12pm to arrange a time for collection. Free

# Help with food

## Glenrothes Area

### Community Cafés

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#### Colly Café

Collydean Community Centre, 89th North Glen Scout Group, Collydean Community Centre, Torphins Ave, Glenrothes, KY7 6UL

Opening hours: Monday to Friday free

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#### Leslie Community Pantry

07730 789 255

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

[gayle@lesliecommunitypantry.co.uk](mailto:gayle@lesliecommunitypantry.co.uk)

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

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

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#### Peace N Jam

01592 754 206

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

[enquiries@peacenjam.org.uk](mailto:enquiries@peacenjam.org.uk)

[facebook.com/peacenjamproject](https://facebook.com/peacenjamproject)

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

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### Community Fridge/Food Bank

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#### Collydean Community Centre, 89th North Glen Scout Group

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

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

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

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#### Gilvenbank Community Sports Hub

07930 517920

Gilvenbank Park, Pitcoudie Avenue, Glenrothes KY7 6XZ

[suzanne.mcroberts@glenrotheshub.co.uk](mailto:suzanne.mcroberts@glenrotheshub.co.uk)

Opening hours: Wednesdays 12pm to 2pm £3.50

# Help with food

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## Glenrothes Food Bank

01592 631 088

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

[info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)

[glenrothes.foodbank.org.uk/](http://glenrothes.foodbank.org.uk/)

Opening hours: Mondays and Fridays 12pm to 3pm Tuesdays 11am to 1pm Wednesdays 1pm to 5pm Free

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## Glenrothes Foodbank at Auchmuty

01592 631 088

107 Alexander Road, Glenrothes, KY7 4DZ

[info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)

[glenrothes.foodbank.org.uk/](http://glenrothes.foodbank.org.uk/)

Opening hours: Saturdays 10am to 12pm Free

## Kirkcaldy Area

### Community Cafés

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#### Bite and Blether

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

Opening hours: Fridays 10.30am to 12pm

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#### Community Suppers Burntisland

Burntisland Salvation Army Hall, 40 Lonsdale Crescent, Burntisland, KY3 0BN Donation

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#### Cornerstone Café

Burntisland Parish Church, Burntisland, KY3 9DH

Opening hours: Wednesday 12pm to 2pm free

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#### Greener Kirkcaldy Community Meals

01592 858 458

8 East Fergus Place, Kirkcaldy, KY1 1XT

[info@greenerkirkcaldy.org.uk](mailto:info@greenerkirkcaldy.org.uk)

[www.greenerkirkcaldy.org.uk](http://www.greenerkirkcaldy.org.uk)

Opening hours: Wednesdays 4pm until 4.45pm, and 5pm to 5.45pm Free or donation

# Help with food

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## Hosting Hope

**01592 643 816**

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

Opening hours: Last Sunday of every month from 12.30pm to 2pm free or donation

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## Nourish Support Centre

**01592 653 639**

Community Hub, The Mercat Shopping Centre, High Street, Kirkcaldy, KY1 1NJ

[info@nourishsupportcentre.com](mailto:info@nourishsupportcentre.com)

[facebook.com/nourishsupport](https://facebook.com/nourishsupport)

Opening hours: Tuesdays, Wednesdays, and Thursdays 10am to 2pm  
£4.00 suggested donation

## Community Fridge/Food Bank

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### Kirkcaldy Food Bank

[www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk)

- **Burrtisland Salvation Army Hall,**  
40 Lonsdale Crescent, Burrtisland, KY3 0BN  
Opening hours: Tuesdays and Fridays 12pm to 2pm Free
- **Link Living**  
Westbridge Mill, Bridge Street, Kirkcaldy, KY1 1TE  
Opening hours: Monday to Friday 9.30am to 4pm Free
- **Linton Lane Centre**  
Linton Lane, Kirkcaldy, KY2 6LF  
Opening hours: Monday, Tuesday, Thursday and Friday 10am to 12.30pm Free
- **New Volunteer House**  
16 East Fergus Place, Kirkcaldy, KY1 1XT  
Opening hours: Monday, Wednesday, and Friday 10am to 12.30pm Free
- **Park Road Centre**  
2 Park Road, Kirkcaldy, KY1 3EL  
Opening hours: Monday and Thursday 10am to 3pm  
Tuesday and Wednesday 10am to 1pm Free



# Help with food

## Levenmouth Area

### Community Cafés

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#### Cosy Café

Buckhaven Baptist Church, College Street, Buckhaven

Opening hours: Wednesdays 10am to 1pm Free/donation

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#### Hame Fae Hame

The Centre, 1 Broomieknowe, Leven, KY8 4QP

Opening hours: Thursdays from 12pm to 2pm Free/donation

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#### Homestart Hub

The Craft Centre, Letham Glen, Leven KY8 4SH

Opening hours: Friday, Saturday and Sunday 10am to 2pm. Free

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#### Levenmouth Food Bank and Cafe Connect

**01333 439 202**

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

[info@levenmouth.foodbank.org.uk](mailto:info@levenmouth.foodbank.org.uk)      [levenmouth.foodbank.org.uk](http://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

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#### MCCI (Methil Community Children's Initiative)

**01592 719422**

Methilhill Community Learning Garden, 130 Sea Road, Methil KY8 2GW

[mcci@hotmail.co.uk](mailto:mcci@hotmail.co.uk)      [www.mcci-clubs.co.uk](http://www.mcci-clubs.co.uk)

Opening hours: Mondays and Fridays (from 21st October 2024) during school term time between 11.30pm and 1pm. Free/donation

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#### Open Door Meals

**07715 506 712**

Smart Hall, St Kenneths Church, Cupar Rd, Kennoway, Fife KY8 5LR

Free

# Help with food

## North East Fife Area

### Community Cafés

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#### Colinsburgh Community Café & Food Hub

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

[www.facebook.com/groups/3672848862961844](https://www.facebook.com/groups/3672848862961844)

Opening hours: Café and Surplus food: Tuesdays 10.30am to 12pm  
Surplus food only: Fridays 6pm to 6.30pm (min £2 donation) Check on Facebook as times can vary week to week £2

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#### Cupar Community Fridge

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

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

Opening hours: Tuesdays 11am to 12.00 noon Free

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#### East Neuk Eats! Anstruther Community Fridge

East Neuk Centre, Ladywalk, Anstruther, KY10 3EX

[facebook.com/eastneukcentre.trust](https://facebook.com/eastneukcentre.trust)

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

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#### Lumsden Larder

Lumsden Hall, High Street, Freuchie, KY15 7EX

[www.facebook.com/profile.php?id=61559917317859&locale=en\\_GB](https://www.facebook.com/profile.php?id=61559917317859&locale=en_GB)

Opening hours: Monday to Friday 8.00am to 4pm Open Saturday and Sunday but no set hours, check social media for updates. (self service) Free

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#### St Andrews Community Fridge

07792 941 783

St David's Centre, St Andrews KY16 8BP

[nefcommunityhub@gmail.com](mailto:nefcommunityhub@gmail.com) [facebook.com/CommunityHubNEF](https://facebook.com/CommunityHubNEF)

Opening hours: Monday to Friday 10am to 3pm Free

# Help with food

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## **St Monans Community Food Larder**

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

Opening hours: Fridays 12pm to 2pm £2 to access larder

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## **Tayport Community Fridge**

**01382 549727**

Larick Centre, Shanwell Road, Tayport, DD6 9EA

[www.facebook.com/tayportcommunityfridge/](http://www.facebook.com/tayportcommunityfridge/)

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

## **Community Fridge/Food Bank**

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## **Auchtermuchty Foodbank**

**01337 827068**

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

[www.facebook.com/groups/auchtermuchtycommunitycentre](http://www.facebook.com/groups/auchtermuchtycommunitycentre)

Opening hours: Drop in or contact via facebook during office hours:  
Monday and Wednesday 9.30am to 2.30pm Friday 11.30am to 2.30pm  
Free

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## **Cupar Food Bank**

**07474 453 153**

21 St Catherine Street, Cupar, KY15 4TA

[info@cupar.foodbank.org.uk](mailto:info@cupar.foodbank.org.uk)

[cupar.foodbank.org.uk](http://cupar.foodbank.org.uk)

Opening hours: 10.30am to 11.30am Free

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## **East Neuk Food Bank**

**01333 310 156**

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

[eastneukfoodbank@gmail.com](mailto:eastneukfoodbank@gmail.com) [facebook.com/eastneukfoodbank](https://facebook.com/eastneukfoodbank)

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

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## **ENeRGI SCIO**

**01333 730 477**

32 East Street, St Monans KY10 2AT

[recovery@energi.org.uk](mailto:recovery@energi.org.uk)

[www.energi.org.uk](http://www.energi.org.uk)

Opening hours: Tuesdays. Contact to arrange collection. Free

# Help with food

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## Newburgh Food Bank

01337 840 709

TICC, 90-92 High Street, Newburgh, KY14 6DA

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

Opening hours: Mondays 10am to 11pm Free

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## Storehouse Food Bank

01334 845 985

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

[storehouse@kingdomvineyard.com](mailto:storehouse@kingdomvineyard.com)

[storehousestandrews.com](http://storehousestandrews.com)

Opening hours: Tuesdays 11am to 1pm Wednesdays 1pm to 2.30pm

Thursdays 11am to 1pm Free

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## Taybridgehead Food Bank

07840 957 039

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

[taybridgeheadfoodbank.org.uk](http://taybridgeheadfoodbank.org.uk)

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

**Advice and support if you are  
struggling with food costs**  
**[our.fife.scot/gethelp/food](http://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)**



# Help with food

## South & West Fife Area

### Community Cafés

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#### Castle Community Cafe

07450 984 081

Blairhall Community Centre, 10-12 Wilson St, Blairhall

[www.facebook.com/Castle-community-cafe-581797062194993](https://www.facebook.com/Castle-community-cafe-581797062194993)

Opening hours: Thursdays 11.30am to 1.30pm

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#### Chill and Chat

01383 411 381

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

[facilities@nqcommunitycomplex.org.uk](mailto:facilities@nqcommunitycomplex.org.uk)

[nqcommunitycomplex.org.uk](http://nqcommunitycomplex.org.uk)

Opening hours: Fridays 4.30pm - 5.30pm

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#### EATS Rosyth Community Hub & Living Room Cafe

01383 414 756

115a Queensferry Road, Rosyth, KY11 2PS

[info@eatsrosyth.org.uk](mailto:info@eatsrosyth.org.uk)

[facebook.com/rosythcommunityhub](https://facebook.com/rosythcommunityhub)

Opening hours: Monday to Friday 10am to 2pm Community meals:  
Thursday and Friday 5pm to 7pm Free or by donation

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#### Grow West Fife Community Meal

Blair Castle Walled Garden (Carlow Home) Culross, Fife, KY12 8JW

[pamela@growwestfife.org](mailto:pamela@growwestfife.org)

[www.growwestfife.org](http://www.growwestfife.org)

Opening hours: Community Lunch: Fridays Volunteer sessions: Monday,  
Thursday and Saturday 10am to 2pm Free

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#### Rosyth Parish Church

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

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

# Help with food

## Community Fridge/Food Bank

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### **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 £4.00 per bag or donation

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### **The Food Hub**

**01259 730 997**

Kincardine Community Centre, Anderson Lane, Kincardine FK10 4SF

[kincardineca@gmail.com](mailto:kincardineca@gmail.com)

[www.facebook.com/KincardineCA](http://www.facebook.com/KincardineCA)

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

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### **Inverkeithing Food Bank**

The Friary, Queen Street, Inverkeithing, KY11 1LS

[info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[dunfermline.foodbank.org.uk](http://dunfermline.foodbank.org.uk)

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

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### **Oakley Community Pantry**

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

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

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### **Rosyth Food Bank**

Parish Church, Queensferry Road, Rosyth, KY11 2PQ

[info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[dunfermline.foodbank.org.uk](http://dunfermline.foodbank.org.uk)

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

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### **Saline and Steelend Fabulous Food Pantry**

**01383 853 762**

Steelend Miners Welfare Club, Main Road, Steelend, KY12 9LX

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

# 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.

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

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**Families First** **[familiesfirststandrews.org.uk/family-support-enquiries@familiesfirststandrews.org.uk](http://familiesfirststandrews.org.uk/family-support-enquiries@familiesfirststandrews.org.uk)** **01334 208086**

Works with children 5-16 years and their families who face a range of challenges in NE Fife. eg ASD, MH, parent/carer responsibilities.

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**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.

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**Fife Families Information Service** **01592 583146**  
**[www.fathersnetwork.org.uk/fifefamilies](http://www.fathersnetwork.org.uk/fifefamilies)**

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**Fife Gingerbread** **01592 725210**  
**[fifegingerbread.org.uk](http://fifegingerbread.org.uk)**

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

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**Fife International Forum** **01592 642927**  
Services for migrants and refugees. **[www.fifeinternational.uk](http://www.fifeinternational.uk)**

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**Home-Start** **01334 477548**

Provides support for families by recruiting and training volunteers to work with and support parents with young children.



# Families

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## Muirhead Outreach Project

01592 358713

[manager@muirhead-outreach.org.uk](mailto:manager@muirhead-outreach.org.uk)   [muirhead-outreach.org.uk](http://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.

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## One Parent Families Scotland

0808 801 0323

[opfs.org.uk/talk-to-us](http://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.

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## Parentline Scotland - Children First

08000 28 22 33

[www.childrenfirst.org.uk/get-support/support-line](http://www.childrenfirst.org.uk/get-support/support-line)

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

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## Relationships Scotland

0345 119 2020

[Relationships-scotland.org.uk](http://Relationships-scotland.org.uk)

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## Sleep Scotland Support Line (Mon-Thu 10am-4pm)

0800 138 6565

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## Square Start Families

01592 860296

[squarestart@brag.co.uk](mailto:squarestart@brag.co.uk)

Provides support to families who are in crisis and/or require further help in building relationship with their children and improving parenting techniques.

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## The Cottage Family Centre

[info@thecottagefamilycentre.org.uk](mailto: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 Wed 25th, Thurs 26th and Fri 27th December 2024 as well as Wed 1st, Thurs 2nd and Fri 3rd January 2025. 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.

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Mon 23 Dec	Normal Hours
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Tue 24 Dec 2024	<b>Close at 12.30pm</b>
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Wed 25 Dec & Thu 26 Dec 2024	<b>Closed</b>
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Fri 27 Dec 2024 Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy  
9.00am and 12.30pm. Telephone Service 1.30pm – 4.30pm

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Mon 30 Dec	Normal Hours
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Tues 31 Dec 2024	<b>Close at 12.30pm</b>
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Wed / Thu 1st & 2nd Jan 2025	<b>Closed</b>
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Fri 3rd January Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy  
9.00am and 12.30pm. Services close at 12.30pm.  
Telephone Service 1.30pm – 4.30pm  
Answering service available outwith the above times.

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Referral & Access to Treatment & Services	<b>01592 321 321</b>
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All services return to normal Monday 6 January 2025

# Alcohol and Drug Support and Recovery Services

## **We Are With You Harm Reduction Service**

**0800 917 9211**

**[wearewithyou.org.uk](http://wearewithyou.org.uk)**

**We Are With You** offers safer drug use advice and support including access to sterile injection equipment, Naloxone overdose prevention kits and other advice and supports. **Free** sterile injecting equipment is available from 20 pharmacies across Fife and from all We Are With You Sites. Daily online web chat service open to all until 9pm.

**Closed on 25th and 26th December 2024.**

## **Al-Anon**

**0800 0086 811**

Support for family and friends.

**[al-anonuk.org.uk](http://al-anonuk.org.uk)**

## **AA – Alcoholics Anonymous**

**0131 225 2727**

National free helpline

**0800 917 7650**

**[help@aamail.org](mailto:help@aamail.org)**

**[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)**

## **Clued Up**

**01592 858248**

**[cluedup-project.org.uk](http://cluedup-project.org.uk)**

Substance use support for young people under 25 in Fife.

**Closed Wed 25 to Fri 27 Dec 2024 and Wed 1 to Fri 3 Jan 2025.**

## **DAPL**

**01333 422 277**

**[enquiries@dapl.net](mailto:enquiries@dapl.net)**

**[DAPL.net](http://DAPL.net)**

**SMS: 07584 233877**

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

DAPL offers **free** one to one counselling, support and advice to individuals who are affected by substance use and live within Fife.

**Closed Mon 23 Dec 2024 and will reopen Mon 6 Jan 2025.**

## **Drinkline Helpline Scotland freephone**

**0800 7 314 314**

**[www.drinkaware.co.uk/advice-and-support/](http://www.drinkaware.co.uk/advice-and-support/)**

Supports people who are worried about their own or someone else's drinking or drug use. Webchat available at **[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)**

# Alcohol and Drug Support and Recovery Services

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## **FIRST Peer Support Groups** **01592 585960**

Peer support drop-in groups on Mon 23 Dec 2024 and 30 Dec 2024 at St Luke's Church, Glenrothes starting at 6:30pm. Anyone can attend.

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## **Gamblers Anonymous Scotland** **0370 050 8881** **[ga-scotland.org](http://ga-scotland.org)**

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## **GamCare** **0808 8020 133** **[gamcare.org.uk](http://gamcare.org.uk)**

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

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## **Know the Score** **0800 587 5879** **[knowthescore.info](http://knowthescore.info)**

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## **Narcotics Anonymous** **0300 999 1212** **[ukna.org](http://ukna.org)**

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## **Re-Solv** **01785 817885** **[re-solv.org](http://re-solv.org)**

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## **Restoration Fife** **[facebook.com/RestorationFife](https://facebook.com/RestorationFife)** Call, Text or WhatsApp **07501 176 234** General Enquiries **07734 408 498**

For people in recovery from substance use and their families, offering safe spaces and fun activities, both online and in person across Fife.

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## **Scottish Families affected by Alcohol and Drugs** **01592 382330** Support to anyone in Fife over 16 affected **[www.sfad.org.uk/fife](http://www.sfad.org.uk/fife)** by someone else's drug or alcohol use. **[fifefamilies@sfad.org.uk](mailto:fifefamilies@sfad.org.uk)** Helpline available over the festive period **except** 25, 26 Dec and 1 Jan. **[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)** **08080 101011**

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## **SMART recovery online meeting** **[smartrecovery.org.uk](http://smartrecovery.org.uk)** For any form of addictive behaviour

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## **Talk to Frank (drug info and advice)** **0300 123 6600** **[talktofrank.com](http://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

### General safety tips

- **Set limits:** Decide in advance how much you plan to drink or use. Stick to those limits to help avoid overindulging
- **Stay with friends:** Look out for each other. Share your plans with friends and check in on one another throughout the festivities
- **Ensure your phone is charged** and you have your emergency numbers in your contacts
- **Create a safe place:** If you are hosting, provide a comfortable area where guests can relax and avoid excessive drinking or drug use
- It's important that both men and women plan ahead, prepare for the possibility of sex and carry condoms

# Alcohol and Drug Support and Recovery Services

## HINTS & TIPS

### To stay safe when using alcohol

It is easy to forget that alcohol is a powerful drug and we need to be careful how we use it. Drinking too much has a negative impact on you and those around.

By setting a plan you can avoid drinking too much and, hopefully, avoid the negative impacts alcohol can have, such as hangovers, doing things you later regret, getting injured, getting into fights and feeling low or anxious.

- Eat before and while drinking and avoid salty snacks, which make your thirsty.
- Be assertive – don't be pressured in to drinking more than you want or intend to.
- Know your limit and stick to it. Be aware of how different substances affect you, and don't feel pressured to keep up with others. It's okay to say no.
- Alternate alcoholic drinks with a drink of water (stay hydrated).
- Stay busy – don't just sit and drink. Dance or have a game of darts or pool if you're at a pub.
- Track your drinks and don't let people top up your drink until it's finished.
- Make sure you have a safe way of getting home.
- Do not accept drinks from anyone you do not know.
- Avoid rounds, "shouts" and kitties – drink at your own pace, not someone else's.
- Drink slowly – take sips, not gulps.
- Do not leave your drink unattended.
- Try to avoid binge drinking. It has been shown to have a negative effect on our health and safety.
- Avoid mixing alcohol and drugs.

# 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](http://www.needleexchange.scot)) and from We Are With You (**closed 25th and 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](http://www.wedinos.org)) to test samples for peace of mind.
- Avoid mixing substances, particularly depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose. If you choose to use, try to stick to one substance.
- 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 temporarily reverse the life-threatening effects of an opioid overdose, buying time for the ambulance service to arrive. 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.

There are a few Take Home Naloxone products to choose from:

- **Nyxoid** - Intranasal spray, available to anyone aged 14yrs and over.
- **Prenoxad** – Intramuscular injection, available to anyone aged 16yrs and over.
- **The Pebble** - a new nasal product where two nasal naloxone sprays can be stored in a case making them easy to carry with you anywhere.

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

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**Stop The Deaths**

**[stopthedeaths.com](http://stopthedeaths.com)**

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**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.



# Health and wellbeing

## Vaccination

### Protect Yourself From COVID-19 and Flu

The winter flu and coronavirus vaccination programme has now begun.

Vaccination offers protection against the effects of coronavirus and flu, and is strongly recommended for those who are eligible.

If you're eligible, you'll receive a letter, text message or email with appointment details or information about how to book one.

You may receive information about your appointment at a different time than previous years. Please do not try to book an appointment until you've been invited by NHS Scotland.

To find out more about eligibility and vaccination this winter visit:  
[www.nhsinform.scot/winter-vaccines](http://www.nhsinform.scot/winter-vaccines)

## Don't let your protection fade

To check your eligibility visit:

[www.nhsinform.scot/winter-vaccines](http://www.nhsinform.scot/winter-vaccines)

For further information on the vaccines and booking visit:

[www.nhsfife.org/booster](http://www.nhsfife.org/booster)



## Right Care, Right Place

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://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:

[www.nhs.uk/services/right-care-right-place](https://www.nhs.uk/services/right-care-right-place)

# Health and wellbeing

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## Community Pharmacies

[nhsfife.org/services/right-care-right-place](https://nhsfife.org/services/right-care-right-place)

There are 86 community pharmacies in Fife. As well as dispensing prescriptions, community pharmacies provide 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. Check online to find your nearest pharmacy and information on the services they provide.

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## Dental Care

[nhsfife.org](https://nhsfife.org)

If you require access to NHS dental care and are registered as an NHS patient at a local dental practice, you should contact them direct to arrange an appointment.

If you are experiencing acute dental pain and are not registered with a dentist, you should call the Dental Advice Line on **01592 226555**. Staffed by members of NHS Fife **Public Dental Service** (Mon to Fri 8.30am – 5pm) who can help arrange for you to be seen if necessary.

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## Eye Care

[nhsfife.org/services/right-care-right-place](https://nhsfife.org/services/right-care-right-place)

If you have eye problems you can make an emergency appointment at your local optician. These appointments are provided free through the NHS and will ensure you receive the right specialist care as soon as possible. You can find a list of your nearest optician online.

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## NHS Fife

[nhsfife.org](https://nhsfife.org)

For information on local services and the latest local healthcare news

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## NHS Inform

[nhsinform.scot](https://nhsinform.scot)

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

# Health and wellbeing

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**Quit Your Way** (support in Fife)

**0800 025 3000**

**[Fife.smokingcessation@nhs.scot](mailto:Fife.smokingcessation@nhs.scot)**

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**Stop Smoking Support**

**[nhsinform.scot/healthy-living/stopping-smoking](https://nhsinform.scot/healthy-living/stopping-smoking)**

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

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**Fife Macmillan Improving the Cancer Journey (ICJ)** **03451 551500**

**[improving.cancerjourney@fife.gov.uk](mailto:improving.cancerjourney@fife.gov.uk)**

Available to anyone affected by cancer providing non clinical support.

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## Mental Health

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**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)**

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**Barnardo's**

**01592 651482**

**[wellbeinginfife@barnardos.org.uk](mailto:wellbeinginfife@barnardos.org.uk)** **[barnardos.org.uk/get-support](http://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.

# Health and wellbeing

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**Change Mental Health**

**01333 841304**  
**[fifeservices@changemh.org](mailto:fifeservices@changemh.org)**

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**Childline (Freephone)**

**0800 1111**  
**[childline.org.uk](http://childline.org.uk)**

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**Express Group (Fife)**

**[info@expressgroupfife.org.uk](mailto:info@expressgroupfife.org.uk)**

**01592 645331**  
**[expressgroupfife.org.uk](http://expressgroupfife.org.uk)**

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

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**Includem**

**0800 689 0030**  
**[referrals.keepingconnectedfife@includem.co.uk](mailto:referrals.keepingconnectedfife@includem.co.uk)**

Includem's Keeping Connected service is a short-term community-based support for young people aged from 10 up to 18 years of age. It is an early intervention service, offering support to young people who have experienced a significant change in behaviour in the last 3 months (e.g. spending time with family and friends or attending their routine activities) due to their mental health and wellbeing.

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**LLTTF (Living Life to the Full)**

**[llttf.com](http://llttf.com)**

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**Mental Health Foundation Scotland** **[mentalhealth.org.uk/scotland](http://mentalhealth.org.uk/scotland)**

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**Mind to Mind**

**[nhsinform.scot/mind-to-mind](http://nhsinform.scot/mind-to-mind)**

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**Moodcafé**

**[moodcafe.co.uk](http://moodcafe.co.uk)**

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**NHS Fife Child and Adolescent Mental Health Service (CAMHS)**

**[nhsfife.org/camhs-thingstotry](http://nhsfife.org/camhs-thingstotry)**

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**Psychology Services**

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

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**SAMH**

**[samh.org.uk](http://samh.org.uk)**  
**[info@samh.org.uk](mailto:info@samh.org.uk)**

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**See Me**

**[seemescotland.org.uk](http://seemescotland.org.uk)**

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**Student Mental Health**

**[thinkpositive.scot](http://thinkpositive.scot)**

## Self Harm

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<b>Mind</b>	<b><a href="https://mind.org.uk">mind.org.uk</a></b>
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<b>Penumbra</b>	<b>01383747788</b>
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**[Selfharm.Fife@penumbra.org.uk](mailto:Selfharm.Fife@penumbra.org.uk)**  
**[selfharmnetworkscotland.org.uk/i-need-support](https://selfharmnetworkscotland.org.uk/i-need-support)**

Our Self Harm services provide support for people 18 over living anywhere in Fife who self-harm and are seeking support.

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<b>Young Minds</b>	<b><a href="https://youngminds.org.uk">youngminds.org.uk</a></b>
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## Sexual Health

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<b>Sexual Health Fife</b>	<b>01592 647979</b>
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**[nhsfife.org/sexual-health](https://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 to your home, confidentially in a plain unmarked envelope, is available for people living in Fife.

Packs 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.

## 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.

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<b>Breathing Space</b>	<b>0800 83 85 87</b>
Mon-Thu 6pm-2am, Fri 6pm–Mon 6am	<b><a href="https://breathingspace.scot">breathingspace.scot</a></b>

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<b>CALM</b>	<b>0800 58 58 58</b>
Helpline open 5pm – midnight, 365 days a year	<b><a href="https://thecalmzone.net">thecalmzone.net</a></b>

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<b>NHS Inform</b>	<b><a href="https://www.nhsinform.scot/surviving-suicidal-thoughts">www.nhsinform.scot/surviving-suicidal-thoughts</a></b>
	<b><a href="https://www.nhsfife.org/suicideprevention">www.nhsfife.org/suicideprevention</a></b>
	<b><a href="https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide">www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/bereavement-and-grief-self-help-guide</a></b>

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<b>Papyrus (preventing young suicide)</b>	<b>0800 068 41 41</b>
Hopeline open 24 hours a day, 365 days a year	<b>Text: 07860 039967</b>
<b><a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></b>	<b><a href="https://papyrus-uk.org">papyrus-uk.org</a></b>

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<b>Samaritans</b>	<b>116 123</b>
Helpline open 24 hours a day, 365 days a year	<b><a href="https://www.samaritans.org">www.samaritans.org</a></b>
(Email response time 24 hours)	<b><a href="mailto:jo@samaritans.org">jo@samaritans.org</a></b>

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<b>Survivors of bereavement by suicide</b>	<b>0300 111 5065</b>
Call Monday & Tuesday 9am-5pm	<b><a href="https://uksobs.org">uksobs.org</a></b>

# Health and wellbeing

## Local Support

### Andy's Man Club

[andysmanclub.co.uk](http://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.

### Sam's Café

[www.samscafe.org.uk](http://www.samscafe.org.uk)

Sam's Fife provides drop-in mental health peer support for people experiencing mental health issues, crisis or suicidal thoughts. The team are available for one-to-one support with **no appointment or referral needed**. Sam's is available at venues across Fife (including Saturday and Sundays) Visit the website for full information, including opening times.

### Women's Wellbeing Club

[womenswellbeingclub.co.uk](http://womenswellbeingclub.co.uk)

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

## 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](http://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)**





# Sexual Abuse Support

## 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

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## 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.

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## 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 onto 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](http://www.nhsinform.scot/turn-to-sarcs)

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

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

Monday to Friday 10am to 4pm

[mwrc.org.uk](http://mwrc.org.uk)

Offer support to Muslim and BME women across Scotland

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**FearFree** **0131 624 7270**

FearFree is a national domestic abuse service for survivors of domestic abuse in Scotland. [FearFreeInfo@sacro.org.uk](mailto:FearFreeInfo@sacro.org.uk)

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**Fife Law Centre** **01592 786710**

Team of solicitors that give **free**

[info@fifelawcentre.co.uk](mailto:info@fifelawcentre.co.uk)

legal advice and representation for people in Fife.

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

Offers support of anyone 12+ who has been

[frasac.org.uk](http://frasac.org.uk)

raped or sexually assaulted at some point in their lives.

# Sexual abuse

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## **Gender Based Violence Team NHS Fife**      **[Fife.gbvteam@nhs.scot](mailto: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.

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

Supports adult survivors of childhood sexual abuse      **[kasp.org.uk](http://kasp.org.uk)**

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## **LGBT+ Helpline Scotland**      **0800 464 7000** **[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)**      **[lgbthealth.org.uk](http://lgbthealth.org.uk)**

A helpline providing information and emotional support to the entire diversity of the LGBT+ community.

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## **National Ugly Mugs (NUM)**      **[nationaluglymugs.org](http://nationaluglymugs.org)**

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

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

Support for people of all genders      **[rapecrisisscotland.org.uk](http://rapecrisisscotland.org.uk)**  
13+ years who have been affected by sexual violence. Advice and info plus community languages and BSL video.

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## **Safe Space**      **01383 739084**

Supports survivors of sexual abuse (aged 12+)      **[safe-space.co.uk](http://safe-space.co.uk)**

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## **SurvivorsUK**      **020 3598 6898**

Supports men and non-binary people      **[survivorsuk.org](http://survivorsuk.org)**  
who have been affected by rape or sexual abuse. Webchat service available 12pm to 8pm 7 days a week.

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## **The HIVE LGBT + Centre**      **01592 268102**

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## **Waverley Care**      **0131 4416989**

Advice for gay and bisexual men.      **[waverleycare.org](http://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](http://www.scotland.police.uk/contact-us)

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

# Domestic Abuse Support

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## **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

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## **FearFree**

**0131 624 7270**

FearFree is a national domestic abuse service for survivors of domestic abuse in Scotland **[FearFreeInfo@sacro.org.uk](mailto:FearFreeInfo@sacro.org.uk)**

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## **Fife Law Centre**

**01592 786710**

Team of solicitors that give **free** legal advice and representation for people in Fife. **[info@fifelawcentre.co.uk](mailto:info@fifelawcentre.co.uk)**

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## **Fife Women's Aid Freephone**

**0808 802 5555**

**24 hour support line** for women

**[fifewomensaid.org.uk](http://fifewomensaid.org.uk)**

Fife Women's Aid provide support and information to women, children and young people who are experiencing or who have experienced domestic abuse.

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## **Children and young people's Freephone**

**0808 801 0422**

The children and young people's service can also be contacted on **Facebook/ Messenger @ 'Join The Dots – FWA'**

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## **FRASAC**

**01592 642 336**

Fife Rape and Sexual Assault Centre

**[info@frasac.org.uk](mailto:info@frasac.org.uk)**

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

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## **KASP**

**01592 644 217**

**[info@kasp.org.uk](mailto: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.

# Domestic Abuse Support

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**LGBT Helpline Scotland**

**[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)**

**0800 464 7000**

**[lgbthealth.org.uk](http://lgbthealth.org.uk)**

A helpline providing information and emotional support to the entire diversity of the LGBT+ community.

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**National Domestic Abuse**

**0808 2000 247**

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**National Stalking Free Helpline**

**0808 802 0300**

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

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**Safe Space**

**01383 739084**

**[contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)**

Safe Space has 30 years of experience in helping people find the courage to begin to heal, strength to take the next step and a voice to challenge their past.

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**Scotland's Domestic Abuse & Forced Marriage Scotland**

**Freephone (Women & Men)**

**[helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)**

**0800 027 1234**

**[sdafmh.org.uk](http://sdafmh.org.uk)**

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**Shakti Women's Aid Fife**

**[info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)**

**0131 475 2399**

**[shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)**

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

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**The HIVE LGBT + Centre**

**01592 26810**

# Bereavement Support

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

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## At A Loss

[ataloss.org](http://ataloss.org)

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## Child Bereavement UK

0800 02 888 40

[support@childbereavementuk.org](mailto:support@childbereavementuk.org)

[childbereavementuk.org](http://childbereavementuk.org)

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## Cruse Bereavement Care Scotland Scotland's Bereavement Charity

0808 802 6161

[crusescotland.org.uk](http://crusescotland.org.uk)

[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk)

Cruse Scotland provides professional support for bereaved adults and children across Scotland. A **free** telephone helpline is the first point of contact and provides a compassionate listening service. Online support is also available through their GriefChat web service.

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## Grief Encounter

0808 802 0111

[griefencounter.org.uk](http://griefencounter.org.uk)

Supporting bereaved children and young people.

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## Held in Our Hearts

[heldinourhearts.org.uk](http://heldinourhearts.org.uk)

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

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## NHS Inform

[nhsinform.scot/care-support-and-rights/  
death-and-bereavement](https://nhsinform.scot/care-support-and-rights/death-and-bereavement)

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## 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.

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## Richmond's Hope

01333 408601 ext.400

[methil@richmondshope.org.uk](mailto:methil@richmondshope.org.uk)

[www.richmondshope.org.uk](http://www.richmondshope.org.uk)

Offers **free**, one-to-one support to bereaved children and young people in Fife who are between the ages of 4-18. Referrals accepted from schools and a variety of agencies. Parents and carers are welcome to email for self-referral forms. Operates out of the Wellesley Centre in Methil two-days a week (Tuesdays and Wednesdays).

# Bereavement Support

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## **Sands Fife 24 hr Helpline**

**[fife@sands.org.uk](mailto:fife@sands.org.uk)**

**0845 528 0322**

**[facebook.com/FifeSands](https://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.

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## **Scottish Cot Death Trust**

**[contact@scottishcotdeathtrust.org.uk](mailto:contact@scottishcotdeathtrust.org.uk)**

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

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## **Scottish Families Affected by Alcohol and Drugs**

**01592 382330**

**[www.sfad.org.uk](http://www.sfad.org.uk)**

SFAD's national family support services include their Helpline and a focus on Bereavement Support.

Our Helpline will be available over the festive period **except** for Christmas Day, Boxing Day and New Year's Day.

**[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**

**08080 101011**

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## **Survivors of Bereavement by Suicide**

**[uksobs.org](http://uksobs.org)**

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## **The Compassionate Friends**

**0345 123 2304**

**[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)**

**[tcf.org.uk](http://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.

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## **WAY Widowed & Young**

**0300 201 0051**

**[enquiries@widowedandyoung.org.uk](mailto:enquiries@widowedandyoung.org.uk)**   **[widowedandyoung.org.uk](http://widowedandyoung.org.uk)**

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

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## **Winston's Wish**

**[winstonswish.org.uk](http://winstonswish.org.uk)**

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



# Staying Connected

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## Advocacy

[www.fifeadvocacyforum.org.uk](http://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.

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## 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.

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## Alzheimer Scotland

**01592 204541**

[fifeservices@alzscot.org](mailto: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.

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## British Red Cross National Support Line

**0808 196 3651**

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

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## Community in Cupar

**07421 223369**

[help@cic.scot](mailto:help@cic.scot)

Community in Cupar supports all members of the community including those often isolated due to mental, social or financial, disability barriers. The Community in Cupar support Cupar and the North East Fife area. It also runs an LGBTQ+ Hub.

# Staying Connected

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## Crossroads Fife

[info@crossroadsg.co.uk](mailto:info@crossroadsg.co.uk)

01592 610450

[crossroadsfifecentral.org](http://crossroadsfifecentral.org)

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

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## Deaf Communication Service

Textphone: 01592 583340

03451 551503

SMS Text message 07984 356 580

[swinfo.deafcommunications@fife.gov.uk](mailto:swinfo.deafcommunications@fife.gov.uk)

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## Disabilities Fife

[dfscot.com](http://dfscot.com)

[help@dfscot.com](mailto: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.

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## Fife Carers Centre

01592 205472

[fifecarerscentre.org](http://fifecarerscentre.org)

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## Fife Centre for Equalities

[info@centreforequalities.org.uk](mailto:info@centreforequalities.org.uk)

01592 645 310

[centreforequalities.org.uk](http://centreforequalities.org.uk)

**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.



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

**In an emergency  
call video relay service 999 BSL**



# Staying Connected

## **Fife Council SMS text service for people with a hearing loss**

**07781 480 185**

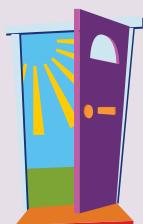
Sign up required for SMS or use translation service for the Adult Protection phone line

BSL users can also contact the council via **ContactScotland-BSL**

## **Fife Forum info@fifeforum.org.uk**

**01592 643743  
fifeforum.org.uk**

Provides community-centred advice/support, information signposting & guidance for adults 16+ via our Local Area Co-ordination service; issue-based professional Advocacy for Older People within care and hospital settings; and, supports locality-based Action Groups for Older People.



# 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](http://www.onyourdoorstepfife.org)**

# Staying Connected

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## **Fife International Forum**

**01592 642927**

**[www.fifeinternational.uk](http://www.fifeinternational.uk)**

Fife International Forum provides services Fife Wide for Migrants and Refugees.

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## **Fife Shopping and Support Service**

**01592 653344**

**[www.fifeshoppingandsupportservices.co.uk](http://www.fifeshoppingandsupportservices.co.uk)**

Fife Shopping & Support Services is a charity registered organisation offering supports to elderly people and adults with disabilities throughout Fife. Their team can support with collecting shopping, housework, befriending and companion services. To make a referral please fill out the online form on the website or phone.

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## **Fife Voluntary Action**

**0800 389 6046**

**[info@fva.org](mailto:info@fva.org)**

**[fva.org](http://fva.org)**

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## **Fife Young Carers**

**01592 407262**

**[admin@fifeyoungcarers.co.uk](mailto:admin@fifeyoungcarers.co.uk)**

**[fifeyoungcarers.co.uk](http://fifeyoungcarers.co.uk)**

Information and support to Young Carers in Fife, up to age 25.

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## **Hourglass 24/7 Helpline**

(Safer ageing • Stopping abuse)

**0808 808 8141**

**[wearehourglass.scot](http://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.

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## **LGBT Helpline Scotland**

**0800 464 7000**

**[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)**

**[lgbthealth.org.uk](http://lgbthealth.org.uk)**

A helpline providing information and emotional support to the entire diversity of the LGBT+ community. Tues, Weds, Thurs (12-9pm)  
Sun (1-6pm)

# Staying Connected

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**LGBT Youth Scotland**  
[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

**0131 555 3940**  
[lgbtyouth.org.uk](http://lgbtyouth.org.uk)

**LGBT Youth Scotland offers a live chat service for LGBTQ+ young people aged 13-25, and those questioning their identity by going to the website.**

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## **Link Fife Mental Health Befriending Projects**

[www.linkbefriending.org.uk](http://www.linkbefriending.org.uk)

Befriending for Adolescents and Adults living in East Fife, Levenmouth, Glenrothes and Kirkcaldy areas who may be isolated as a result of a mental health issue.

- Adolescent Project: contact Jane on 07421 471720
  - Adult Project: contact Senga on 07926 923927
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**Love and Harmony**  
[thehive@loveandharmony.scot](mailto:thehive@loveandharmony.scot)

**01592 268102**  
[www.thehivefife.org.uk](http://www.thehivefife.org.uk)

**On Your Doorstep Fife**  
[onyourdoorstep.fife@fife.gov.uk](mailto:onyourdoorstep.fife@fife.gov.uk)

[onyourdoorstepfife.org](http://onyourdoorstepfife.org)

Search for community groups, information or support.

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## **People First (Scotland)**

**0131 478 7707**  
[peoplefirstscotland.org](http://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.

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## **RNIB Helpline**

Advice and information on sight loss.

**0303 123 9999**  
[helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

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

# Staying Connected

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## Seescape

**01592 644979**

**[info@seescape.org.uk](mailto: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** Wednesday 25th to Friday 27th December 2024
- **Open** Monday 30th and Tuesday 31st December 2024
- **Closed** Wednesday 1st and Thursday 2nd January 2025
- **Open** on Friday 3rd January 2025

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## The Silver Line (24hr helpline for older people)

**0800 4 70 80 90**

**[thesilverline.org.uk](https://thesilverline.org.uk)**

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## The Well

**03451 551500**

**[thewell@fife.gov.uk](mailto:thewell@fife.gov.uk)**

**[fifehealthandsocialcare.org/thewell](https://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 to help them 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.

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## Transgender Fife

**[transgenderfife.com](https://transgenderfife.com)**

Support and information for the transgender community

# Your Feedback

## Please tell us what you think about Staying Safe and Keeping Well 2024

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](http://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.

## 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](http://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)**



# READY FOR WINTER

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



[facebook.com/fifecouncil](https://facebook.com/fifecouncil)



[twitter.com/fifecouncil](https://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](http://www.scotland.police.uk/contact-us)



**Fife Adult Support & Protection**  
[www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)

