



Staying Safe and Keeping Well



Fife Adult Support & Protection
www.fife.gov.uk/adultprotection



2021 edition



www.fife.gov.uk/stayingsafekeepingwell

Contents

Need help now?	3
About this booklet	4
You are important	5
Financial crisis	6
Shut out scammers	8
Accessing substance use services	10
How to stay safe when using alcohol or drugs	13
Families	15
The 'To Do' list	16
Housing information	17
Domestic abuse support	20
Getting connected	22
Health and wellbeing	24
Bereavement Support	30
Access to food	32
Foodbanks	33
Low cost hot meal locations	36
Community fridges	41

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.

Covid Community Helpline **0800 952 0330**

Samaritans **116 123**
jo@samaritans.org (response time 24 hours) **www.samaritans.org**

Their helpline is available 24 hours a day all through the year and it is **free** to call. They know that this is a difficult period for lots of people.

Breathing Space **0800 838587**
Mental health and wellbeing helpline. **breathingspace.scot**

Adult Protection Phone Line **01383 602200**

Call this number if you are worried because you or someone you know is being harmed or neglected.

SMS text service for people with a hearing loss **07781 480 185**

Child Protection **Police 101 or Social Work on 03451 551503**

If you consider a child(ren) or young person to be in IMMEDIATE danger, DO NOT wait, call the Police on 999.

NHS 24 **111**

Call NHS 24 if you are ill and it can't wait until your GP surgery opens

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

Citizens Advice and Rights Fife (CARF) **03451 400 095**
www.cabfife.org.uk

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

Homeless Emergency Number **0800 028 6231**

About this booklet

The Christmas and New Year period will be very different again for everyone this year and it might feel overwhelming. It can be difficult to deal with extra stress and keep yourself well.

Remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it's ok to reach out for support.

Covid related restrictions, festive/holiday closures and changes throughout the year, may mean the places where you get support are not available, have different opening hours or a change in what they can offer. If you plan to visit any of the organisations in this booklet, **please check first before you go.**

COVID COMMUNITY HELPLINE  **0800 952 0330**

 covid.communityhelpline@fife.gov.uk

Mon to Fri 9am - 5pm

Food requests

Combating isolation

Welfare support

Support for carers

Prescription requests

For more information please visit www.fife.gov.uk/CovidAssistance



Living safe this winter



If you have symptoms, self-isolate immediately and book a PCR test.



If you don't have symptoms take a lateral flow test twice a week.



Get the vaccine booster when offered.



Let in fresh air.



Meet outdoors when possible.



Wear a face covering.



Wash your hands.



Continue to work from home if you can.

You are important. PLEASE...

Don't keep things to yourself

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

Don't try to change anything big

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

Don't forget to look after yourself

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

Don't forget to have time for yourself

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

Financial crisis

It can also be difficult to cope if your benefits change, or if you are subject to benefit sanctions.

- Talk to your Job Centre Work Coach
- Your local job club can also give advice - www.fife.gov.uk/jobclubs
- Check which benefits you may be able to claim at entitledto.co.uk

For more information visit: www.fife.gov.uk/benefits
or call Welfare Support workers on 01592 583659

Welfare Support	0800 182 2222
	www.socialsecurity.gov.scot
	Apply online at www.mygov.scot/benefits

Scottish Welfare Fund	0300 555 0265
Crisis Grants and Community Care Grants.	fife.gov.uk/welfarefund

Citizens Advice and Rights Fife (CARF) (Money Advice Unit)	0345 1400 094 CABFife.org.uk
---	--

CARF Welfare Benefits Advice	0345 1400 092
-------------------------------------	----------------------

Macmillan Fife Welfare Benefits Partnership	0345 1400 091
Help with coping with the cost of living with cancer.	

Tax Credit Helpline	0345 300 3900
----------------------------	----------------------

Universal Credit Freephone	0800 328 5644
-----------------------------------	----------------------

National Debtline	0808 808 4000
	nationaldebtline.org/scotland

Fife Credit Unions	fife.gov.uk/creditunions
---------------------------	--

Dunfermline Advice Hub	01383 432483
Contact for foodbank referrals and general enquiries	

Financial crisis

Prepayment Meters

If the meter has run out of credit or you need to top up and are self-isolating, contact the supplier to ask for temporary extra credit. This needs to be paid back when next topped up. The supplier's website or social media account will hold the most up to date information. Smart meters can be "topped up" remotely. Prepayment meters will be sent a preloaded Key or card.

British Gas	0333 202 9802
EDF	0333 200 5100
EON	0345 052 000
N POWER	0800 073 3000
Scottish Power	0800 027 0072
SSE	0345 026 2658

Financial Abuse and Scams

Financial Abuse is a form of Domestic Abuse. If you need advice or guidance please look on page 21 for phone numbers to call.

Rogue Traders/Doorstep Callers	Police Scotland - 101
Fife Trading Standards	01592 583141
Fife Trusted Trader Find reliable and vetted local tradespeople.	0333 444 0185 trustedtrader.scot/Fife
Advice Direct Scotland (ADS) To report scams or get help and advice.	0808 164 6000 consumeradvice.scot

Shut Out Scammers

- Only let somebody into your home if you know who they are.
- Be wary if someone turns up unexpectedly. If in doubt, don't answer the door.
- Check their identity card. Close the door and phone the organisation to confirm their identity if you are unsure.
- Don't feel embarrassed to ask questions about their identity - genuine callers will expect you to be careful.
- Never hand your bank card or give card/bank details to someone at the door. Use cash for payments.
- A trusted organisation will never ask for your financial or personal details over the phone or in an email.
- Be wary of emails, texts or WhatsApp messages about Coronavirus. Don't click on links or open attachments from a sender you don't recognise.
- 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.

To report a crime, call **101 or in an emergency 999**

To report a scam online, go to **[scamwatch.consumeradvice.scot](https://scamwatch.consumeradvice.scot.nhs.uk)**
Advice Direct Scotland (ADS) online scam reporting tool

Latest scams **www.tsscot.co.uk/news/scam-share**

Citizens Advice Scotland

Use their online scams helper to find out more

www.citizensadvice.org.uk/scotland/consumer/scams/check-if-something-might-be-a-scam/

Learn more about how to shut out scammers on page 9

Shut Out Scammers

NHS Scotland Test and Protect calls - Real or Scam?

NHS Scotland contact tracers will:

- in some cases, send a text to let you know that you will be receiving a call from NHS Scotland (if mobile is available)
- call from a single, national telephone number – 0800 030 8012
- always introduce themselves, tell you why they are contacting you and address you by your name
- give you the option to call back the above number to provide reassurance that the service is legitimate

They will never ask you:

- for information other than your movements and the people you have been physically close to
- to phone a premium rate number
- to make a purchase, payment or donation
- for your medical history unrelated to coronavirus
- for your bank details
- for your social media identities or login details, or those of your contacts
- for your passwords or PIN numbers, or to set up any
- for control of your computer, smartphone or tablet, or to download anything
- to visit a website that does not belong to NHS Scotland or the Scottish Government

Accessing Substance Use 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 23rd to 27th December, 30th and 31st December 2021 as well as 1st to 3rd January 2022.

For the most up-to-date information on access to drug and alcohol services over the festive period visit **www.fifeadp.org.uk**

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

Opening times for ADAPT triage clinics (available by phone only)
Support will be available to Service Users calling 01592 321321.

Tues 21st – Thurs 23rd Dec 2021 10am-12.30pm, 1.30pm-4pm

Fri 24th December 2021 10am - 12.30pm

Wed 29th & Thurs 30th Dec 2021 10am-12.30pm, 1.30pm-4pm

Fri 31st Dec 2021 10am -12.30pm

Normal services will resume on Wednesday, 5th January 2022.

We Are With You

0800 917 9211

www.wearewithyou.org.uk

We Are With You offer safer drug and alcohol advice and support. We have a daily online webchat service open to all until 9 pm, only closing Christmas Day, or call us on our freephone number to speak to someone.

Al-Anon

0800 0086 811

al-anonuk.org.uk

Support for families and friends of problem drinkers (10am-10pm).
Groups in Cupar, Dunfermline, Kirkcaldy, Methil and St Andrews.

Accessing Substance Use Services

Clued Up **01592 858 248**
www.cluedup-project.org.uk

Substance use support for young people under 25 in Fife.

Closed on 23rd, 24th, 27th, 30th and 31st December 2021.
Also closed on 3rd January 2022.

DAPL **www.DAPL.net**
SMS: 07584233877 **01333 422277**
Email: enquiries@dapl.net

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

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

Closed Thursday, 23rd December 2021 and will reopen Tuesday, 4th January 2022

Drinkline Scotland (24 hour support) **0800 7 314 314**
drinkaware.co.uk
alcohol-focus-scotland.org.uk
www.nhs.uk/live-well/alcohol-support

AA – Alcoholics Anonymous **0131 225 2727**
Call our National Helpline FREE on **0800 9177 650**
www.alcoholics-anonymous.org.uk
Email: help@aamail.org

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

Gambling Anonymous **0370 050 8881**
gascotland.org

Accessing Substance Use Services

Know the Score 0800 587 5879
Knowthescore.info

Re-Solv 01785 810762
www.Re-solv.org

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

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

**Scottish Families Affected
by Alcohol and Drugs** 08080 10 10 11
sfad.org.uk

Phoenix Futures Recovery Drop-In Cafe 07704 019622
Email charlene.gilmour@phoenixfutures.org.uk

FIRST For Fife Peer Support Groups 07792 785144

- 21 Dec 2021, St Luke's Church, Glenrothes 6.30pm-8.00pm
- 23 Dec 2021, via Zoom 6.30pm-8.00pm
- 28 Dec 2021, via Zoom 2.00pm-3.30pm
- 30 Dec 2021, via Zoom 6.30pm-8.00pm

Restoration Fife www.facebook.com/RestorationFife

Tuesday to Friday, 10am – 5pm

Call, text or WhatsApp, Charlene 07501 176 234 or
Nikki 07307 197 963. Activity Booking 07734 408498

Fife's longstanding community group run by people in recovery for people in recovery. Provide a diverse range of activities, open to family and friends (including children), which reduce isolation, loneliness, and provide support with recovery.

Accessing Substance Use 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.

Get the phone numbers of the out of hours and emergency services that will be available. Add them to your mobile; put them somewhere you can find them easily; or write them at the back of this booklet.

Remember that the services will be open again in a few days.

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

HINTS & TIPS

To stay safe when using alcohol

- Observe current Covid 19 guidelines and be aware of entry rules to premises
- Eat before a night out
- Know your limit and stick to it
- Alternate alcoholic drinks with a drink of water (stay hydrated)
- Make sure you have a safe way of getting home
- Do not accept drinks from anyone you do not know
- Do not leave your drink unattended
- Do not mix alcohol with depressant drugs (opioids, heroin, benzodiazepines)

Accessing Substance Use Services

HINTS & TIPS

To stay safe when using drugs

- Avoid using drugs alone
- Never share injecting equipment (IEP). Free injecting equipment is available from some pharmacies (check online at www.scottishdrugservices.com/Search/NeedleExchange) and from We Are With You (closed 25-29 Dec) and is available for delivery by calling 0800 9179211
- If using opioids ensure you have a Naloxone kit* and those with you know where to find it and how to use it (Naloxone is available **free** from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit)
- Anyone over the age of 16 is able to get a Take Home Naloxone kit from Scottish Families Affected by Drugs at **www.sfad.org.uk/support-services/take-home-naloxone**. If there is someone at risk within your family please order a kit today
- In terms of dosage, it's important to start with a low dose with any drug and wait at least an hour for the effects to kick in before taking any more. This is especially important given the rise in strength of many party drugs in the last few years
- Avoid mixing depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose
- If you or a friend is unwell, seek medical help immediately

How to spot an overdose

- Shallow pulse or breathing (can sound like snoring)
- Blue lips
- Pinpoint pupils
- Lack of response/unconsciousness

If you think someone may have overdosed call 999 immediately.

*Naloxone can be used to reverse the effects of opioids and reduces the risk of overdose but medical help must still be sought even if the individual then feels well again, so an ambulance still needs to be called on 999.

Families

Family tensions can feel overwhelming at this 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.

Fife Gingerbread (supporting lone parents) 01592 725210
fifegingerbread.org.uk

Parentline Scotland 08000 28 22 33

One Parent Families Scotland opfs.org.uk

Contact (for families with disabled children) 0808 808 3555
contact.org.uk

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

Fife Families Information Service 01592 583146

Families Outside helpline 0800 254 0088
For families affected by imprisonment in Scotland.

Relationships Scotland 0345 119 2020
Relationships-scotland.org.uk

Home-Start 01334 477548

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

Everyone is an individual with different circumstances.

To help prepare for the festive season, take a look at page 16 and ask yourself:

- Is there a point that appeals to YOU?
- Is there a helpful tip that will suit YOU?

The 'To Do' list

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 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 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 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 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".

Housing information

If you are homeless or about to be made homeless call the Homeless Emergency Number (free) on 0800 028 6231.

If you are fleeing domestic abuse and have been made homeless call:

Scottish Domestic Abuse & Forced Marriage Helpline	0800 027 1234
---	----------------------

Fife Womens Aid freephone	0808 802 5555
----------------------------------	----------------------

Fife Council Housing Information & Advice (9am-5pm)	03451 55 00 33
---	-----------------------

Frontline Fife	01592 800 430
-----------------------	----------------------

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

Shelter Scotland free helpline Practical advice on urgent housing matters	0808 800 4444 shelter.scot.org.uk
---	--

Fife Council Tenancy Assistance

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

Fife Council Repairs Centre	03451 55 00 11
------------------------------------	-----------------------

Please report routine repairs online at www.fife.gov.uk

Fife Council Out of Hours Emergencies	03451 55 00 99
--	-----------------------

Open 24/7 over Festive period.

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.

Power cuts and safety helpline	105 powercut105.com
---------------------------------------	--------------------------------------

Housing information

Fife Cares

03451 55 15 03

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.

For more information go to www.fife.gov.uk/safetyvisit

Fife Community Safety Support Service

01592 641 618

Email: infofife@sacro.org.uk

Disabled Person's Housing and Self-Directed Support Service Fife

01592 803 280

www.dphsfife.org.uk

Cosy Kingdom

01592 807930

www.cosykingdom.org.uk

Email: info@cosykingdom.org.uk

Text COSY then YOUR NAME to 88440

Cosy Kingdom offer free home energy and debt service to Fife tenants and homeowners, helping people stay warm, save energy and save money. Closed from 24 Dec - 2 Jan inclusive. Open on 3rd Jan 2022.

Fife Law Centre

01592 786710

Email: info@fifelawcentre.co.uk

Fife Law Centre, Ore Valley Business Centre, 93 Main Street, Lochgelly KY5 9AF

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.

Find out how the Scottish Fire and Rescue Service can help keep us safer in our homes on page 19.

Housing information

Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service can offer you a FREE Home Fire Safety Visit. We will help you spot possible fire safety hazards and sort out a fire escape plan. We will also fit smoke detectors.

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

www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit

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

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



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



SCOTTISH
FIRE AND RESCUE SERVICE
Working together for a safer Scotland



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

Domestic abuse support

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

Domestic abuse is rarely a one-off incident. It is persistent and controlling behaviour. 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:

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time or including online and via spyware
- Controlling where you go, who you see, what you wear and when you sleep
- Depriving access to help and support services
- Putting you down, humiliating, degrading or dehumanising you
- Controlling money
- Making threats or intimidating you

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

Find out more about organisations on page 21 that are here to help you if you are experiencing domestic abuse.

Domestic abuse support

In an emergency call	999
Police non-emergency	101

Fife Women's Aid Freephone	0808 802 5555
For women, children and young people	fifewomensaid.org.uk
For children and young people	thehideout.org.uk

Scottish Domestic Abuse & Forced Marriage Freephone	0808 027 1234
Helpline for women and men	sdafmh.org.uk
	helpline@sdafmh.org.uk

LGBT Helpline Scotland	0300 123 2523
	lgbtdomesticabuse.org.uk

National Stalking Free Helpline	0808 802 0300
--	----------------------

Fife Law Centre	01592 786710
	Email: info@fifelawcentre.co.uk

Fife Law Centre, Ore Valley Business Centre, 93 Main Street, Lochgelly KY5 9AF

Fife Law Centre is a charity with a team of solicitors providing free legal guidance for the residents of Fife in cases of domestic abuse.

Getting connected

On Your Doorstep Fife onyourdoorstepfife.org
Search for community groups, information or support.

Advocacy fifeadvocacyforum.org.uk

British Red Cross National Support Line Freephone 0808 1963651
Support for people feeling lonely or isolated. (10am–6pm daily)

Crossroads Fife www.crossroadsfifecentral.org

Crossroads Fife - Respite for full time carers 01592 610450
Email: info@crossroadsg.co.uk

Crossroads Fife - Befriending 01592 630253 / 07955 047 757
Email: marie@crossroadsg.co.uk

Deaf Communication Service SMS 07984 356580

Fife Carers Centre 01592 205472
fifecarerscentre.org

Fife Centre for Equalities 01592 645310
centreforequalities.org.uk

Fife Forum 01592 643743
Advice and groups for adults and older people fifeforum.org.uk

Fife Migrants Forum 01592 642927
fifemigrantsforum.org.uk

Fife Voluntary Action 0800 389 6046
fifevoluntaryaction.org.uk

Fife Young Carers 01592 786717
fifeyoungcarers.co.uk

LGBT Youth Scotland Text: 07786 202 370
Email: info@lgbtyouth.org.uk LGBTYouth.org.uk

Getting connected

People First (Scotland)

0131 478 7707
peoplefirstscotland.org

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

Pink Saltire

Email: info@pinksaltire.com

0800 051 7676
pinksaltire.com

RNIB Helpline

Advice and information on sight loss.

0303 123 9999
www.rnib.org.uk
Email: helpline@rnib.org.uk

seescape

Email: info@seescape.org.uk

01592 644979
seescape.org.uk

Providing advice and support for people with a visual impairment in Fife. Can link people with local supports, provide info & advice and offer support for people feeling lonely or isolated.

Closed 24th December 2021 and reopens 5th January 2022

The Silver Line (24hr helpline for older people)

0800 4 70 80 90
thesilverline.org.uk

The Well

www.fifehealthandsocialcare.org/the-well
03451 551500

The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. The service is for anyone 16+ looking for advice and support.

The Well's friendly staff are there to empower people and to find solutions to problems quicker and easier, giving them the right information at the right time. If you are looking for support, information and guidance on topics such as social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

Health and wellbeing

Covid 19 is still circulating in the community so it's more important than ever to get the flu vaccine. Anyone who is considered most at risk – including people who have certain health conditions, pregnant women or anyone 50 or over, are recommended to have the flu vaccine this year. People in 'at risk' categories will get a letter asking them to make an appointment at a vaccination clinic.

Health information nhs.uk/services/know-who-to-turn-to

Make sure you have enough of your regular medication over the holiday period, with medicines for pain relief, high temperatures, indigestion, cough & cold remedies, plasters & antiseptics.

Pharmacies

Your pharmacist can offer advice and over-the-counter medicines for a range of minor illnesses. If your symptoms suggest something more serious, the pharmacy team can ensure you get the help you need and direct you to a GP, nurse, dentist or other healthcare professional.

Fife Dental Advice Line (Mon-Fri 8am-6pm) **01592 226 555**

If you are NOT registered with a dentist.

Outside normal working hours, if feel you have an urgent dental need, please contact NHS 24 on 111.

GP Out of Hours: call NHS 24 **111**

Accident and Emergency and 999 services should only be used when people are seriously ill or injured.

NHS Inform [nhsinform.scot](https://nhs.uk/inform)

Scotland's national health information service.

Quit Your Way **0800 025 3000** **Stop smoking support** **Email: [Fife.smokingcessation@nhs.scot](mailto:Fife.smokingcessation@nhs.uk)**

Health and wellbeing

Hourglass
Safer ageing • Stopping abuse

Freephone 0808 808 8141
078 6005 2906
wearehourglass.scot

Check-in phone calls to older people providing friendly conversation, a listening ear and the chance to talk about safer ageing issues.

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.

Mental health

Clear Your Head

clearyourhead.scot

Student Mental Health

thinkpositive.scot

Support in Mind

01592 268 388
www.supportinmindscotland.org.uk

Mental Health Foundation Scotland

www.mentalhealth.org.uk/scotland

See Me

seemescotland.org

LLTTF (Living Life to the Full)

llttf.com

moodcafé

moodcafe.co.uk

Psychology services

www.accesstherapiesfife.scot.nhs.uk

NHS Choices

nhs.uk/apps-library

Health and wellbeing

Self harm

Penumbra 01383 747 788
Penumbra.org.uk

Mind mind.org.uk_self-harm

Young Minds youngminds.org.uk_self-harm

Sexual health

Sexual Health Fife 01592 64 79 79
www.sexualhealthfife.scot.nhs.uk

Offers drop-in clinics and appointments. Call Mon-Fri 8:30am–4pm.

Suicide prevention

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

Breathing Space www.breathingspace.scot
Call Mon-Thurs 6pm-2am, Fri 6pm - Mon 6am 0800 83 85 87

Samaritans www.samaritans.org/if-youre-having-difficult-time
Helpline open 24 hours a day, 365 days a year 116 123
(Email response time 24 hours) Email: jo@samaritans.org

Health and wellbeing

Papyrus (preventing young suicide) www.papyrus-uk.org
Hopeline open 9am-midnight every day of the year **0800 068 41 41**
Email: pat@papyrus-uk.org

Survivors of bereavement by suicide www.uksoobs.org
Call Mon-Sun 9am-9pm **0300 111 5065**

Self Directed Support

moodcafé www.moodcafe.co.uk

Access Therapies Fife www.accesstherapiesfife.scot.nhs.uk

Fife CAMHS Hands On www.handsonscotland.co.uk

Local Support

Please note due to Covid19, face to face support may not be available. Please check websites for further information.

Sam's Café www.samscafe.org.uk

Sam's provides support for mental health issues, crisis and suicidal thoughts. It is open for one to one support, just drop in anytime – no referral needed.

Sam's is available:

- Greener Kirkcaldy, 8 East Fergus Place, Kirkcaldy KY1 1XT
Open Monday and Friday 12 noon - 8pm
- Forth Street Hall, Forth Street, Leven KY8 4PF (across road from the Greig Institute)
Open Tuesday, Wednesday and Saturday 12 noon - 8pm
- Going Forth, First House Woodmill Road, Dunfermline KY11 4SS
Open Thursday and Sunday 12 noon - 8pm
- Toll Community Hub, 183 High Street, Burntisland KY3 9AE
Open Thursday 12 noon - 8pm

Health and wellbeing

Andy's Man Club

www.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).

- Erskine Building, Pilmuir Street, Dunfermline KY12 7AJ
- Gilvenbank Community Sports Hub, Pitcoudie Avenue, Glenrothes, KY7 6RB
- Stark's Park, Pratt Street, Kirkcaldy, Fife, KY1 1SA
- 3A St Mary's Place, St Andrews KY16 9UY

Women's Wellbeing Club

www.womenswellbeingclub.co.uk

Text only info service:

07394522110

(no calls can be made to this number and a response will be made via text between 5pm & 6pm daily)

A peer to peer community support group run for women by volunteers. Meetings take place on Tuesdays and start between 6pm and 7pm depending on the venue - please check your local club for details. Each meeting lasts 2 hours.

- Gilvenbank Community Sports Hub, Pitcoudie Avenue, Glenrothes, KY7 6RB
- Dunfermline, online only. See website for details.

Young Minds 24/7 crisis support

**Text 'YM' for FREE to 85258
for urgent help**

SHOUT

**Text 'SHOUT' to 85258
giveusashout.org**

24/7 text message support for any mental health concern.

Childline

**Childline.org.uk
Freephone 0800 1111**

Under 19s can call, email or text to chat one to one with a counsellor.

SAMH

www.samh.org.uk

Mental health information.

Health and wellbeing

Sexual abuse

Rape Crisis Scotland (6pm - midnight)	08088 01 03 02 rapecrisisscotland.org.uk
Fife Rape And Sexual Assault Centre	01592 642336 frasac.org.uk
Kingdom Abuse Survivors Project (KASP) Supports adult survivors of childhood sexual abuse.	01592 644217 kasp.org.uk
Safe Space Supports survivors of sexual abuse (aged 12+).	01383 739084 safe-space.co.uk
Revenge Porn Helpline (Mon - Fri 10am - 4pm)	0345 6000 459



**Do you feel afraid of your partner or ex-partner?
You are not alone
We can help**

Fife Women's Aid
0808 802 5555

National Domestic Abuse helpline
0800 027 1234

Police Scotland (non-emergency) 101

In an emergency call 999



Bereavement Support

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

At A Loss

ataloss.org

Signposting to support and resources.

The Compassionate Friends

www.tcf.org.uk

Email: helpline@tcf.org.uk

0345 123 2304

Signposting bereaved parents and their families.

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.

Cruse Bereavement Care Scotland

0808 802 6161

Scotland's Bereavement Charity

www.crusescotland.org.uk

Email: support@crusescotland.org.uk

Held in Our Hearts

heldinourhearts.org.uk

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

Sands Fife

fife.sands.org.uk

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

Scottish Cot Death Trust

scottishcotdeathtrust.org

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

WAY Widowed & Young

www.widowedandyoung.org.uk

Email: enquiries@widowedandyoung.org.uk

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

Bereavement Support

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.

Child Bereavement UK

childbereavementuk.org

0800 02 888 40

Email: support@childbereavementuk.org

Survivors of Bereavement by Suicide

uksobs.org

Winston's Wish

winstonswish.org

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



ON YOUR DOORSTEP

Find out more
about groups and
activities near you

Fife Health
& Social Care
Partnership



Supporting the people of Fife together

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

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

Opening doors to Fife's communities
www.onyourdoorstepfife.org

Access to food

People can go hungry for many different reasons: for example, from redundancy to getting an unexpected bill when on a low income.

Should you find yourself in this position, foodbanks can provide short term access to emergency food and support for people experiencing a crisis.

Foodbanks are non-profit organisations that receive publicly donated food which is then sorted by volunteers and distributed as food parcels. The simple service of providing enough food for a few days can relieve stress, and prevent crime and family breakdown.

Several charitable organisations have set up foodbanks in Fife.

Customers in crisis may be referred to a foodbank by:

- their Social Worker
- Community Education Workers
- Welfare Support Workers
- Housing Officer
- Fife Council's Welfare Fund team
tel. 0300 555 0265 (Open Monday to Friday 9am-2.30pm)
- Citizens Advice & Rights Fife
tel. 0345 1400 095 or visit cabfife.org.uk
Units 7 & 8, Craig Mitchell House, Flemington Road,
Glenrothes, KY7 5QF.
- Some GPs and health visitors can also refer you.
- If you do not have a Social Worker call Fife Council Social Work on:
03451 55 15 03 (Out of hours service: 03451 55 00 99)

Foodbanks

Foodbanks

Benarty Foodbank

07580 231 286

BRAG Centre, Main Street, Crosshill, Lochgelly KY5 8BJ. Referral needed. Food parcels Mon, Wed, Fri 4pm - 6pm.

Cowdenbeath Foodbank

07580 231 286

The Fountain, 39 Broad Street, Cowdenbeath, Fife, KY4 8JP. Referral needed. Food parcels Tues & Thurs 4-6pm.

The Clearing

07802 414418

239 High Street, Cowdenbeath KY4 9QF theclearing@btinternet.com

Offers meal in a bag on Mondays from 11am -1pm. Food distribution on Thursdays from 1pm till 3pm and this will continue over Christmas.

Cupar Foodbank (referral only)

07474 453 153

info@cupar.foodbank.org.uk

21 St Catherine Street, Cupar, KY15 4TA

Food parcels Mon 11-3pm, Wed 4-6pm, Fri 11-3pm and 5-6pm. Open to all.

Dunfermline Foodbank

07580 231 286

Email: info@dunfermline.foodbank.org.uk

Liberty Centre, Pitreavie Business Park, Dunfermline KY11 8QS. Referral needed. Food parcels Mon, Wed & Fri 4pm to 6pm.



www.fife.gov.uk/cafeinc

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

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

Foodbanks

Dunfermline Salvation Army

07513 313251

Community Flat No. 45, Broomhead Drive, Dunfermline.
Cuppa, cake and company.

Mon & Tues 9.30-3pm, Wed 10-2pm, Thurs 10-7pm, Fri 3-7pm,
Sat 10-1pm, Sun closed.

Food items offered throughout the week eg. Bread, tinned food, frozen meal portions. Every Thursday and Friday a 3-course community meal 5-7pm offered on a pay as you feel basis.

Kids always eat free, adults donate if they wish.

East Neuk Foodbank

01333 310 156

Email: eastneukfoodbank@gmail.com

Anstruther Church, Burial Brae, Crail Rd, Anstruther. Tuesdays 12-4pm and Thursdays 4-6pm.

Food parcels to families and individuals in the East Neuk and signposting advice for other services.

Our teas and coffees have just reopened with access to the laptop and landline. Opening times for that are limited to Tuesday 12-3pm

Glenrothes Foodbank (referral only)

01592 631088

Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ.
Monday 12-3pm, Tuesday 11-1pm, Wednesday 1-5pm and
Friday 12-3pm. Auchmuty Foodbank Saturday 10-12pm

Inverkeithing Foodbank (referral only)

07580 231 286

Old Townhouse, 2 Townhall Street, Inverkeithing.
Food parcels Tues & Thurs 4-6pm.

Kirkcaldy Foodbanks

07784 639 355

www.kirkcaldyfoodbank.org.uk

Foodbanks

- **Viewforth Hub**
Viewforth Church Hall, Viewforth Terrace, Kirkcaldy KY1 3BW
Mon/Thur 10am-3pm, Tuesday 10am- 12pm, Wed 10am-1pm
- **Burntisland Salvation Army Hall**
40 Lonsdale Crescent, Burntisland, KY3 0BN. Tue & Fri 12pm-2pm
- **New Volunteer House** **07853 788381**
16 East Fergus Place, Kirkcaldy, KY1 1XT
Mon/Wed/Fri 10am-12.30pm
- **Linton Lane Centre** **01592 643816**
Linton Lane, Kirkcaldy KY2 6LF. Mon to Fri 10am-12:30pm
- **LinkLiving** **01592 644048**
Westbridge Mill, Bridge Street, Kirkcaldy KY1 1TE
Mon-Fri 9:30am-4pm
- **Enlightenments**
287-289 High St, Kirkcaldy KY1 1JH. Tues/Thurs 10am-12pm

Levenmouth Foodbank Community Support Project 01333 439202
(referral only) 07966 502 854

levenmouth.foodbank.org.uk

Email: info@levenmouth.foodbank.org.uk

Methil Evangelical Church, 3-5 Bowling Green Street, Methil KY8 3DH
Open Monday AND Friday 3.30pm to 5pm.

Christmas Opening Times:

20th December - Referrals close 2.30pm, appointments from 3.30pm.

Friday 24th, Tuesday 28th & Friday 31st December and Tuesday 4th
January- Referrals close 2.30pm, appointments from 10.30am

7th January onwards - Normal opening.

Referrals close 2.30pm, appointments from 3.30pm

Rosyth Foodbank (referral only) 07580 231 286

Email: foodbankinrosyth@gmail.com

Parish Church, Queensferry Road, Rosyth. Food parcels Monday,
Wednesday and Friday 4pm-6pm.

Foodbanks

EATS Rosyth Community Hub

07782 848 705

8 Aberlour St, Rosyth KY11 2RD. Open Monday to Friday 10am - 2pm

Storehouse Foodbank, St Andrews (referral only)

01334 474 940

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

Tuesdays 12-4pm and Thursdays 4-6pm. The amount a client can take away with them is largely dependent on what their need is. As a rough guide though, we offer 2 bags per adult, 1 bag per child per visit.

Taybridgehead Foodbank (referral only)

01382 540682

07840 957 039

We are not open to the public. Our parcels are made up in the Foodbank and then delivered to all client's homes – we have been doing this since the start of the Pandemic and think that we will continue to do so in the future. All parcels are delivered on a Wednesday afternoon. Any request for an emergency parcel is dealt with immediately.

Burnside Hostel

01334 659474

16 East Burnside, Cupar, KY15 4BH – can issue foodbank vouchers

Low cost hot meal locations

Cowdenbeath area

Oor Wee Cafe

07535 650 273

Kelty Community Centre, Main Street, Kelty KY4 0AQ

Open Tuesdays 12pm-1:30pm. Community Cafe serving hot meals. End of day food from Tesco, Co-op, Greggs and Baynes the Bakers is also available as well as groceries such as bread, milk, beans and possibly pet food. All of this can be accessed for a donation of what you can afford.

Low cost hot meal locations

Max's Meals

Maxwell Community Centre. Every Thurs 12pm – 2pm

Lo'gelly Lunches

Lochgelly Town Hall, Bank St, Lochgelly. Every Friday 11am – 1pm

The Pantry @ Brag

Crosshill Community Enterprise Centre, Main Street, Crosshill,

Thursday 1pm – 3pm and Friday limited delivery slots between 1pm – 3pm.

Glenrothes area

St Columba's Church

Roths Road, Glenrothes KY6 1BN

01592 752539

Text service: 07520 646266

Email: info@st-columbus.com

www.st-columbus.com

Free meals in connection with Fife Gingerbread - Wednesday lunch times

Collydean Community Centre's 'Colly Café'

07465 989 887

collydeancommunitycentre.co.uk

Low cost meals, emergency food parcel service, and a community food larder available Email: info@collydeancommunitycentre.co.uk

Kirkcaldy area

Redemption Church

07955 527 798

Currently delivering food parcels/meals to those in need in the area. Self-referral via contact number.

Foodbank Mon-Fri 10am - 12.30pm - self referral available.

Community free lunch - 3 courses - last Sunday of each month 12.15 - 2pm.

Low cost hot meal locations

Community Centre, Linton Lane, Kirkcaldy 01592 643816
Email: support@hostinghope.uk

St Bryce Kirk 01592 64 00 16
St Brycedale Avenue, Kirkcaldy KY1 1ET www.stbrycekirk.org
Free tea & coffee/chat. No community kitchens ongoing at present.

Bennoch Parish Church 01592 201723
3 Elgin Street, Kirkcaldy KY2 5HR www.bennochparishchurch.org.uk
Olive Branch community café - Thursdays 11am-2pm (Internet access available at café)

Greener Kirkcaldy 01592 858 458
8 East Fergus Place, Kirkcaldy KY1 1XT info@greenerkirkcaldy.org.uk
Community Meal Takeaway every Wednesday between 3.30pm and 5.30pm. Free - donations welcome.

Levenmouth area

St Kenneth's Parish Church, Kennoway Smart Hall 07398 825331
Junction of Cupar Rd and Denhead, Kennoway KY8 5LR

Wellesley Parish Church 01333 423147
331 Wellesley Road, Methil KY8 3BT
Currently closed due to refurbishment but hope to be up and running by December 2021 and have a low cost café available.

Buckhaven Baptist Church
Junction of College Street and Erskine Street, Buckhaven, KY8 1JT
Food packs provided Friday 24th December and Friday 31st December 2021 9am-10.45am.

Low cost hot meal locations

Buckhaven Salvation Army

01592 715914

Michael Street, Buckhaven, KY8 1JR

Offering Christmas food parcels, for those who have the capacity to cook something at Christmas but not the means. These involve a stripped down Christmas dinner and a standard emergency food parcel for 3 days. Also running a Christmas toy provision service (by referral) for those who have children but are unable to get gifts for them. Referrals need to come from a health care professional, a health visitor, a school teacher or another organisation (CA for example). Pick up dates for toys is the week before Christmas and we will be in touch with parents or guardians with their time slot. Both of these services are available up until 23rd December.

Also run emergency food provision each week (by referral)

North East Fife

Old Parish Church Centre

01334 656181

Cupar Short Lane, Cupar

ENeRGI (East Fife Recovery Group Initiative)

01333 730477

32 East Street, St Monans KY10 2AT **Email: kgourlay@energi.org**

Provide food parcels. Self referral - call in week before, however do cater for emergencies.

Drop in centre - 10-2 Mon-Fri, chat, advice, benefit advice etc - tea/coffee provided.

Ladies' and Mens' mental health and wellbeing groups - looking at all sorts of activities and sports, lunch included.

Ladies Thursday 11am-1pm, Mens Monday 11am-1pm held in the Coastline Community Church in Pittenweem.

Low cost hot meal locations

South West Fife

Kincardine Café Connect

01259 730887

Email: cafeconnectkincardine@gmail.com

Community Centre, Anderson Lane, FK10 4SF

Opening times: Weekdays 11:30am – 2pm (Wednesdays 9:30am – 2pm). Affordable lunch deals.

LinkLiving Social Café

- Torryburn Community Centre on a Tuesday morning 10.30-12.30.
 - Rosyth social café has been temporarily moved to North Queensferry Community Centre. Wednesday morning 10.30-12.30.
 - Cowdenbeath Social Café is likely to resume at the end of November at Cowdenbeath Bowling Club 10.30-12.30 on Thursday mornings.
 - North Queensferry Community Centre Friday 11-12.30 until we can return to Rosyth Parkgate Centre.
-

Oakley Community Cafe

01383 602344

Community Centre, Station Rd, KY12 9QF

Fairshare - Thursdays 12noon onwards. £3 per bag of fresh fruit/veg and food products. Café Inc - free meals for families during school holidays.

Community Café - due to reopen soon - Thursdays lunch time 12-3pm approx. Low cost take out lunches.

Valleyfield Canary Canteen

01383 881508

Valleyfield Social Club, High Valleyfield KY12 8RT

Open Thursdays 12-2pm. Low cost 3 course meals, home baking, tea and coffee. Available to everyone. Donation towards costs if in a position to do so (pay what you can afford system).

Community fridges

Castle Community Cafe

01383 602342

Blairhall Community Centre, 10-12 Wilson St, Blairhall

Thursdays 12-2pm low-cost meals.

Every last Friday in the month. Low-cost High Tea - fish/chips/cakes/tea/coffee £5 per person.

FairShare - Thursdays 11:30am -2pm - onwards. £4 per bag of fresh fruit/veg and £2 per bag food products for Blairhall residents. (bags cost £6 for non Blairhall residents)

Dunfermline Salvation Army

Community Flat No. 45, Broomhead Drive, Dunfermline

Open Thursdays and Fridays, 5pm-7pm. Pay when you can.

The Vine Church

07311 822232

www.thevinechurch.com/free-meals

131 Garrock Hill, Broomhead Drive, Dunfermline, KY11 4JU

Call 07311 822232 or complete the online free meal's Request Form.

Meals must be booked 48hrs before or collected and delivered (within the Dunfermline area).

Community fridges

Anstruther Community Fridge

01333 311977

Email: sonja@eastneukcentre.org.uk

East Neuk Centre, Ladywalk, Anstruther, KY10 3EX

Open: Thursdays between 1pm – 4pm

Cardenden Community Fridge

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

Open Mondays 1pm-3pm and Fridays 2pm-4pm.

Community fridges

Cupar Community Fridge

03451 55 55 55

Email: Caitlin.Brown@fife.gov.uk

County Buildings, St Catherine St, Cupar KY15 4TA

Open: Tuesday between 11am -12pm. Open to everyone.

EATS Rosyth Community Hub

07782 848 705

Offering affordable food on a donation (pay as you feel) basis.

Until 24th December: Operating from Rosyth Baptist Church, Queensferry Road, Rosyth KY11 2JJ. Mon-Fri 10am-2pm

From 3rd January: EATS Rosyth Community Hub, 8 Aberlour Street, Rosyth, KY11 2RD. Mon-Fri 10am-4pm

Food for your Future Pantry

07730 809 375

Email: foodforyourfutureenquiries@gmail.com

Tryst Community Centre, Duncan Cres, Dunfermline KY11 4BZ
Community Pantry committed to Reducing Food waste.

Call on Wednesday between 10am-1pm to arrange a free pantry bag - collect on Thursday at your allocated time slot. Covering all areas of Dunfermline.

GM3 Food for Families (formally F3)

07518 902602

Gillespie Centre, Dunfermline, KY12 7AW

Dunfermline area only. Critical Emergency Service - One off provision - providing food/fuel/etc to those in most need. Response within 24hours. Signposted onto other services for further support.

Greener Kirkcaldy Community Fridge

01592 858458

8 East Fergus Place, Kirkcaldy, KY1 1XT **info@greenerkirkcaldy.org.uk**

Open: Thursday 3 pm - 4.30 pm and Friday, 9.30am - 4pm.

There may be food in the fridge throughout the week.

Check **www.greenerkirkcaldy.org.uk/contact** for opening times.

Community fridges

The Hive – Fife's LGBT+ Centre

Opening soon

10 Whytescauseway, Kirkcaldy KY1 1XF (just behind Kirkcaldy Bus Station)

Fridge open 7 days - Take any 5 items.

Leslie Community Pantry

07730 789 255

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

Open: Monday - Thursday 10am until 3pm

Food resilience to families in need. There is no referral required to attend the pantry - anyone within the KY6 area is able to utilise the service but it is asked that it is not used more than once a week.

The Pantry, Leven

peoplespantryleven@gmail.com

The Centre Leven, 1 Broomieknowe, Leven, KY8 4Q

Open: every Friday from 10:00 am until 1:00pm

The pantry is a food project where for a £2 per week membership fee you can access the pantry and choose items of fresh fruit and vegetables, ambient tinned food, chilled and frozen food. There is currently a waiting list.

St Monans Pop Up Pantry

Email: caroline.berry@fife.gov.uk

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

Open: Alternate Fridays between 11am – 12.30pm

Tayport Community Fridge

01382 549727

Email: larickcentre@tayportct.org.uk

Larick Centre, Shanwell Road, Tayport, DD6 9EA

Open: Fridays between 2pm - 5 pm

READY FOR WINTER

www.fife.gov.uk/readyFife



Don't feel isolated when severe weather hits

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



www.fife.gov.uk/winter



facebook.com/fifecouncil



twitter.com/fifecouncil



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



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

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

Adult Protection Phone Line

01383 602200

SMS text service for people with a hearing loss: 07781 480 185

In an emergency call 999

Police non-emergency number 101



Fife Adult Support & Protection
www.fife.gov.uk/adultprotection



Thanks to the Alcohol and Drug Partnership for funding this publication.