



Contents



Staying Safe and Keeping Well

Useful telephone numbers and contact information for support services in Fife



2022 edition

www.fife.gov.uk/stayingsafekeepingwell

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Fife Council Community Support Line
(Mon-Fri, 9am-5pm)

0800 952 0330
our.fife.scot/gethelp

Everyone is feeling the impact of the cost-of-living crisis. We want to make sure you're aware of all the support available. If you can't access information online or would like to make an appointment please call us. We're here to help.

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.

Samaritans **116 123**
jo@samaritans.org 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.org.uk

Social Work Contact Centre (Open 9-5pm) **03451 55 15 03**
www.fife.gov.uk/adultcare

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

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 55 15 03**

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. This includes immediate mental health illness out with GP hours.

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 (freephone) **0800 028 6231**

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

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

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

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

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

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

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

Help with the cost of living

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

You are important. PLEASE...

Don't keep things to yourself

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

Don't try to change anything big

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

Don't forget to look after yourself

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

Don't forget to have time for yourself

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

Help with... the cost of living



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

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

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

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



Increase your income

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

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



our.fife.scot/gethelp/money

EntitledTo Benefits checker

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

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

Welfare Support

www.fife.gov.uk/benefits
01592 583659

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

Scottish Welfare Fund

0300 555 0265

Crisis and Community Care Grants

www.fife.gov.uk/welfarefund

Citizens Advice and Rights Fife (CARF)

CABFife.org.uk

Money Advice Unit

0345 1400 094

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

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)

National Debtline

0808 808 4000

nationaldebtline.org/Scotland

Fife Credit Unions

01592 725233

fifecreditunions.org.uk

Christians Against Poverty

0800 328 0006

www.capuk.org

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

Financial Abuse and Scams

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

Advice Direct Scotland (ADS)

0808 164 6000

To report scams or get help and advice.

consumeradvice.scot

Rogue Traders/Doorstep Callers

if you feel uncomfortable or suspicious about a cold caller in your local area, phone **Police Scotland on 101 or 999 in an emergency.**

Fife Trusted Trader

0333 444 0185

Find reliable and vetted local tradespeople. trustedtrader.scot/Fife

Fife Trading Standards

Trading.Standards@fife.gov.uk

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.
- 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.

Trading Standards Scotland www.tsscot.co.uk/news/scam-share

Learn about the latest scams

Citizens Advice Scotland www.citizensadvice.org.uk

Use their online scams helper to find out more.

Don't miss out - claim what's yours

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

our.fife.scot/gethelp/money

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

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



Help with housing, home energy and household bills

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



our.fife.scot/gethelp/home

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

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

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

[Find more domestic abuse support on page 48](#)

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

Frontline Fife **01592 800 430**
info@frontlinefife.co.uk

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

Shelter Scotland free helpline **0808 800 4444**

Practical advice on urgent housing matters shelter.scot.org.uk

Fife Council Tenancy Assistance **03451 55 00 33**

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

Fife Housing Register www.fifehousingregister.org.uk

Information regarding housing options and housing advice.

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

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

Community Support Line

0800 952 0330

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

Fife Council 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.

Fife Cares

03451 55 15 03

www.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

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

01592 803 280

www.dphsfife.org.uk

Fife Law Centre

01592 786710

info@fifelawcentre.co.uk

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

Warm Spaces near you

Warm spaces have been set up throughout Fife to offer safe, warm places for people to spend time, take part in activities and access support.

our.fife.scot/gethelp/warmspaces

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

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



Help with housing, home energy and household bills

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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 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



The advertisement features a smiling firefighter in a dark uniform with a name tag and a badge. To his right, a woman is partially visible, also smiling. In the top left corner, there is the Scottish Fire and Rescue Service logo, which is a circular emblem with a red and white design. Next to the logo, the text reads "SCOTTISH FIRE AND RESCUE SERVICE" in red and black, with the tagline "Working together for a safer Scotland" below it. A red banner at the bottom of the image contains the following text:

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

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.
- Advise on energy efficiency measures and funding for home energy efficiency improvements.
- Checking eligibility for any grants and discounts that may be available to help you pay your bills.
- Support to deal with fuel debt and self-disconnection from prepayment meters.

Call: 01592 807930

Text: 'Cosy' and your name to 88440

Email: info@cosykingdom.org.uk

Visit: www.cosykingdom.org.uk

Social Media @CosyKingdom

Closed from 24 Dec. Open on 2nd Jan 2023.



Home Energy

Power cuts and safety helpline

105

powercut105.com

Heating advice

www.fife.gov.uk/heatingadvice

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

Prepayment Meters

Emergency Fuel Top Up

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

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

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

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

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

Help with housing, home energy and household bills

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Energy suppliers

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

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

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

our.fife.scot/gethelp/bills

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

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



Help with food

Contents

Food is essential and we want to make sure nobody in our community goes hungry. We have some amazing community cafes where you can get something to eat in a warm and welcoming environment. It's also a good opportunity to get out and meet people.

A list of our cafes and food providers can be found online here:



our.fife.scot/gethelp/food

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

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.

Customers in crisis may be referred to a foodbank by:

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



www.fife.gov.uk/cafeinc

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

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

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

City of Dunfermline

Community Cafés

Liberty Church

01383 733970

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

office@libertychurch.co.uk

Opening times: Wednesdays 6pm to 7.15pm and 1st & 3rd Thurs of the month 2pm to 3.30pm

Revive Wellbeing Hub @ The Vine

131 Garvock Hill, Dunfermline, KY11 7HZ

Opening times: Wednesday 5pm til 8.30pm

Booking is required - revivewarmandwell.eventbrite.co.uk

Viewfield Baptist Church

dropin@viewfield.org.uk

Viewfield Centre, Dunfermline, KY12 7HZ

Opening times: Tuesday 12pm - 3pm

Community Fridge/Larder/Pantry

Food For Your Future Pantry

07730 809375

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

www.facebook.com/foodforyourfuture

foodforyourfutureenquiries@gmail.com

Opening times: Call 07730 809375 on a Wednesday to register between 10am & 1pm. You will be given a time slot to collect your bag From Touch Community Centre on the Thursday

Food Bank

Dunfermline Food Bank

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

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

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

Baldridgeburn Pantry

07525 742175 or 07730 751885

Baldridgeburn Community Centre, Dunfermline, KY12 9EH

Opening times: Tuesday 13:00 to 15:00

Dunfermline Salvation Army

01383 723 161

Community Flat No. 45, Broomhead Drive, Dunfermline

www.salvationarmy.org.uk/dunfermline

Opening times: Every Thursday and Friday

Low Cost Hot Meals

Gillespie Memorial Church

01383 621253

Gillespie Centre, Chapel Street, Dunfermline, KY12 7AW

Opening times: Mon & Thurs 10am - 1pm

Surplus Food

S.H.I.E.L.D

www.facebook.com/groups/shieldsurplus

Information of pop up locations and dates available on Facebook page

Cowdenbeath Area

Community Cafés

Max's Light Bites

Maxwell Centre, 70 Stenhouse Street, Cowdenbeath, KY4 9DD
Opening times: Monday 1pm-2.30pm

Oor Wee Café

07563 380176

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

www.facebook.com/OorWeeCafe

Opening times: Tuesday 11:30-1pm

Community Fridge/Larder/Pantry

Lo'gelly Lunches

Town Hall, Bank St, Lochgelly, KY5 9RE

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

Opening times: Community Café open every Tuesday 11am - 1pm
Community Larder open every Friday 10am - 1pm

Cardenden Community Fridge

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

Opening times: Monday 1-3pm and Friday 2-4pm.

MAX's Meals

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

Opening times: Thursday from 12.00pm - 1pm.

The Pantry @BRAG

www.facebook.com/bragenterprises

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

Opening times: Thursday 1pm - 3pm

Food Bank

Benarty Food Bank **07580 231286**

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

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

Opening times: Monday, Wednesday and Friday 4pm-6pm

Cowdenbeath Food Bank **07580 231286**

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

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

Opening times: Tues & Thurs 4-6pm

Benarty Food Angels

Benarty Centre, Ballingry Road, Ballingry, KY5 8JH

www.facebook.com/Benarty-Food-Angels-103963191522887

Opening times: Every Monday from 1pm - 2pm

Salvation Army **01383 513384 or 07741 906029**

Stenhouse Street, Cowdenbeath, KY4 9DD

cowdenbeath@salvationarmy.org.uk

Opening times: drop in' facility on a Tuesday between 10-12.

The Clearing **07802 414418**

239 High Street, Cowdenbeath, KY4 9QF

www.facebook.com/streetpastorbase

Opening times: Monday 11am -1pm, Fridays from 10am till 1pm

Surplus Food

S.H.I.E.L.D www.facebook.com/groups/shieldsurplus

Information of pop up locations and dates available on Facebook page

Glenrothes Area

Community Fridge/Larder/Pantry

Leslie Community Pantry **07730 789255**

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

www.facebook.com/lesliecommunitypantry/

Opening times: Monday - Thursday 10am until 3pm, Friday 10-1pm

Peace N Jam **01592 754206**

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

www.facebook.com/peacenjamproject

Opening times: 12-2.30pm on Tuesdays and 10-1.30pm on Thursdays

Food Bank

Glenrothes Food Bank **01592 631088**

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

glenrothes.foodbank.org.uk

Opening times: Monday, and Friday 12pm-3pm Tuesday 11am-1pm & Wednesday 1pm -5pm

Glenrothes Foodbank at Auchmuty **01592 631088**

107 Alexander Road, Glenrothes, KY7 4DZ

glenrothes.foodbank.org.uk/

Opening times: Saturday 10am - 12pm

Collydean Community Centre, 89th North Glen Scout Group

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

www.facebook.com/collydeancommunitycentre

Opening times: 9am – 3pm, Monday – Friday, Saturday 10-12pm

Low Cost Hot Meals

Carea Community Hub

50th Woodside scout hall, Balbirnie Road,

Colly Café

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

Opening times: Monday to Friday during school holidays

Leslie Baptist Church

48 North St, Leslie, Glenrothes, KY6 3DJ

www.facebook.com/lesliebaptistchurch

Opening times: Mondays during school holidays

Surplus Food

Glenrothes Community Sports & Health Hub

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

www.facebook.com/GlenrothesCommunitySportsHealthHub

Opening times: 2pm-4pm on Wednesdays and 5pm-6pm on Fridays

Kirkcaldy Area

Community Fridge/Larder/Pantry

Nourish Support Centre

01592 653639

Elizabeth House, Barclay Court, Kirkcaldy, KY1 3WE

www.facebook.com/nourishsupport

Opening times: Tues, Wed and Thursdays

The Community Fridge

01592 858458

8 East Fergus Place, Kirkcaldy, KY2 5AW

info@greenerkirkcaldy.org.uk

Opening times: Thursdays from 2.30pm and Fridays mornings

The Lang Toun Larder

01592 858458

8 East Fergus Place, Kirkcaldy, KY2 5AW

info@greenerkirkcaldy.org.uk

Opening times: Thursdays 11am – 2pm (Members have time slots)

Food Bank

Kirkcaldy Food Bank

www.kirkcaldyfoodbank.org.uk

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

Low Cost Hot Meals

Community Meals, Greener Kirkcaldy **01592 858458**

8 East Fergus Place, Kirkcaldy, KY2 5AW

www.greenerkirkcaldy.org.uk/

Opening times: Opening hours: Wednesdays 4.30pm – 6.30pm

Hosting Hope **01592 643816**

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

Opening times: Last Sunday of the month at 12.30-2.00pm

Surplus Food

S.H.I.E.L.D www.facebook.com/groups/shieldsurplus

Information of pop up locations and dates available on Facebook page

Levenmouth Area

Community Cafés

Safe Haven Café

Buckhaven Baptist Church, College Street, Buckhaven

Food Bank

Levenmouth Food Bank **01333 439202**

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

levenmouth.foodbank.org.uk/

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

Opendoor foodbank

Smart hall, St Kenneths church, Cupar Rd, Kennoway, Fife.

North East Fife

Community Fridge/Larder/Pantry

Colinsburgh Community Café & Food Hub

Colinsburgh Town Hall KY9 1LN

www.facebook.com/groups/colinsburghcommunitycafeandfoodhub

Opening times: Tuesday 10.30am - 12 noon; Sundays
– check Facebook as time can vary week to week.

Cupar Community Fridge

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

Opening times: Tuesday's 11-12 pm & Friday 3-4pm

East Neuk Eats! Community Fridge

East Neuk Centre Trust, Ladywalk, Anstruther, KY10 3EX

Opening times: every Thursday at the East Neuk Centre
from 1 pm - 3 pm and Friday from 10 am - 3 pm.

Leuchars Larder

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

www.facebook.com/profile.php?id=100085930549746

Opening times: Monday 3.15pm - 5.15pm

St Andrews Community Fridge

07792 941783

St David's Centre, St Andrews KY16 8BP

www.facebook.com/CommunityHubNEF

Opening times: Mon-Fri 10am – 4.30pm; Sat 10am-3pm

St Monans Community Food Larder

St Monans Town Hall, Hope Place KY10 2DH

[Search 'St Monans Community Food Larder' on Facebook](#)

Opening times: Friday 11am-12 noon

Tayport Community Fridge

07486 893215

Larick Centre, Shanwell Road, Tayport, DD6 9EA

www.facebook.com/tayportcommunityfridge/

Opening times: currently 3-4pm (subject to changes)

Food Bank

Cupar Food Bank

07474 453153

21 St Catherine Street, Cupar, KY15 4TA

cupar.foodbank.org.uk

Opening times: Monday 11-3pm, Wednesday 4-6pm, Friday 11-3pm and 5-6pm.

East Neuk Food Bank

Anstruther Church, Burial Brae, Anstruther, KY10 3HF

www.facebook.com/eastneukfoodbank

Opening times: Tuesdays 12-4 and Thursdays 4-6

Newburgh Food Bank

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

www.facebook.com/profile.php?id=100057173931402

Opening times: Monday and Friday 10am - 10.30am and Wednesday 5pm to 5.30pm

Storehouse Food Bank

01334 845985

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

www.storehousestandrews.com/get-food

Opening times: Tuesdays 11am-1pm, 5:30-6:30pm and Thursdays 11am-1pm

Taybridgehead Food Bank

07840957039

Wormit Parish Church, Wormit

www.facebook.com/TFoodbank/

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

Food Parcels

Auchtermuchty Angels

1 Distillery Street, Auchtermuchty

www.facebook.com/groups/auchtermuchtyangels/

Opening times: Contact for appointment

ENeRGI (East Fife Recovery Group Initiative)

01333 730477

32 East Street, St Monans KY10 2AT

energirecovery@btconnect.com

www.energi.org.uk

**Get help to find a
community fridge and
access other support
near you**

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

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)



South West Fife

Community Fridge/Larder/Pantry

Ballast Bank Community Pantry (Inverkeithing Trust)

Preston Crescent, Inverkeithing, KY11 1DS

Opening times: Thursday 10am-12pm

Blairhall Community Centre Pantry

10-12 Wilson St, Blairhall, Dunfermline, KY12 9PS

Opening times: Thursday 11:30-2pm

Tower Pantry

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

Opening times: Thursday from 12pm - 2pm but, finishes when food is gone. It goes quickly

Valleyfield Community Club Pantry

Kinloss Court, Valleyfield, KY12 8RT

Opening times: Tuesday 2-3pm

EATS Rosyth Community Hub 07782 848705

8 Aberlour Street, Rosyth, KY11 2RD

Opening times: Monday - Wednesday 10am - 3pm; Friday 10am - 4.30pm with Friday takeaway served at 5pm Closed: Thursday, Saturday and Sunday.

Inverkeithing Food Bank

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

dunfermline.foodbank.org.uk

Opening times: Tues Thurs 4-6 pm

Rosyth Food Bank

Parish Church, Queensferry Road, Rosyth, KY11 2PQ

dunfermline.foodbank.org.uk

Opening times: Mon Wed Fri 4-6 pm

Low Cost Hot Meals

Canary Canteen

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

www.facebook.com/valleyfieldclub/

Opening times: Open thursdays 12-2.

Castle Community Cafe

07450 984081

Blairhall Community Centre, 10-12 Wilson St, Blairhall

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

Opening times: Thursdays 12-2

Kincardine Café Connect

Community Centre, Anderson Lane FK10 4SF

Opening times: Opening times : Mon 11:30-2, tues 11.30-2, wed 9:30-2, thur 11.30-2, fri 11:30 - 2. affordable lunch deals

Surplus Food

S.H.I.E.L.D

www.facebook.com/groups/shieldsurplus

Opening times: Information of pop up locations with dates and times available on Facebook page

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".

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.

Fife Gingerbread	01592 725210 fifegingerbread.org.uk
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Parentline Scotland	0800 028 2233
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One Parent Families Scotland	opfs.org.uk
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Contact (for families with disabled children)	0808 808 3555 contact.org.uk
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Sleep Scotland Support Line (Mon-Thu 10am-4pm)	0800 138 6565
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Fife Families Information Service	01592 583146
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Families Outside helpline For families affected by imprisonment in Scotland.	0800 254 0088
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Relationships Scotland	0345 119 2020 Relationships-scotland.org.uk
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Home-Start 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.	01334 477548
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Alcohol and Drug Support and Recovery Services

Contents

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

Social Work Offices will be closed on Mon 26th, Tues 27th and Wed 28th December 2022 as well as Mon 2nd Tues 3rd and Wed 4th January 2023 however the Social Work Contact Centre remains open and are contactable on **03415 55 00 99**.

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

ADAPT is the main drug and alcohol triage service in Fife and provides information, advice, and 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**

Wed 21st – Thurs 22nd Dec 2022	10am-12.30pm, 1.30pm-4pm
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Fri 23rd December 2022	10am - 12.30pm
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Tue 27th, Wed 28th, Thu 29th	10am-12.30pm, 1.30pm-4pm
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Fri 30th Dec 2022	10am -12.30pm
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Telephone service on Friday 6th January 2023. Normal services will resume on Monday, 9th January 2023.

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, or call us on our freephone number **0800 917 9211** to get a call back.

Our sites in Fife are closed for face to face Friday 23rd afternoon, Monday 26th and Tuesday 27th December. Our webchat service will be available during this time daily until 9 pm, only closing Christmas day. Our freephone will direct to this when we are closed.

Alcohol and Drug Support and Recovery Services

Contents

Al-Anon

0800 0086 811

www.al-anon.org.uk

Support for families and friends of problem drinker. Groups: in Cupar, Dunfermline, Kirkcaldy, Methil and St Andrews.

Clued Up

01592 858 248

www.cluedup-project.org.uk

Substance use support for young people under 25 in Fife.

Closed 26th - 28th December and 2nd - 4th January 2022.

DAPL

enquiries@dapl.net

01333 422 277

www.DAPL.net

SMS: 07584233877

- 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 Friday 23rd December and will reopen Thursday 5th January 2023.

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

National free helpline

help@aamail.org

0131 225 2727

0800 9177 650

www.alcoholics-anonymous.org.uk

Narcotics Anonymous

0300 999 1212

ukna.org

Gambling Anonymous

0370 050 8881

gascotland.org

Alcohol and Drug Support and Recovery Services

Contents

GamCare

0808 8020 133

www.gamcare.org.uk

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

Know the Score

0800 587 5879

Knowthescore.info

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

charlene.gilmour@phoenixfutures.org.uk

FIRST For Fife Peer Support Groups

07792 785144

Wed 28th Dec and Tue 3 Jan 2023 at St Luke's Church, Glenrothes 6:30pm-8:00pm. Food provided before Peer Support (5:00pm-6pm).

Restoration Fife

www.facebook.com/RestorationFife

- Monday – Friday 9am-5pm
- Wednesday & Saturdays – out of hours groups 7pm-8pm

Call, text or WhatsApp; Activity Bookings - **07734 408498**
or our community coordinator Jade on **07501 176 234**

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

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

HINTS & TIPS

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.

To stay safe when using alcohol

HINTS & TIPS

- 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)

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.needleexchange.scot) and from We Are With You (closed for face to face Fri 23rd PM, Mon 26th and Tues 27th Dec) and is available for delivery by calling **0800 9179211** and leaving a message
- 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

- 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.

Take Home Naloxone – Get Trained & Carry a Kit

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

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

Take Home Naloxone comes in two forms:

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

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

Stop The Deaths

www.stopthedeaths.com/

Take-Home Naloxone - SFAD

www.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.

Vaccination

Protect Yourself From COVID-19 and Flu

Vaccines that will help protect you from flu and coronavirus this winter are available now.

You can book your COVID-19 autumn booster if you are in an eligible group.

This includes:

- Those aged 50 and over
- Those aged 5 to 49 in a clinical at-risk group, including pregnant women
- Those aged 5 to 49 who are household contacts of those with immunosuppression
- Carers aged 16 to 49

Where possible the seasonal flu vaccination will also be given at the same time as the autumn booster.

A winter dose of the vaccines can top up your protection and help reduce your risk of severe illness.

Don't let your protection fade

To check your eligibility visit:
www.nhsinform.scot/winter-vaccines

For further information on the vaccines and booking visit:
www.nhsfife.org/booster



Right Care, Right Place When You Need Urgent Care

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

Urgent care means ‘when you suddenly become unwell and need to see a healthcare professional the same day but it is not an emergency’ – this could be for your physical or mental health.

- If you think you need A&E but it’s not life-threatening or you need to visit a Minor Injury Unit phone **111** day or night, they will help you get the care that is right for you
- During normal opening hours you should still call your GP practice or you can get help online using the information and resources on NHS Inform
- Other services such as Community Pharmacies, Opticians, and Dentists can also help you

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.

For further information visit: www.nhsfife.org/urgent-care

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 Fife www.nhsfife.org

Information on local services

NHS Inform www.nhsinform.scot

Scotland’s national health information service **111**

Community Pharmacies www.nhsfife.org/community-pharmacy

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

Opticians www.nhsfife.org

If you have eye problems visit your local optician. Opticians have the same specialist equipment as specialist eye doctors. You can find a list of your nearest opticians on the NHS Fife website

NHS Fife Dental Helpline **01592 226555**

If you have a dental problem you should call the dental practice that you normally attend in the first instance. If you are not registered with a dentist you can call the NHS Fife Dental Helpline for advice. Outside normal working hours if you have an urgent dental need call NHS24 on 111.

Quit Your Way (Stop smoking support) **0800 025 3000** www.nhsinform.scot/healthy-living/stopping-smoking Fife.smokingcessation@nhs.scot

NHS Inform – Stop Smoking Self-Referral Form www.nhsinform.scot/contact-request

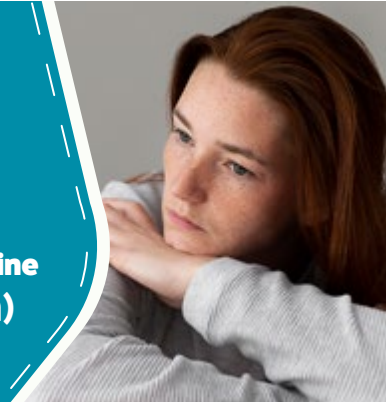
We're here to help

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

our.fife.scot/gethelp

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

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



Mental Health

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

Fife CAMHS Hands On www.handsonscotland.co.uk

Child and Adolescent Mental Health Service (CAMHS)
www.nhsfife.org/camhs

CAMHS is for children and young people up to 18 years who are experiencing persistent, complex or severe mental health difficulties

Childline (Freephone) **0800 1111**
www.childline.org.uk

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

Express Group (Fife) **01592 645331**
info@expressgroupfife.org.uk www.expressgroupfife.org.uk

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

moodcafé www.moodcafe.co.uk

SAMH www.samh.org.uk

Mental health information.

Clear Your Head www.clearyourhead.scot.org.uk

Student Mental Health www.thinkpositive.scot.org.uk

Support in Mind **01592 268 388**
www.supportinmindscotland.org.uk

Mental Health Foundation Scotland www.mentalhealth.org.uk/scotland

See Me www.seemescotland.org.uk

LLTTF (Living Life to the Full) www.llttf.com

Psychology Services www.accesstherapiesfife.scot.nhs.uk

NHS Choices www.nhs.uk/apps-library

Self harm

Penumbra **01383 747 788**
www.penumbra.org.uk

Mind www.mind.org.uk_self-harm.org.uk

Young Minds www.youngminds.org.uk_self-harm.org.uk

Sexual Health

Sexual Health Fife **01592 647979**
www.nhsfife.org/sexual-health

Under 25s can phone or text the Young Peoples 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 is available for people living in Fife. We can send free condoms direct by post to your home confidentially in a plain unmarked envelope. The pack will contain 12 condoms and some water-based lubricant and should arrive within 10 days. Used correctly and consistently condoms help prevent HIV and reduce the risk of sexually transmitted infections and pregnancy. If a condom bursts, comes off or you do not use one you may be eligible for EMERGENCY CONTRACEPTION if you are at risk of pregnancy.

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

Further information and video are available on our website .

Suicide prevention

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

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

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

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

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

Papyrus (preventing young suicide) **0800 068 41 41**
Hopeline open 9am-midnight, 365 days a year **Text: 07860 039967**
pat@papyrus-uk.org www.papyrus-uk.org

Survivors of bereavement by suicide **0300 111 5065**
Call Mon & Tues 9am-5pm www.uksobs.org

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

SHOUT www.giveusashout.org.uk
24/7 support for any mental health concern. **Text "FIFE" to 85258**

Local Support

Sam's Café

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

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

- 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
 - Glenrothes YMYA, North Street, Glenrothes, KY7 5PP
Open Mondays 12 noon – 3:30pm
 - Adamson Hospital, Bank Street, Cupar, KY15 4JG
Open Fridays 12 noon – 3:30pm (Ask for Sam's at reception)
-

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).

- Cowdenbeath Football Club, Central Park, Cowdenbeath, KY4 9QQ
 - That Place in the Bay, 10a Ridge Way, Dalgety Bay, KY11 9JN
 - Townhill Bowling Club, Green Street, Dunfermline KY12 6UL
 - Collydean Community Centre, Torphines Avenue, Glenrothes, KY7 6UL
 - Stark's Park, Pratt Street, Kirkcaldy, KY1 1SA
 - Wellesley Centre, Wellesley Road, Methil, KY8 3BT
 - 3a St Mary's Place, St Andrews, KY16 9UY
-

Women's Wellbeing Club

www.womenswellbeingclub.co.uk

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

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.

Possible Outcomes....?

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

Further support....?

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

SARCS self referral phone service open 24/7 **0800 148 88 88**
Sexual Assault Response www.nhsinform.scot/turn-to-sarcs
Coordination Service (SARCS)

In an emergency call 999 or attend Accident & Emergency.

Rape Crisis Scotland (available 5pm to midnight) **08088 010 302**
Text 07537 410 027
www.rapecrisisscotland.org.uk

Support for people of all genders 13+ years who have been affected by sexual violence. Advice and info plus community languages and BSL video. Rape Crisis Scotland | Working to end sexual violence

Fife Rape And Sexual Assault Centre **01592 642336**
www.frasac.org.uk

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

Kingdom Abuse Survivors Project (KASP) 01592 644217
Supports adult survivors of childhood sexual abuse www.kasp.org.uk

Safe Space 01383 739084
Supports survivors of sexual abuse (aged 12+) www.safe-space.co.uk

SurvivorsUK Text 020 33 22 1860
www.survivorsuk.org
Supports men and non-binary people who have been affected by rape or sexual abuse. Webchat service available 12pm to 8pm 7 days a week.

SX Scotland Tel: 0131 652 3250
www.s-x.scot
Improving the physical, sexual and mental health and wellbeing of all gay and bisexual men.

AMINA – Muslim Resource Centre Tel: 0808 801 0301
www.mwrc.org.uk
Offer support to Muslim and BME women across Scotland
Monday to Friday 10am to 4pm.

National Ugly Mugs (NUM) www.nationaluglymugs.org
A UK wide charity working with sex workers to provide safety tools and support services to people in the adult industries.

Gender Based Violence Team NHS Fife Fife.gbvtteam@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.

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
- Controlling where you go, who you see (even virtually via software), 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.

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



In an emergency call	999
Police non-emergency	101

Fife Women's Aid Freephone	0808 802 5555
24hour support line for women	www.fifewomensaid.org.uk

'Join the Dots'	0808 801 0422
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Service for children and young people.
Or contact on Facebook/Messenger

'Join The Dots – FWA'

The Hideout	www.thehideout.org.uk
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For children and young people

Scottish Domestic Abuse & Forced Marriage Freephone (women & men)	0800 027 1234 sdafmh.org.uk helpline@sdafmh.org.uk
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LGBT Helpline Scotland	0300 123 2523
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helpline@lgbthealth.org.uk **lgbthealth.org.uk**

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

Shakti Women's Aid Fife	0131 475 2399
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info@shaktiedinburgh.co.uk **shaktiedinburgh.co.uk**

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

National Stalking Free Helpline	0808 802 0300
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Gives practical information, support and advice to victims of stalking.

Fife Law Centre	01592 786710
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info@fifelawcentre.co.uk **fifelawcentre.co.uk**

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.

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

At A Loss www.ataloss.org
Signposting to support and resources.

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

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
support@crusescotland.org.uk

Held in Our Hearts heldinourhearts.org.uk

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

Sands Fife **24 hr Helpline 0845 528 0322**
fife@sands.org.uk www.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.

Scottish Cot Death Trust contact@scottishcotdeathtrust.org.uk

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

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

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

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

0800 02 888 40

support@childbereavementuk.org www.childbereavementuk.org

Grief Encounter

0808 802 0111

www.griefencounter.org.uk

Supporting bereaved children and young people

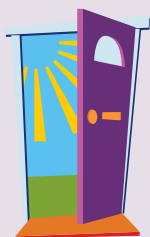
Survivors of Bereavement by Suicide

uksobs.org

Winston's Wish

www.winstonswish.org.uk

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



ON YOUR DOORSTEP

Find out more about groups
and activities near you

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

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

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

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

Advocacy

www.fifeadvocacyforum.org.uk

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

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

Alzheimer Scotland 24hr helpline Freephone

0808 808 3000

Call for information, signposting or listening ear helpline@alzscot.org

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.

Hourglass 24/7 Helpline

0808 808 8141

(Safer ageing • Stopping abuse)

www.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.

The Silver Line (24hr helpline for older people)

0800 4 70 80 90

thesilverline.org.uk

British Red Cross National Support Line Freephone

0808 196 3651

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

Crossroads Fife

01592 610450

info@crossroadsg.co.uk

www.crossroadsfifecentral.org

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

Fife Carers Centre

01592 205472

fifecarerscentre.org

Fife Centre for Equalities **01592 645 310**
info@centreforequalities.org.uk centreforequalities.org.uk

Fife Centre for Equalities (FCE) works with the communities and partners to make Fife a fairer place to live, work and study. FCE is a Hate Crime Third Party Reporting Centre.

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

Fife Migrants Forum **01592 642927**
www.facebook.com/fife.migrants

Fife Voluntary Action **01592 760720**
info@fva.org www.fva.org

Fife Young Carers **01592 786717**
admin@fifeyoungcarers.co.uk

LGBT Youth Scotland **0131 555 3940**
info@lgbtyouth.org.uk LGBTYouth.org.uk

LGBT Helpline Scotland **0300 123 2523**
helpline@lgbthealth.org.uk lgbthealth.org.uk

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

On Your Doorstep Fife www.onyourdoorstepfife.org
onyourdoorstep.fife@fife.gov.uk

Search for community groups, information or support.

People First (Scotland) **0131 478 7707**
peoplefirstscotland.org

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

Pink Saltire

info@pinksaltire.com

0800 05 7676

www.pinksaltire.com

RNIB Helpline

Advice and information on sight loss.

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

0303 123 9999

helpline@rnib.org.uk

Seescape

info@seescape.org.uk

01592 644979

www.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. We aim to empower people with visual impairment to live safely, independently and achieve their personal goals. We 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 26 and 27 December, as well as 2 and 3 January 2023.

Fife Council SMS text service for people with a hearing loss

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

07781 480 185

Deaf Communication Service

SMS 07984 356580

The Well

thewell@fife.gov.uk

www.fifehealthandsocialcare.org/thewell

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 energy, social care, carer support, social isolation, housing, benefits, bereavement, or anything that matters to you The Well can support you.

Useful notes

We hope you find the information in this booklet useful.
If you have any comments or suggestions please email
ASPC.Admin@fife.gov.uk

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



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