



Staying safe and keeping well



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



2020 edition



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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**
email: jo@samaritans.org

Their helpline is available 24 hours a day all through the year. 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) **0345 1400 095**

CARF Text phone for people with a hearing loss **SMS: 0787 2677 904**

Homeless Emergency Number **0800 028 6231**

About this booklet

Sometimes people find that the Christmas and New Year period is really hard.

Everyone else seems to be having a great time but you're feeling worried or finding it hard to cope. It can be difficult to deal with extra stress and keep yourself well. You're not alone.

Unfortunately due to Covid-19 and the festive period the places where you get support at other times of the year may not be available or have less regular hours.

This year, due to Covid, Christmas may be very different. At a time that you used to be able to socialise there could be restrictions, which may make you feel more isolated than normal. It is worth remembering others will have the same restrictions too but you can still keep in touch via the phone, social media and using apps such as Zoom or Skype.

If you have family at home, don't put pressure on yourself to make everything perfect or keep everyone happy. It's ok to say 'no'. Everyone needs some time off from the celebrations every now and then.

COVID COMMUNITY HELPLINE  **0800 952 0330**

 covid.communityhelpline@fife.gov.uk

Mon to Fri 9am - 5pm

Food requests	Welfare support	Fuel poverty	Foodbank referrals	Combating isolation
Request to volunteer	Support for carers	Prescription requests	National assistance burial requests	

The 'Not to Do' list

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 over-indulge. 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 feel you 'have to' do, or at least reduce them.

A lot of the usual ways of keeping well have been curtailed but you can still go for a walk, cycle or run. If gyms and libraries are open they are especially good over the Christmas and New Year period, when it can be harder to keep active or find things to do. Most libraries have computers you can use free of charge or for a small fee. Fife museums are free to visit and may be open between Christmas and New Year. Visit onfife.com for details of events that are still taking place.

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. Make sure you get enough sleep, eat right and try to get some exercise every day.

Financial crisis

One of the big pressures for many people is managing money and not getting into debt. 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 - fife.gov.uk/jobclubs
- Check which benefits you may be able to claim at entitledto.co.uk

For more information visit: fife.gov.uk/moneyadvice

Welfare Support	01592 583659.
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Scottish Welfare Fund	0300 555 0265 fife.gov.uk/welfarefund
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Crisis Grants and Community Care Grants.

Citizens Advice and Rights Fife (CARF) (Money Advice Unit)	0345 1400 094 CABFife.org.uk
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CARF Welfare Benefits Advice	0345 1400 092
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Macmillan Fife Welfare Benefits Partnership	0345 1400 091
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Help with coping with the cost of living with cancer.

Tax Credit Helpline	0345 300 3900
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Universal Credit Freephone	0800 328 5644
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National Debtline	0808 808 4000 nationaldebtline.org/scotland
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Fife Credit Unions	fife.gov.uk/creditunions
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If you need to borrow money, talk to a credit union about a loan - the interest will be a lot less than other sources of credit.

Conduit Scotland Fife	0300 111 0559 www.conduitscotland.com
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A not for profit, community lender you can trust with fair, flexible and affordable loans from £100-£1000.

Prepayment Meters

If 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 18 for phone numbers to call.

Rogue Traders/Doorstep Callers	Police Scotland - 101
Fife Trading Standards	01592 583141
Fife Trusted Trader	0333 444 0185 trustedtrader.scot/Fife
Help to find trusted, reliable and vetted local tradespeople.	
Advice Direct Scotland	0808 164 6000 consumeradvice.scot
Citizens Advice and Rights Fife (CARF)	03451 400 095 www.cabfife.org.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.
- 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
Report scams to Advice Direct Scotland	0808 164 6000
Online scam checker	tsscot.co.uk

If you feel any suspicion when you receive a Test and Protect call, ask the Contact Tracer for the switchboard contact number which should be given as 01592 643 355 extension 29121. You can then hang up, dial the number yourself and asking to be reconnected with the Contact Tracer who has been dealing with you.



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 24th, 25th, 26th and 31st December 2020 as well as 1st and 2nd January 2021.

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.

Mon 21 to Wed 23 Dec 2020	10am-12.30pm 1.30pm-4pm
Thu 24 December 2020	10am - 12.30pm
Fri 25 Dec 2020	CLOSED
Mon 28 Dec 2020	10am-12.30pm
Tue 29 and Wed 30 Dec 2020	10am-12.30pm 1.30pm-4pm
Thu 31 Dec 2020	10am -12.30pm
Fri 1 Jan 2021	CLOSED

Normal services will resume on Monday 4th January 2021.

We Are With You

www.wearewithyou.org.uk

We Are With You also have an online webchat service open to all which will operate throughout the period apart from Christmas day and the Boxing Day bank holiday.

Accessing Substance Use Services

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.

Clued Up

01592 858 248
www.cluedup-project.org.uk

Substance use support for young people under 25 in Fife.

Drinkline Scotland (24 hour support)

0800 7 314 314
drinkaware.co.uk
alcohol-focus-scotland.org.uk
nhs.uk/live-well/alcohol-support

AA – Alcoholics Anonymous

0131 225 2727
AAfife.net
alcoholics-anonymous.org.uk

Narcotics Anonymous

0300 999 1212
ukna.org

Gambling Anonymous

0370 050 8881
gascotland.org

Substance Use

Knowthescore.info
Re-solv.org
wnfo.org.uk

0800 587 5879
01785 810762

Talk to Frank (drug info and advice)

0300 123 6600
talktofrank.com

SMART recovery online meeting

For any form of addictive behaviour

smartrecovery.org.uk

**Scottish Families Affected
by Alcohol and Drugs**

**08080 10 10 11
sfad.org.uk**

Phoenix Futures Recovery Drop-In Cafe

07704 019622

Wednesday 23rd December • 12-2pm

Monday 28th December • 12-2pm

Wednesday 30th December • 12-2pm

Contact Charlene Gilmour for venue details on

FIRST For Fife Peer Support Groups

07792 785144

22nd December • 6:30-8:00pm

24th December • 6:30-8:00pm

29th December • 6:30-8:00pm

Restoration

www.facebook.com/RestorationFife

Remember FACTS for a safer Scotland

F



Face coverings

A



Avoid crowded places

C



Clean your hands regularly

T



Two metre distance

S



Self isolate and book a test if you have symptoms

How to stay safe when using alcohol or drugs

HINTS & TIPS

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

- Be aware of social distancing rules
- 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.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)
- 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.org.uk 0345 119 2020

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.

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

One where you're not too stressed out to enjoy it. Who says you have to do it the way it's always been done?

Do plan a special treat or a day out after Christmas

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

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

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

Do look after your health

If you've overdone it on the festive food and drink, try and go for a walk the next day. Fresh air will shake the cobwebs away, gives you an excuse to get out of the house and away from the festivities, and give yourself some time out. Remember to stock up with other things that help you be well - like any medicines you take, or remedies for colds and flu.

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 **National Domestic Abuse & Forced Marriage Helpline 0800 027 1234**

Fife Womens Aid 0808 802 5555

Fife Council Housing Information & Advice (8am-6pm) 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 helpline 0808 800 4444
scotland.shelter.org.uk

Practical advice on urgent housing matters.

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 any repairs or damage to your Fife Council property.

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 home owners over 60 or homeowners over 50 who are registered disabled or in receipt of benefits.

Power cuts and safety helpline 105
powercut105.com

Fife Cares**03451 55 15 03**

Free home safety and home security visits for vulnerable or elderly adults and people who have suffered domestic violence. Child safety visits if you have a child under five.

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

Disabled Person's Housing Service (Fife)**01592 803 280**dphsfife.org.uk

Cosy Kingdom**01592 858 458**www.cosykingdom.org.ukemail: info@cosykingdom.org.ukText **COSY** then **YOUR NAME** to **88440**

Cosy Kingdom offer free home energy and debt advice throughout Fife, helping people stay warm, save energy and save money. The service is available to all tenants and homeowners across Fife.



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



SCOTTISH
FIRE AND RESCUE SERVICE
Working together to save lives



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 are:

- 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.

In an emergency call	999
Police non-emergency	101

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

For children and young people	thehideout.org.uk
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Scottish Domestic Abuse & Forced Marriage	0808 027 1234
Helpline for women and men (helpline@sdafmh.org.uk)	sdafmh.org.uk

LGBT Helpline Scotland	0300 123 2523
	lgbtdomesticabuse.org.uk

National Stalking Helpline	0808 802 0300
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Getting connected

On Your Doorstep Fife Search for community groups, information or support.	onyourdoorstepfife.org
Advocacy	fifeadvocacyforum.org.uk
British Red Cross Community Connector Service Supports people aged 16+ who are feeling lonely or isolated, offering support to help people reconnect with their local community and make friends. Call for details of 'tea and a blether' groups in Burntisland, Dunfermline, Glenrothes and Kirkcaldy. connectfife@redcross.org.uk	07922 584616 07922 584614
Deaf Communication Service	SMS 07984 356580
Fife Carers Centre	01592 205472 fifecarerscentre.org
Fife Centre for Equalities	01592 645310 centreforequalities.org.uk
Fife Forum Advice and groups for adults and older people	01592 643743 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 email: info@lgbtyouth.org.uk	Text: 07786 202 370 LGBTYouth.org.uk
SeeScape (for people with sight impairment) email: info@seescape.org.uk	01592 644979 seescape.org.uk
Silverline (24hr helpline for older people)	0800 4 70 80 90

Health and wellbeing

Tiredness, lack of exercise, and an overload of alcohol, food and spending can make the festive season a very stressful time. Take extra care to look after your health.

With coronavirus around, it's more important than ever to get the flu vaccine. Anyone who is considered 'at risk' - has a health condition, who is pregnant or who is 65 or over, should get the flu vaccine. People in 'at risk' categories will get a letter asking them to make an appointment at a vaccination clinics.

Health information www.nhsfife.org/knowwhototurnto

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.

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

If you are NOT registered with a dentist.

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.

Health & Work Support **0800 019 2211**

Provides advice and guidance for anyone who needs help to stay in, or get back into work, if they have a health condition, health issue or disability. Access to occupational therapy, physiotherapy and counselling therapies. (Open Mon - Fri 9am to 5pm)

NHS Inform nhsinform.scot

Scotland's national health information service.

Quit Your Way - Stop smoking support sessions **0800 025 3000**

email: fife-uhbsmokingcessation@nhs.net

Hourglass (Safer ageing • Stopping abuse) **0808 808 8141**

wearehourglass.scot

Mental health

Clear Your Head clearyourhead.scot

Student Mental Health thinkpositive.scot

Support in Mind [01592 268 388
supportinmindscotland.org.uk/fife-services](http://supportinmindscotland.org.uk/fife-services)

www.mentalhealth.org.uk/scotland

seemescotland.org

littf.com (Living Life to the Full)

moodcafe.co.uk

Psychology services www.accesstherapiesfife.scot.nhs.uk

Crisis Help Line [text 'HELP' to 85258](tel:01592268388)
Free text service for anyone experiencing a mental health crisis.

NHS Choices nhs.uk/apps-library

Self harm

Penumbra.org.uk [01383 747 788](tel:01383747788)

selfharm.co.uk

harmless.org.uk email: info@harmless.org.uk

Sexual health

Sexual Health Fife [01592 64 79 79](tel:01592647979)
Offers drop-in clinics and appointments. Call Mon-Fri 8:30am–1:30pm.

The Hub thehubfife.org.uk
Sexual health advice for young people.

Health and wellbeing

Suicide prevention

Signs of suicide can be difficult to spot. Asking someone directly about their feelings can help to save their life. This may feel like a difficult conversation to have but it can make a difference. If you are worried about someone, encourage them to talk to a family member, friend or contact one of the help lines 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.

Telephone support

Breathing Space

www.breathingspace.scot

Tel: 0800 83 85 87 (Mon-Thurs 6pm-2am, Fri 6pm - Mon 6am)

Samaritans

www.samaritans.org

Tel: 116 123 (open 24 hours a day, 365 days a year)

email: jo@samaritans.org (response time 24 hours)

CALM (Campaign Against Living Miserably) www.thecalmzone.net

Tel: 0800 58 58 58 (5pm – midnight, 365 days a year)

Papyrus (preventing young suicide)

www.papyrus-uk.org

Tel: 0800 068 41 41

Text: 07786 209 697

pat@papyrus-uk.org

Survivors of bereavement by suicide

www.uksobs.org

Tel: 0300 11 5065 (Mon-Fri 9am-9pm)

Self directed support

Moodcafe

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

Tel: 07725214012 or 07971892886

Free crisis and mental health support for people ages 16 years plus in a relaxed space where you can drop in at a time of your choosing and get a cuppa and a chat.

- Linton Lane Centre, Kirkcaldy (Wed, Fri, Sat, Sun 2pm-10pm)
 - First House, Woodmill Road, Dunfermline (Thu to Sun 3pm-11pm)
-

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
 - Collydean Community Centre, Torphins Avenue, Glenrothes KY7 6UL
 - 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 women by volunteers.

Come along for a cuppa and a chat Tuesday evenings from 7pm-9pm.

- St Ninian's Church, 1 Allan Crescent, Dunfermline KY11 4HE
- Collydean Community Centre, Torphins Avenue, Glenrothes, KY7 6UL

Young Minds 24/7 crisis support**Text 'YM' to 85258
for urgent help**

Texts are answered by trained staff. Calls are free from EE, O2, 3, Giffgaff, Vodafone, Virgin, BT and Tesco.

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.cope-scotland.org**

Mental health foundation

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**

Bereavement Support

Everyone experiences bereavement at some stage in their life – whether it’s the death of a parent, a loved one, a friend or a child. The experience often means that our lives will never be the same again. Sometimes the feelings – despair, loneliness or even guilt – may overwhelm us, so much so that we need help. In time, and with support, we can work through such feelings and learn to live with our loss. The organisations below will listen when you are ready to talk.

Cruse Bereavement Care 0808 802 6161
Scotland’s Bereavement Charity www.crusescotland.org.uk
support@crusescotland.org.uk

Held in Our Hearts www.heldinourhearts.org.uk
A local charity providing baby loss counselling and support to families.

Sands Fife fife.sands.org.uk

Scottish Cot Death Trust scottishcotdeathtrust.org

WAY - Widowed & Young www.widowedandyoung.org.uk
Offers peer to peer support to people who are bereaved of a husband, wife or partner before the age of 51. For details of a local Fife group email: enquiries@widowedandyoung.org.uk

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

Childhood Bereavement Network www.childhoodbereavementnetwork.org.uk
The hub for those working with bereaved children, young people and those supporting them. Email: cbn@ncb.org.uk

Survivors of Bereavement by Suicide uksobs.org

Winston’s Wish www.winstonswish.org

Access to food

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

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

Food banks 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 food banks in Fife. Customers in crisis may be referred to a food bank 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 551503** (Out of hours service: **03451 55 00 99**)

Please phone and check opening times for any 'Access to food' organisations over the Christmas and New Year holidays.

Food banks

Benarty food bank

07580 231 286

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

Cowdenbeath food bank

07580 231 286

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

Cupar food bank (referral only)

07474 453 153

email: info@cupar.foodbank.org.uk

21 St Catherine Street, Cupar, KY15 4TA Food parcels Mon 11-3pm, Wed 5-6pm, Fri 11-3pm and 5-6pm.

Dunfermline food bank

07580 231 286

email: dunfermlinefoodbank@gmail.com

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

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 and every Thursday and Friday a 3 course community meal 5-7pm on a pay as you feel basis. Kids always eat free, adults donate if they wish.

East Neuk food bank

01333 310 156

Anstruther Church, Burial Brae, Crail Rd, Anstruther. Tuesdays 12-4pm and Thursdays 4-6pm. All welcome for teas and coffees. Laptops with WiFi connections available.

Glenrothes food bank

01592 631088

Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ. Referral needed. Food parcels Mon, Wed and Fri, 1pm to 4:45pm.

Glenrothes YMCA **01592 612674**

North Street, Glenrothes.

Can provide a referral to Glenrothes food bank. Showers, washing machine and tumble drier available for use.

Inverkeithing food bank (referral only) **07580 231 286**

Old Townhouse, 2 Townhall Street, Inverkeithing.

Food parcels Tues & Thurs 4-6pm.

Kirkcaldy food banks **07784 639 355**

www.kirkcaldyfoodbank.org.uk

- **Viewforth Hub**

Viewforth Church Hall, Viewforth Terrace, Kirkcaldy KY1 3BW

Mon/Thur 10am-3pm, Tuesday 10am- 12pm, Wed 10am-1pm

- **Burrtisland Salvation Army Hall**

40 Lonsdale Crescent, Burrtisland, 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

- **Link Living (Referrals only)**

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 food bank (referral only) **07966 502 854**

levenmouthfoodbank@gmail.com

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

Open Monday and Friday 3.30 to 5.30pm.

Low cost hot meal locations

Rosyth food bank (referral only)

07580 231 286

foodbankinrosyth@gmail.com

Parish Church, Queensferry Road, Rosyth. Food parcels Mon, Wed and Fri 4-6pm.

EATS Rosyth Community Hub [facebook.com/rosythcommunityhub](https://www.facebook.com/rosythcommunityhub)

8 Aberlour St, Rosyth KY11 2RD

Storehouse food bank, St Andrews (referral only)

01334 474 940

Storehouse, Vineyard Centre, 62A Largo Road, St Andrews KY16 8RP.
Tues and Thurs 11am-1pm.

Taybridgehead food bank (referral only)

07840 957 039

Provides food parcels. Food bank volunteers will contact you to arrange delivery/ collection. Provides parcels to Tayport, Newport, Wormit, Gauldry, Balmerino and surrounding areas.

Home 4 Good Resource Centres

Can give food parcels to homeless customers - phone first for availability

- 16 East Burnside, Cupar, KY15 4BH
Tel: 01334 659390 Email: Cupar.home4good@fife.gov.uk
- 34 Commercial Road, Leven, KY8 4LD
Tel: 01334 659391 Email: Leven.home4good@fife.gov.uk
- Segal House, 1-2 Segal Place, Pittencrief Street, Dunfermline, KY12 8AZ
Tel: 01383 602388 Email: Dunfermline.home4good@fife.gov.uk
- Marwood House, 34 St Clair Street, Kirkcaldy, KY1 2QE
Tel: 01592 583394 Email: Kirkcaldy.home4good@fife.gov.uk

Low cost hot meal locations

Cowdenbeath area

Oor Wee Cafe

Kelty Community Centre, Main Street, Kelty KY4 0AQ

Open Tuesdays 12 noon - 2pm

Soup & Stovies - donation only. Surplus food from Tesco, Co-op and Stephen the Bakers available for a donation to the cafe.

Glenrothes area

St Ninians Parish Church Charity

01592 755321

Glenwood Centre, Glenrothes KY6 1PA

Open Mon-Fri 10am-4pm. Low cost meals in café and charity shop offers low cost clothing and household items.

St Columba's Church

01592 742233

Roths Road, Glenrothes KY6 1BN

Grapevine cafe, open every Wed afternoon, home baking, tea & coffee
email: minister@st-columbas.com

Kirkcaldy area

Redemption Church

Victoria Rd, Kirkcaldy KY1 1DJ. Hot food Saturday 12-2pm.

Community Centre, Linton Lane, Kirkcaldy

01592 643816

Free Sunday lunch 12.30-2pm last Sunday of the month.

email: support@hostinghope.uk

Baptist Church, Whytescauseway, Kirkcaldy

01592 265580

Open every Thursday 11.30am-2pm.

St Bryces Church

St Brycedale Avenue, Kirkcaldy KY1 1ET. Low cost soup and sandwiches. Mon-Thur 10am-4pm. Fri 10am-3pm.

Bennoch Parish Church

01592 201723

3 Elgin Street, Kirkcaldy KY2 5HR
Open every Thursday 11am- 2pm. Low cost snacks and meals.

Kirkcaldy Methodist Church **07432 231463**

St Clair Street, Kirkcaldy KY1 2BS. Open every Thursday 12.30-2pm.
email: openrooms.kmc@gmail.com

Kirkcaldy Free Church **01592 654746**

191 St Clair Street, Kirkcaldy KY1 2BX.
Open every second Saturday 10am - 12pm.

Levenmouth area

St Kenneth's Parish Church, Kennoway Smart Hall

Junction of Cupar Rd and Denhead, Kennoway KY8 5LR.
Free 3 course meal Wed 5.30-6.30pm.

Café Connect

Come for a cuppa and a chat. Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH. Every Tuesday from 10am to 12 noon.

The Livingroom

For food, fun and friendship.
Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH
The first Friday of every month from 7pm to 9pm.

Wellesley Parish Church **01333 423147**

331 Wellesley Road, Methil KY8 3BT. Tuesday lunch.

Bethany Christian Trust **01333 305367**

213 - 217 Wellesley Road, Leven KY8 3BN
Bethany Pop In, every Wednesday 12pm-2pm
email: info@bethanychristiantrust.com

North East Fife

Cupar Lighthouse cafe

63 Bonnygate, Cupar. Low-cost meals available for all.
Mon-Sat 9am-5pm. Food served til 3pm.

Old Parish Church Centre

Cupar Short Lane, Cupar. Lunch Monday 11.45am-1.15pm.

ENeRGI (East Fife Recovery Group Initiative)

01333 730477

32 East Street, St Monans KY10 2AT. Open Mon-Fri 10am-3pm

South West Fife

Kincardine Café Connect

Community Centre, Anderson Lane FK10 4SF
Mon and Wed 12 noon - 1.30pm. Hot food for low prices.

Oakley Community Cafe

Community Centre, Station Rd KY12 9QF
Fri 12 noon - 1.30pm, pay what you can.

Valleyfield Canary Canteen

Valleyfield Social Club, High Valleyfield KY12 8RT
Thurs 12 noon - 1.30 pm, pay what you can.

Castle Community Cafe

Blairhall Community Centre, 10-12 Wilson St, Blairhall
Thurs 11.30am - 1.30pm. Fresh tasty food that won't break the bank.

Community fridges

Cardenden Community Fridge

Bowhill Centre, 145 Station Road, Bowhill, Cardenden, KY5 0BW
Will be open on Monday 21 December and Mon 28 December from
1.30 pm until 3.00 pm.

CLEAR Community Fridge

01592 813078

CLEAR Hub, 36 College St, Buckhaven KY8 1JY
Open: Wednesday - 2-4pm, Thursday - 10.30am - 12.30pm
No referrals required, 5 items per person. email: clearfife@gmail.com

Cupar Community Fridge

03451 55 55 55 ext. 450845

County Buildings, St Catherine St, Cupar KY15 4TA
Open: Monday - Friday 9am - 5pm. email: jane.norton@fife.gov.uk

Greener Kirkcaldy Community Fridge

01592 858458

8 East Fergus Place, Kirkcaldy, KY1 1XT
Open Monday, Tuesday, Thursday and Friday, 9.30am - 4.30pm,
Wednesday 12pm - 4.30pm. email: info@greenerkirkcaldy.org.uk

**The fridge will be closed for the holidays from 21st December to
January 2nd (dates inclusive).**

Ask your local Community Education Worker for information about
what is available in your local area.

HINTS & TIPS

- Ask for help if you need it. Organisations who provide support and advice are still there.
- Limit how much you watch the news. Take a break from it and find the positive stories and the good things that are still happening. Find the funny things that people are putting online to make us laugh and take our mind off things.
- Try to keep to a routine and do things that help you look after your mental health and keep you comfortable, safe and happy. Try to eat healthy meals and get enough sleep.
- Stay active if you can. We can still go 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. There are videos for indoor workouts on the NHS One You website www.nhs.uk/oneyou or look on YouTube.com for dance tutorials or indoor workouts. Search for 'BBC Sounds 10 Today - physical activity for older people' for 10 minute workouts.
- If you're a member of a Fife library you can access eBooks, eAudiobooks and Digital Magazines: onfife.com/get-online
- Keep in touch with family and friends if you can. You can still phone, or even write a letter although it might take a bit longer to get there. You can phone and video call people on Facebook, or try video-calls using Zoom or Skype. If it's your first time using technology and social media check: boldnewworld.co.uk/get-connected for advice.
- Most of all be kind to yourself and anyone you are isolating with. Don't feel you have to use this time to start a new project or get fit. Look after your mental and physical health. Stay safe, follow the medical advice and ask for support if you need it.

Notes / local information

Add information that's important to you or is about your local area.

Have you found this booklet useful? Is there information you think should be added? Would you like your 'hints and tips' to be included in the next edition? To tell us what you think
email: shona.mcewan@fife.gov.uk
or call 03451 55 55 55 ext 442134.

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



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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

