

Contents

# Staying Safe and Keeping Well



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



2021 edition

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

# Contents

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

If you are in a crisis, or are worried about someone you know, help is available. **You're not alone.** The best thing you can do is talk to someone.

Call 'Breathing Space' or the 'Samaritans' on the numbers below or speak to someone you trust. If it is an emergency, or you are in immediate danger, call 999. Don't try to cope on your own.

---

**Covid Community Helpline** **0800 952 0330**

---

**Samaritans** **116 123**

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

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

---

**Breathing Space** **0800 838587**

Mental health and wellbeing helpline. **breathingspace.scot**

---

**Adult Protection Phone Line** **01383 602200**

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

---

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

---

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

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

---

**NHS 24** **111**

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

---

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

---

**Citizens Advice and Rights Fife (CARF)** **03451 400 095**

**www.cabfife.org.uk**

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

---

**Homeless Emergency Number** **0800 028 6231**

# About this booklet

Contents

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

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

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

**COVID COMMUNITY HELPLINE**  **0800 952 0330**

 covid.communityhelpline@fife.gov.uk

Mon to Fri 9am - 5pm

Food requests

Combating isolation

Welfare support

Support for carers

Prescription requests

For more information please visit [www.fife.gov.uk/CovidAssistance](http://www.fife.gov.uk/CovidAssistance)



## Living safe this winter



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



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



Get the vaccine booster when offered.



Let in fresh air.



Meet outdoors when possible.



Wear a face covering.



Wash your hands.



Continue to work from home if you can.

# You are important. PLEASE...

Contents

## 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 [onlife.com](http://onlife.com) for details of places you may be able to escape to between Christmas and New Year.

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

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

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

---

<b>Welfare Support</b>	<b>0800 182 2222</b> <a href="http://www.socialsecurity.gov.scot">www.socialsecurity.gov.scot</a> Apply online at <a href="http://www.mygov.scot/benefits">www.mygov.scot/benefits</a>
<b>Scottish Welfare Fund</b> <b>Crisis Grants and Community Care Grants.</b>	<b>0300 555 0265</b> <a href="http://fife.gov.uk/welfarefund">fife.gov.uk/welfarefund</a>
<b>Citizens Advice and Rights Fife (CARF)</b> <b>(Money Advice Unit)</b>	<b>0345 1400 094</b> <a href="http://CABFife.org.uk">CABFife.org.uk</a>
<b>CARF Welfare Benefits Advice</b>	<b>0345 1400 092</b>
<b>Macmillan Fife Welfare Benefits Partnership</b> Help with coping with the cost of living with cancer.	<b>0345 1400 091</b>
<b>Tax Credit Helpline</b>	<b>0345 300 3900</b>
<b>Universal Credit Freephone</b>	<b>0800 328 5644</b>
<b>National Debtline</b>	<b>0808 808 4000</b> <a href="http://nationaldebtline.org/scotland">nationaldebtline.org/scotland</a>
<b>Fife Credit Unions</b>	<b><a href="http://fife.gov.uk/creditunions">fife.gov.uk/creditunions</a></b>
<b>Dunfermline Advice Hub</b> Contact for foodbank referrals and general enquiries	<b>01383 432483</b>

## Prepayment Meters

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

---

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

---

## Financial Abuse and Scams

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

---

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

---

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

---

**To report a crime, call**

**101 or in an emergency 999**

---

**To report a scam online, go to [scamwatch.consumeradvice.scot](https://scamwatch.consumeradvice.scot.nhs.uk)**

Advice Direct Scotland (ADS) online scam reporting tool

---

**Latest scams**

**[www.tsscot.co.uk/news/scam-share](https://www.tsscot.co.uk/news/scam-share)**

---

**Citizens Advice Scotland**

Use their online scams helper to find out more

**[www.citizensadvice.org.uk/scotland/consumer/scams/check-if-something-might-be-a-scam/](https://www.citizensadvice.org.uk/scotland/consumer/scams/check-if-something-might-be-a-scam/)**

**Learn more about how to shut out scammers on page 9**



## **NHS Scotland Test and Protect calls - Real or Scam?**

### **NHS Scotland contact tracers will:**

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

### **They will never ask you:**

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

# Accessing Substance Use Services

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

For the most up-to-date information on access to drug and alcohol services over the festive period visit [www.fifeadp.org.uk](http://www.fifeadp.org.uk)

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

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

---

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

---

Fri 24th December 2021 10am - 12.30pm

---

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

---

Fri 31st Dec 2021 10am -12.30pm

---

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

---

## We Are With You

**0800 917 9211**

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

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

---

## Al-Anon

**0800 0086 811**

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

Substance use support for young people under 25 in Fife.

Closed on 23rd, 24th, 27th, 30th and 31st December 2021.

Also closed on 3rd January 2022.

---

## DAPL

SMS: 07584233877

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

01333 422277

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

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

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

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

---

## Drinkline Scotland (24 hour support)

0800 7 314 314

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

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

[www.nhs.uk/live-well/alcohol-support](http://www.nhs.uk/live-well/alcohol-support)

---

## AA – Alcoholics Anonymous

0131 225 2727

Call our National Helpline FREE on

0800 9177 650

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

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

---

## Narcotics Anonymous

0300 999 1212

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

---

## Gambling Anonymous

0370 050 8881

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

---

<b>Know the Score</b>	<b>0800 587 5879</b> <b>Knowthescore.info</b>
-----------------------	--

---

<b>Re-Solv</b>	<b>01785 810762</b> <b>www.Re-solv.org</b>
----------------	---

---

<b>Talk to Frank (drug info and advice)</b>	<b>0300 123 6600</b> <b>talktofrank.com</b>
---	--

---

<b>SMART recovery online meeting</b> For any form of addictive behaviour	<b>smartrecovery.org.uk</b>
---	-----------------------------

---

<b>Scottish Families Affected by Alcohol and Drugs</b>	<b>08080 10 10 11</b> <b>sfad.org.uk</b>
--	---

---

<b>Phoenix Futures Recovery Drop-In Cafe</b> Email <a href="mailto:charlene.gilmour@phoenixfutures.org.uk">charlene.gilmour@phoenixfutures.org.uk</a>	<b>07704 019622</b>
--	---------------------

---

<b>FIRST For Fife Peer Support Groups</b>	<b>07792 785144</b>
---	---------------------

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

---

<b>Restoration Fife</b>	<b><a href="https://www.facebook.com/RestorationFife">www.facebook.com/RestorationFife</a></b>
-------------------------	--

Tuesday to Friday, 10am – 5pm

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

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

## HINTS & TIPS

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

Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

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

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

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

## HINTS & TIPS

### To stay safe when using alcohol

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

## 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](http://www.scottishdrugservices.com/Search/NeedleExchange) ) and from We Are With You (closed 25-29 Dec) and is available for delivery by calling 0800 9179211
- If using opioids ensure you have a Naloxone kit\* and those with you know where to find it and how to use it (Naloxone is available **free** from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit)
- Anyone over the age of 16 is able to get a Take Home Naloxone kit from Scottish Families Affected by Drugs at [www.sfad.org.uk/support-services/take-home-naloxone](http://www.sfad.org.uk/support-services/take-home-naloxone). If there is someone at risk within your family please order a kit today
- In terms of dosage, it's important to start with a low dose with any drug and wait at least an hour for the effects to kick in before taking any more. This is especially important given the rise in strength of many party drugs in the last few years
- Avoid mixing depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose
- If you or a friend is unwell, seek medical help immediately

### How to spot an overdose

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

If you think someone may have overdosed call 999 immediately.

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

Family tensions can feel overwhelming at this time of year. Try to get a balance between time with family/friends and 'me time'. Have an 'escape plan' like making a phone call to a friend. Make sure you have time to yourself and time to recuperate.

---

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

---

**Parentline Scotland** 08000 28 22 33

---

**One Parent Families Scotland** opfs.org.uk

---

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

---

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

---

**Fife Families Information Service** 01592 583146

---

**Families Outside helpline** 0800 254 0088

For families affected by imprisonment in Scotland.

---

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

---

**Home-Start** 01334 477548

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

## Everyone is an individual with different circumstances.

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

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

## 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".



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

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

---

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

---

**Fife Womens Aid freephone** **0808 802 5555**

---

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

---

**Frontline Fife** **01592 800 430**

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

---

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

---

**Fife Council Tenancy Assistance**

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

---

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

Please report routine repairs online at [www.fife.gov.uk](http://www.fife.gov.uk)

---

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

Open 24/7 over Festive period.

---

**Care and Repair Service** **01592 632 592**

Help with household repairs and maintenance. Available to homeowners over 60 or homeowners over 50 who are registered disabled or in receipt of benefits.

---

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

---

## **Fife Cares**

**03451 55 15 03**

Free home safety visits for families with children under 5 years and also vulnerable adults. Free home security visits for people who have suffered domestic abuse.

For more information go to [www.fife.gov.uk/safetyvisit](http://www.fife.gov.uk/safetyvisit)

---

## **Fife Community Safety Support Service**

**01592 641 618**

**Email: [infofife@sacro.org.uk](mailto:infofife@sacro.org.uk)**

---

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

**01592 803 280**

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

---

## **Cosy Kingdom**

**01592 807930**

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

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

**Text COSY then YOUR NAME to 88440**

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

---

## **Fife Law Centre**

**01592 786710**

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

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

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

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

## 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](http://www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit)**

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

Information on the New Alarm Standard, which comes into effect in February 2022 can be found using the QR Code. Just open the camera on your phone and fit the QR code onto the screen. A link to the Scottish Government information will pop up. Alternatively, visit [www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes](http://www.gov.scot/publications/fire-and-smoke-alarms-in-scottish-homes)



**SCOTTISH**  
FIRE AND RESCUE SERVICE  
Working together for a safer Scotland

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

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

Domestic abuse is rarely a one-off incident. It is persistent and controlling behaviour. It includes physical, sexual and emotional abuse.

Recent changes in the law recognise the harm caused by “coercive control” - acts that cause harm, punish or frighten.

## Examples of domestic abuse include:

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

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

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

---

<b>In an emergency call</b>	<b>999</b>
<b>Police non-emergency</b>	<b>101</b>

---

<b>Fife Women's Aid Freephone</b>	<b>0808 802 5555</b>
For women, children and young people	<b><a href="http://fifewomensaid.org.uk">fifewomensaid.org.uk</a></b>
For children and young people	<b><a href="http://thehideout.org.uk">thehideout.org.uk</a></b>

---

<b>Scottish Domestic Abuse &amp; Forced Marriage Freephone</b>	<b>0808 027 1234</b>
Helpline for women and men	<b><a href="http://sdafmh.org.uk">sdafmh.org.uk</a></b>
	<b><a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a></b>

---

<b>LGBT Helpline Scotland</b>	<b>0300 123 2523</b>
	<b><a href="http://lgbtdomesticabuse.org.uk">lgbtdomesticabuse.org.uk</a></b>

---

<b>National Stalking Free Helpline</b>	<b>0808 802 0300</b>
--	----------------------

---

<b>Fife Law Centre</b>	<b>01592 786710</b>
	<b>Email: <a href="mailto:info@fifelawcentre.co.uk">info@fifelawcentre.co.uk</a></b>

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

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

---

**On Your Doorstep Fife** [onyourdoorstepfife.org](http://onyourdoorstepfife.org)  
Search for community groups, information or support.

---

**Advocacy** [fifeadvocacyforum.org.uk](http://fifeadvocacyforum.org.uk)

---

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

---

**Crossroads Fife** [www.crossroadsfifecentral.org](http://www.crossroadsfifecentral.org)

**Crossroads Fife - Respite for full time carers** 01592 610450  
Email: [info@crossroadsg.co.uk](mailto:info@crossroadsg.co.uk)

**Crossroads Fife - Befriending** 01592 630253 / 07955 047 757  
Email: [marie@crossroadsg.co.uk](mailto:marie@crossroadsg.co.uk)

---

**Deaf Communication Service** SMS 07984 356580

---

**Fife Carers Centre** 01592 205472  
[fifecarerscentre.org](http://fifecarerscentre.org)

---

**Fife Centre for Equalities** 01592 645310  
[centreforequalities.org.uk](http://centreforequalities.org.uk)

---

**Fife Forum** 01592 643743  
Advice and groups for adults and older people [fifeforum.org.uk](http://fifeforum.org.uk)

---

**Fife Migrants Forum** 01592 642927  
[fifemigrantsforum.org.uk](http://fifemigrantsforum.org.uk)

---

**Fife Voluntary Action** 0800 389 6046  
[fifevoluntaryaction.org.uk](http://fifevoluntaryaction.org.uk)

---

**Fife Young Carers** 01592 786717  
[fifeyoungcarers.co.uk](http://fifeyoungcarers.co.uk)

---

**LGBT Youth Scotland** Text: 07786 202 370  
Email: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk) [LGBTYouth.org.uk](http://LGBTYouth.org.uk)

---

## People First (Scotland)

**0131 478 7707**  
**peoplefirstscotland.org**

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

---

## Pink Saltire

**Email: [info@pinksaltire.com](mailto:info@pinksaltire.com)**

**0800 051 7676**  
**pinksaltire.com**

---

## RNIB Helpline

**Advice and information on sight loss.**

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

---

## seescape

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

**01592 644979**  
**seescape.org.uk**

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

Closed 24th December 2021 and reopens 5th January 2022

---

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

**0800 4 70 80 90**  
**thesilverline.org.uk**

---

## The Well

**[www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well)**  
**03451 551500**

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

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

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

---

## **Health information**      [nhs.uk/services/know-who-to-turn-to](https://nhs.uk/services/know-who-to-turn-to)

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

---

## **Pharmacies**

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

---

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

If you are NOT registered with a dentist.

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

---

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

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

---

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

Scotland's national health information service.

---

## **Quit Your Way**      **0800 025 3000**

**Stop smoking support**      **Email: [Fife.smokingcessation@nhs.scot](mailto:Fife.smokingcessation@nhs.scot)**



---

**Hourglass** **Freephone 0808 808 8141**  
**Safer ageing • Stopping abuse** **078 6005 2906**  
**[wearehourglass.scot](http://wearehourglass.scot)**

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

---

**Age Scotland helpline (Mon-Fri 9am-5pm)** **0800 12 44 222**  
Free, confidential phone service for older people, their carers and families in Scotland. Providing information, friendship and advice.

## Mental health

---

**Clear Your Head** **[clearyourhead.scot](http://clearyourhead.scot)**

---

**Student Mental Health** **[thinkpositive.scot](http://thinkpositive.scot)**

---

**Support in Mind** **01592 268 388**  
**[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)**

---

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

---

**See Me** **[seemescotland.org](http://seemescotland.org)**

---

**LLTTF (Living Life to the Full)** **[llttf.com](http://llttf.com)**

---

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

---

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

---

**NHS Choices** **[nhs.uk/apps-library](http://nhs.uk/apps-library)**

## Self harm

---

**Penumbra** 01383 747 788  
[Penumbra.org.uk](http://Penumbra.org.uk)

---

**Mind** [mind.org.uk\\_self-harm](http://mind.org.uk_self-harm)

---

**Young Minds** [youngminds.org.uk\\_self-harm](http://youngminds.org.uk_self-harm)

## Sexual health

---

**Sexual Health Fife** 01592 64 79 79  
[www.sexualhealthfife.scot.nhs.uk](http://www.sexualhealthfife.scot.nhs.uk)

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

## Suicide prevention

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

---

**Breathing Space** [www.breathingspace.scot](http://www.breathingspace.scot)  
Call Mon-Thurs 6pm-2am, Fri 6pm - Mon 6am 0800 83 85 87

---

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

---

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

---

**Survivors of bereavement by suicide** [www.uksubs.org](http://www.uksubs.org)  
Call Mon-Sun 9am-9pm **0300 111 5065**

---

## Self Directed Support

---

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

---

**Access Therapies Fife** [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)

---

**Fife CAMHS Hands On** [www.handsonscotland.co.uk](http://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](http://www.samscafe.org.uk)

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

Sam's is available:

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

---

## **Andy's Man Club**

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

A peer to peer support group for men over 18 to help them through life. All groups meet every Monday at 7pm (except on bank holidays).

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

---

## **Women's Wellbeing Club**

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

**Text only info service:**

**07394522110**

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

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

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

---

## **Young Minds 24/7 crisis support**

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

---

## **SHOUT**

**Text 'SHOUT' to 85258  
[giveusashout.org](http://giveusashout.org)**

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

---

## **Childline**

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

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

---

## **SAMH**

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

Mental health information.

## Sexual abuse

---

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

---



**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**



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

---

## **At A Loss**

**ataloss.org**

Signposting to support and resources.

---

## **The Compassionate Friends**

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

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

**0345 123 2304**

Signposting bereaved parents and their families.

To support 'family' members in their bereavement following the death of a child. Very active in local networks so help is available. Bereavement support packs also available and can be customised to your circumstances.

---

## **Cruse Bereavement Care Scotland**

**Scotland's Bereavement Charity**

**0808 802 6161**

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

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

---

## **Held in Our Hearts**

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

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

---

## **Sands Fife**

**[fife.sands.org.uk](http://fife.sands.org.uk)**

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

---

## **Scottish Cot Death Trust**

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

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

---

## **WAY Widowed & Young**

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

**Email: [enquiries@widowedandyoung.org.uk](mailto:enquiries@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**

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

0800 02 888 40

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

## **Survivors of Bereavement by Suicide**

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

## **Winston's Wish**

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

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



# ON YOUR DOORSTEP

Find out more  
about groups and  
activities near you

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

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

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

**Opening doors to Fife's communities**  
[www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org)

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

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

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

Several charitable organisations have set up foodbanks in Fife.

**Customers in crisis may be referred to a foodbank by:**

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



## Foodbanks

---

### Benarty Foodbank

**07580 231 286**

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

---

### Cowdenbeath Foodbank

**07580 231 286**

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

---

### The Clearing

**07802 414418**

239 High Street, Cowdenbeath KY4 9QF [theclearing@btinternet.com](mailto:theclearing@btinternet.com)

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

---

### Cupar Foodbank (referral only)

**07474 453 153**

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

21 St Catherine Street, Cupar, KY15 4TA

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

---

### Dunfermline Foodbank

**07580 231 286**

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

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



[www.fife.gov.uk/cafeinc](http://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.

---

## **Dunfermline Salvation Army**

**07513 313251**

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

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

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

Kids always eat free, adults donate if they wish.

---

## **East Neuk Foodbank**

**01333 310 156**

**Email: [eastneukfoodbank@gmail.com](mailto:eastneukfoodbank@gmail.com)**

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

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

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

---

## **Glenrothes Foodbank (referral only)**

**01592 631088**

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

---

## **Inverkeithing Foodbank (referral only)**

**07580 231 286**

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

---

## **Kirkcaldy Foodbanks**

**07784 639 355**

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

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

---

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

**levenmouth.foodbank.org.uk**

**Email: info@levenmouth.foodbank.org.uk**

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

Christmas Opening Times:

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

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

7th January onwards - Normal opening.

Referrals close 2.30pm, appointments from 3.30pm

---

**Rosyth Foodbank (referral only)** **07580 231 286**

**Email: foodbankinrosyth@gmail.com**

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

---

**EATS Rosyth Community Hub** **07782 848 705**  
8 Aberlour St, Rosyth KY11 2RD. Open Monday to Friday 10am - 2pm

---

**Storehouse Foodbank, St Andrews (referral only)** **01334 474 940**  
St David's Centre, 23 Albany Park, St Andrews, KY16 8BP

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

---

**Taybridgehead Foodbank (referral only)** **01382 540682**  
**07840 957 039**

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

---

**Burnside Hostel** **01334 659474**  
16 East Burnside, Cupar, KY15 4BH – can issue foodbank vouchers

## Low cost hot meal locations

### Cowdenbeath area

---

**Oor Wee Cafe** **07535 650 273**

Kelty Community Centre, Main Street, Kelty KY4 0AQ  
Open Tuesdays 12pm-1:30pm. Community Cafe serving hot meals. End of day food from Tesco, Co-op, Greggs and Baynes the Bakers is also available as well as groceries such as bread, milk, beans and possibly pet food. All of this can be accessed for a donation of what you can afford.

---

## Max's Meals

Maxwell Community Centre. Every Thurs 12pm – 2pm

---

## Lo'gelly Lunches

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

---

## The Pantry @ Brag

Crosshill Community Enterprise Centre, Main Street, Crosshill,

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

---

## Glenrothes area

---

### St Columba's Church

Rothes Road, Glenrothes KY6 1BN

**01592 752539**

**Text service: 07520 646266**

**Email: [info@st-columbus.com](mailto:info@st-columbus.com)**

**[www.st-columbus.com](http://www.st-columbus.com)**

Free meals in connection with Fife Gingerbread - Wednesday lunch times

---

### Collydean Community Centre's 'Colly Café'

**07465 989 887**

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

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

---

## Kirkcaldy area

---

### Redemption Church

**07955 527 798**

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

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

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

---

**Community Centre, Linton Lane, Kirkcaldy** 01592 643816  
Email: [support@hostinghope.uk](mailto:support@hostinghope.uk)

---

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

---

**Bennochy Parish Church** 01592 201723  
3 Elgin Street, Kirkcaldy KY2 5HR [www.bennochyparishchurch.org.uk](http://www.bennochyparishchurch.org.uk)  
Olive Branch community café - Thursdays 11am-2pm (Internet access available at café)

---

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

## Levenmouth area

---

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

---

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

---

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

---

## **Buckhaven Salvation Army**

**01592 715914**

Michael Street, Buckhaven, KY8 1JR

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

Also run emergency food provision each week (by referral)

## **North East Fife**

---

### **Old Parish Church Centre**

**01334 656181**

Cupar Short Lane, Cupar

---

### **ENeRGI (East Fife Recovery Group Initiative)**

**01333 730477**

32 East Street, St Monans KY10 2AT      **Email: [kgourlay@energi.org](mailto:kgourlay@energi.org)**

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

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

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

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

## South West Fife

---

**Kincardine Café Connect** **01259 730887**  
**Email: [cafeconnectkincardine@gmail.com](mailto:cafeconnectkincardine@gmail.com)**

Community Centre, Anderson Lane, FK10 4SF

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

---

### LinkLiving Social Café

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

**Oakley Community Cafe** **01383 602344**

Community Centre, Station Rd, KY12 9QF

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

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

---

**Valleyfield Canary Canteen** **01383 881508**

Valleyfield Social Club, High Valleyfield KY12 8RT

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



---

## **Castle Community Cafe**

**01383 602342**

Blairhall Community Centre, 10-12 Wilson St, Blairhall

Thursdays 12-2pm low-cost meals.

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

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

---

## **Dunfermline Salvation Army**

Community Flat No. 45, Broomhead Drive, Dunfermline

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

---

## **The Vine Church**

**07311 822232**

**[www.thevinechurch.com/free-meals](http://www.thevinechurch.com/free-meals)**

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

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

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

---

## **Community fridges**

---

### **Anstruther Community Fridge**

**01333 311977**

**Email: [sonja@eastneukcentre.org.uk](mailto:sonja@eastneukcentre.org.uk)**

East Neuk Centre, Ladywalk, Anstruther, KY10 3EX

Open: Thursdays between 1pm – 4pm

---

### **Cardenden Community Fridge**

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

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

---

---

## **Cupar Community Fridge**

**03451 55 55 55**

**Email: [Caitlin.Brown@fife.gov.uk](mailto:Caitlin.Brown@fife.gov.uk)**

County Buildings, St Catherine St, Cupar KY15 4TA  
Open: Tuesday between 11am -12pm. Open to everyone.

---

## **EATS Rosyth Community Hub**

**07782 848 705**

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

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

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

---

## **Food for your Future Pantry**

**07730 809 375**

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

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

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

---

## **GM3 Food for Families (formally F3)**

**07518 902602**

Gillespie Centre, Dunfermline, KY12 7AW

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

---

## **Greener Kirkcaldy Community Fridge**

**01592 858458**

8 East Fergus Place, Kirkcaldy, KY1 1XT **[info@greenerkirkcaldy.org.uk](mailto:info@greenerkirkcaldy.org.uk)**

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

There may be food in the fridge throughout the week.

Check **[www.greenerkirkcaldy.org.uk/contact](http://www.greenerkirkcaldy.org.uk/contact)** for opening times.

---

## **The Hive – Fife’s LGBT+ Centre**

**Opening soon**

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

Fridge open 7 days - Take any 5 items.

---

## **Leslie Community Pantry**

**07730 789 255**

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

Open: Monday - Thursday 10am until 3pm

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

---

## **The Pantry, Leven**

**peoplespantryleven@gmail.com**

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

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

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

---

## **St Monans Pop Up Pantry**

**Email: caroline.berry@fife.gov.uk**

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

Open: Alternate Fridays between 11am – 12.30pm

---

## **Tayport Community Fridge**

**01382 549727**

**Email: larickcentre@tayportct.org.uk**

Larick Centre, Shanwell Road, Tayport, DD6 9EA

Open: Fridays between 2pm - 5 pm

# READY FOR WINTER

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



## Don't feel isolated when severe weather hits

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



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



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



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



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



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



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

## Adult Protection Phone Line

01383 602200

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

In an emergency call 999

Police non-emergency number 101



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



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