

PARENT / CARER SUPPORT FOR ALL AGES

- **Barnado's Family Matters**

To provide good experiences for children by helping parents build on their skills and strengths and to enjoy being a parent. Individual support, group work family support, parents group, youth provision, peer support/training and youth participation. Also aimed at 8-12 year olds to work on problems at school and anti social behaviour

West Bridge Mill

Bridge Street

Kirkcaldy, KY1 1TE

Telephone 01592 644940

Email: Familymatters.Scotland@barnados.org.uk

Web: <http://services.barnados.org.uk/familymatters>

Levenmouth Links

Aimed at 10-16 year olds. Provides individual support, group work, youth provision, peer/support, training and youth participation.

The Old School house

Wellesley Road

Methil

KY8 3AD

Tel: 01333 592 499

Email: levenmouth.links@barnados.org.uk

- **Children 1st**

Working through the Social Work and Families Teams and taking referrals through this way the organisation provides a family group conference service, and family group conferences which bring families together where there are concerns about a child to help them find own solutions to difficulties.

Children 1st: Fife Family Group Conference Service

Social Work Office

11 Boston Road

Glenrothes

Fife

KY6 2RE

Tel: 0845 55 55 55 Extension 445724 (East Fife)

01383 512733 (West Fife)

Email: fife_fg@children1st.org.uk

- **Children and Families in Fife**

Provide an effective Social Work service to children and their families in line with the Social Work Services Child Care Policy and within the framework of child care legislation.

Cowdenbeath

70 Stenhouse Street
Cowdenbeath
KY4 9DD
Tel: 01383 602201

Dunfermline

New City House
1 Edgar street
Dunfermline
KY12 7EP
Tel: 01383 609 111

Glenrothes

390 South Street
Glenrothes
KY7 5NL
Tel: 01592 583321

Leven

12 Station Road
Leven
KY8 4QU
Tel: 01334 659323

Kirkcaldy

16 East Fergus Place
Kirkcaldy
KY1 1XT
Tel: 01592 583322

Rosyth

Park road
Rosyth
KY11 2JL
Tel: 01383 602205

- **Crossroads – caring for carers**

To support carers of people of all ages and all illnesses and disabilities by providing trained staff to offer short breaks at regular intervals. Parents or carers of children with special needs who find the disruption to normal family life quite stressful may be in need of some time out for themselves.

This respite is free to carers.

Fife Central main office

Open 9.00am –4.00pm
(answering machine available out of hours)
Crossroads Fife Central
3 Scott Road
Glenrothes
KY6 1AB

Tel: 01592 610 540

Web: www.crossroadsfifecentral.org.uk

E-mail: via website

Dunfermline

Janet Goodsir
Unit 10
Dunfermline Business Park
Izatt Avenue
Dunfermline
KY11 3BZ

Tel: 01383 621774

Web: www.crossroadsdunfermline.co.uk

E-mail: crossroads.dunf@tiscali.co.uk

- **Families First – St. Andrews**

Before and After school clubs at local primary schools. Holiday clubs offer children special outings and activities and to provide small group and one to one attention. Other services include a Befriending service for predominately single parent families and / or have ADHD or Autism Practical services such as DIY, decorating driving and equipment provision also provided. Referral through social and psychological services.

Debora Ibbitson
Rose Lane Centre
132 South Street
St Andrews
KY16 9BJ

Tel: 01334 473 259

Web: www.digitalfife.com/index.asp?mainID=4884

Email: via website

- **Fife Young Carers (Secondary school age/ parents/carers/young carers)**

For young Carers to provide educational / recreational and emotional support. To develop own personal interests. To raise young carers self esteem and confidence.

Roy MacGregor
Fife Young Carers
The Roundhouse
Priory Campus
Victoria Road
Kirkcaldy
KY1 2QT

Tel: 01592 223893

Web: www.fifeyoungcarers.co.uk

E-mail: admin@fifeyoungcarers.co.uk

- **Interactions Counselling and Support Services**

Interactions works with most emotional issues but specialises in post traumatic stress counselling loss and bereavement issues, substance abuse redundancy sexual abuse

83 St Clair Street
Kirkcaldy
KY1 2NW

Tel: 01592 262 869

Web: www.interactions.uk.com

Email: info@interactions.uk.com

- **Parent Line Scotland**

A confidential 24 hours a day/seven days a week free-phone service for parents who may face periods when they need information, to be pointed in the right direction or simply to be listened to. Talking through worries, problems and concerns is encouraged.

Tel: 080 8800 2222

Website- www.parentlineplus.org.uk

E-mail: via website

- **The Princess Royal Trust Fife Carers Centre**

Provide outreach work to carers in Fife as well as drop in facility.

Fife Carers Centre
157 Commercial Road
Kirkcaldy
KY1 2NS

Tel: 01592 642 999

Website: www.fifecarerscentre.org.uk

Email: centre@fifecarers.net

- **Sycamore services**

Part of Aberlour child care trust, services include long term care, residential care and education, a fostering service, creative therapies, learning and development and befriending for children and young people from 5-18 years, some of whom may no longer able to live at home.

Sycamore services
West Bridge Mill
Bridge Street
Kirkcaldy
KY2 1TE

Tel: 01592 591 500

Email: sycamore@aberlour.org.uk

Website: www.aberlour.org.uk/sycamoreservices.aspx

- **Time 4 U**

Provides individual and group support to children who are affected by problematic parental substance use.

Time 4 U
West Bridge Mill
Bridge Street
Kirkcaldy
KY1 1TE

Tel: 01592 591501

E-mail time4u@aberlour.org.uk

Website: www.aberlour.org.uk/time4u.aspx

- **Woodlands Family Unit**

A community resource in Methil, which is open to anyone but mainly, offers support to families with young children. Services include respite crèches, drop in area, a playroom, baby massage, toy library, parent and toddler groups parenting advice and information informal education health awareness, family support.

Woodlands Nursery Centre and Family unit
Methilhaven road
Methil
Leven
KY8 3LE

Tel: 01334 659482

e-mail: woodlandsnur.enquiries@fife.gov.uk

- **After Adoption Action Line**

Free, confidential national helpline for over 26's who have links with adoption, after adoption takes place, whether as an adopted person, a parent, a friend or a relative. Provides support and relevant information.

Telephone: 0800 056 8578

Website: www.afteradoption.org.uk

TALKadoption

Adoption helpline dedicated to those aged under 25 who want to talk about adoption.

Tel: 0808 808 1234

Birth Ties

Helpline for birth parents whose child is at risk of being adopted or has been lost to adoption.

Tel: 0800 840 2020

- **YWCA(Kirkcaldy)**

Provides educational and recreational activities in a caring supportive environment. Extensive programme of events and activities, youth groups children's day camps, first step courses and community based adult learning opportunities.

YWCA Kirkcaldy

Pathhead Halls

134 Commercial Street

Kirkcaldy, KY1 2NX

Telephone: 01592 260963

E-mail: ywacirkcaldy@btconnect.com

Website: www.ywascotland.org