

Fife Forum (www.fifeforum.org.uk) Covid-19 Supports/Contacts - UPDATED 210520

Service:	Brief:	Contact/Links:	Other:
Fife Forum	Enquiries; signposting; telephone befriending (existing clients; new referrals where required); telephone befriending via Helping Hand (see below)	www.fifeforum.org.uk 01592 643743 Email info@fifeforum.org.uk	Fife-wide Mon-Fri 0800-1800 Messages can be left and will be forwarded to the appropriate staff member and responded to asap
Helping Hand, Fife Voluntary Action	Partnership to help support people and the most vulnerable with their needs during the crisis. People can register to receive support and volunteer to provide support.	www.fva.org/helping_hand.asp 0800 389 6046	Fife-wide Mon-Sun 0800-2000
Prescription Delivery Service, Fife Voluntary Action	FVA has partnered with NHS Fife, Fife Health and Social Care Partnership and Fife Council to provide a prescription delivery service for those in Fife that are most in need.	www.fva.org/prescription.asp 0800 389 6046	Fife-wide Mon-Sun 0800-2000 Individuals must be unable to collect their prescriptions themselves and have no one who can collect them on their behalf. Methadone and Subutex: Unable to collect or deliver these drugs. Please contact addiction services on 01592 716446 if help is required
Elders Crisis Contact Centre, Castle	A friendly voice to talk to or arranging doorstep deliveries of essentials and pharmacy collections.	01334 898669	Fife-wide For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability)

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Age Scotland	Free helpline for the over 50s	0800 12 44 222	National Mon-Fri 0900-1700
Breathing Space	Free helpline for people experiencing mental health issues	0800 83 85 87	National Mon-Thurs 1800-0200 Fri-Mon 1800-0600
Auchtermuchty Community Centre	Hot meal deliveries	01337 827068	Auchtermuchty & Dunshalt Mon, Wed & Fri
Scottish Government National Assistance Helpline	A new national helpline to provide essential assistance to those who don't have a network of support but who are at high risk of contracting COVID-19.	0800 111 4000	National Links people over 70 or who receive the flu vaccine for medical reasons in to local supports such as Helping Hand (above)
East Neuk Community & Emergency Planning Team	Emergency volunteer response scheme providing community supports	0800 999 6543 Facebook or Messenger @ENCEPT.UK	East Neuk
Cosy Kingdom	Telephone energy advice, including energy debt support	01592 807930 Text COSY then your NAME to 88440 Email info@cosykingdom.org.uk	Fife-wide Mon-Fri 0900-1700
Re-engage	Telephone befriending for people 75+ who live alone or in sheltered housing with little or no social contact	www.reengage.org.uk/refer/ 0800 716 543	National
Operation Connect, RAF	Telephone services for those with RAF links – services include: a friendship helpline; bag drops; daily RAF themed online entertainment	www.rafa.org.uk/operation-connect/ 0800 018 2361	National
Sporting Memories	Wish to demonstrate the health, wellbeing and social benefits of talking about sport	www.sportingmemoriesnetwork.com Email admin@thesmf.co.uk	National
Scotland Hourglass (Action on Elder Abuse)	Free shopping bag delivery for older people in isolation.	07496323801 colinscott@wearehourglass.org	Dunfermline & West Fife

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Largo Area Coronavirus Response Team	Support to access local shopping delivery services and deliveries where local shops are unable. Telephone befriending for isolated people is also being developed.	0800 999 3465	5 local contacts for New Gilston & Woodside; Newburn & Drumeldrie; Upper Largo; Lower Largo; and, Lundin Links
Age Concern Glenrothes	Groups are not currently operating; however, the service remains open to new referrals who will be contacted and supported by telephone where required	www.ageconcernglenrothes.org 01592 756316	Glenrothes, Leslie, Markinch, Thornton and Coaltown of Balgonie
Fife Council	Local Authority services	Council Services: 03451 55 00 99 Homelessness: 03451 55 00 33 (Mon-Fri) or 0800 028 6231 (weekends) Scottish Welfare Fund: 0300 555 02 65 (Mon-Fri 0900-1430) Social Work & Social Care: 03451 55 15 03 Covid Community Helpline: 0800 952 0330 (Mon-Fri 0900-1700) or email covid.communityhelpline@fife.gov.uk	Fife-wide
Dunfermline Central Mosque	Shopping/essential deliveries including halal; free food parcels for those 60+ and in need	Telephone or SMS 07946636913	Dunfermline to Rosyth
Abbeyview Day Care	Telephone befriending; prescription collection; dog walking; and, shopping delivery	01383 621738	Abbeyview Area – Dog Walking Dunfermline – Other services
Markinch Community Council	Shopping; dog walking; gardening; and, a friendly voice	07922221629	Markinch Mon-Sat 0900-1600

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Care & Share	Telephone befriending and shopping delivery	07494129112	Kirkcaldy
Foodbanks	Food parcels for people in hardship	<p>Cupar: 07474453153 email info@cupar.foodbank.org.uk</p> <p>Dunfermline: 07580231286 email info@dunfermline.foodbank.org.uk</p> <p>East Neuk: Anstruther Church - Tues 1200-1600; Thurs 1600-1800</p> <p>Glenrothes: 01592 631088 email info@glenrothes.foodbank.org.uk</p> <p>Kirkcaldy: Various locations, website www.kirkcaldyfoodbank.org.uk</p> <p>Levenmouth: 07966502854 Delivery only</p> <p>St Andrews: 01334 474940 (option 2) email storehouse@kingdomvineyard.com</p> <p>Taybridgehead: 07840957039 (emergencies only)</p>	Owing to Covid-19 there may be local variations so please contact Glenrothes Foodbank can now only accept referrals via Fife Council, Scottish Welfare Fund or CARF (to be reviewed Nov 2020)
Coronavirus SAMH Mental Health Hub	Online support and signposting	www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub	National
Eats Rosyth	Food Packs to vulnerable, over 70s, keyworkers & people isolating	Facebook 07782848705 info@eatsrosyth.org.uk	Rosyth Area Being delivered to individuals
Food for Future - Community Pantry, Abbeyview Dunfermline	Free Food Packs	07729356926 Wednesday 1000-1600 only	Abbeyview (Dunfermline) Phone on Wednesday between 1000-1600 only to register & receive a time slot for collection on a Thursday from the Tryst Centre
Kirkcaldy Central Mosque	Free Food Packs	01592 641057 www.kirkcaldymosque.org.uk	Fife-wide deliveries
snappysopper.co.uk	Shopping delivery App with services all over	Download App & put in your postcode to check if your area is covered	Check App Premier in Cupar are part of this service

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Lo’Gelly Lunches, Lochgelly	Emergency Food Supplies	Lochgelly Town Hall Facebook & Messenger	Lochgelly Area Attend Friday 1100-1300
Raith Fruit Shop	Fruit/Veg & some essentials being delivered	www.raithfruit.com 01592 653444	Kirkcaldy, Dunfermline & Glenrothes Areas
Louis Browns, Dalgety Bay	Free Homemade Food/bread, milk, etc	07711987888 07935664846	Dalgety Bay Area Collection or delivery everyday between 1200-1400 for anyone
Collydean Community Centre, Glenrothes	Telephone befriending	01592 359040	Glenrothes
Benarty Fruits, Lochore	Fruit/Veg deliveries	www.benartyfruits.co.uk/shop 07786025233	Oakley to Glenrothes Open Mon-Fri 0900-1500 & Sat 0900-1200
The Whispering Women, Cowdenbeath	Free packed lunches & baby food	Facebook/Messenger www.facebook.com/Thewhisperingwomen/	Cowdenbeath Area Deliveries once a week
Benarty Peoples Pantry BRAG Enterprise, Benarty	Food Bank type service to receive essential Food Packages for the most vulnerable families and individuals	01592 860296	Benarty Area; Glenraig, Crosshill, Lochore and Ballingry Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery
Aberdour Bakery, Aberdour	Fresh bakery products & some essentials	01383 860530	Rosyth, Townhill, Burntisland, Kinghorn, Dalgety Bay & surrounding areas Mon-Sat 0800-1400
GrocerOnLine (Nisa Local Abbeyview), Dunfermline	Online local grocer	Facebook - groceronlineabbeyview 01383 733048	Abbeyview, Dulloch Park, Central Dunfermline & surrounding areas (up to 3.5 miles from store) Mon-Sat 12pm-4pm
Womens Wellbeing Club	Female only mental health group – online resource	Facebook www.womenswellbeingclub.co.uk	Glenrothes & Dunfermline

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RC Ferguson Florists	Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep)	01383 733048	Dunfermline Area (free delivery) Card payments only
Breaking Free from Substance Use	Evidence-based recovery support programme – online resource	www.breakingfreeonline.com Email info@breakingfreegroup.com	National Support can be accessed 24/7
Coronavirus Emergency Energy Fund, One Parent Families Scotland	One-off payment of £50 to single parent families in Scotland who need help with their energy bills (may be subject to change should this be over-subscribed, so please check first)	www.opfs.org.uk	National Applications must be endorsed and submitted by a sponsor (Social Worker; Health Care professional; Housing Officer, teachers; clergy; or, Third Sector organisations) If you do not have a sponsor contact 0131 556 3899 or energygrants@opfs.org.uk
Samaritans Scotland Helpline	Telephone helpline, listening ear	Telephone 116 123 Email jo@samaritans.org	National
Frank Helpline	Telephone helpline if someone wants to speak about drugs in confidence	0300 123 3393 www.talktofrank.com	National 24-hour helpline
Shelter Scotland	Housing advice and homelessness	0808 800 4444 www.scotland.shelter.org.uk	National Mon-Fri Office Hours
SCLD (Scottish Consortium for Learning Disabilities)	Easy read coronavirus information	0141 248 3733 www.sclid.org.uk	National
Scottish Women's Aid	Covid-19 advice and information for women, children and young people experiencing domestic abuse	www.womensaid.scot/covid-19/	National The helpline is as SDAFMH
Scotland's Domestic Abuse and Forced Marriage Helpline (SDAFMH)	Helpline for all people experiencing domestic abuse or forced marriages	0800 027 1234 Email helpine@sdafmh.org.uk www.sdafmh.org.uk	National 24-hour helpline Translation service available

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LGBT Helpline Scotland	Helpline for LGBT people	0300 123 2523 www.lgbthealth.org.uk Email helpline@lgbthealth.org.uk	National Tues, Wed 1200-2100 Thurs, Sun 1300-1800
National LGBT+ Domestic Abuse Helpline	Helpline for LGBT+ people experiencing domestic abuse	0800 999 0327 www.galop.org.uk	National Mon, Tues, Fri 1000-1700 Wed, Thurs 1000-2000
Respect Men's Advice Line	Helpline for men experiencing domestic abuse	0808 8010327	National Mon, Wed 0900-2000 Tues, Thurs, Fri 0900-1700
Alzheimer Scotland & Fife Services	A range of supports are available by telephone and video link, including support from Fife Dementia Advisors (for both those who are cared for and their carers); can also provide a list of local shopping delivery services	www.alzscot.org/information-during-coronavirus Telephone Befriending & 24-Hour Helpline – 0808 808 300 Local Supports, Advice and Information – 01592 204541 Email fifeservices@alzscot.org (Local Services) Email helpline@alzscot.org (National)	National & Fife-wide Fife Services – Mon-Thurs 0900-1600; Fri 0900-1500 National Services – 24-Hour
East Neuk Frail Elderly Project	Continuing to support existing clients alongside working in partnership with The East Neuk Community & Emergency Planning Team to provide individual support, which includes: delivering a free food/essential gift bag to vulnerable people on a weekly basis; and, on Saturdays delivering free Soup & Sandwich Combo to the over 50s	Contact Ruby Urlotti (East Neuk Frail Elderly Project) Email enproject10@gmail.com Or , The East Neuk Community & Emergency Planning Team: 0800 999 6543 Facebook or Messenger @ENCEPT.UK	East Neuk
Citizens Advice Scotland	Online advice	www.cas.org.uk Coronavirus advice - what it means to you	National

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Citizens Advice & Rights Fife	Telephone advice	www.cabfife.org.uk General Advice 0345 1400 095 Debt Advice 0345 1400 094 Universal Credit 0800 023 2581 Macmillan Service (people affected by Cancer) 0345 1400 092 Text Service for the Deaf Community 0787 2677 904	Fife-wide Mon-Fri 0830-1600
Leslie Baptist Church	If you are struggling with loneliness or to provide food for your family they are keen to assist	Email community@lesliebaptistchurch.org.uk	Leslie
Leslie Community Pantry	Stocked food pantry free to the local community located at the back of the Station Hotel (277 High Street); if you are struggling to get out and need a parcel, delivery can be arranged	Telephone or text 07730789255 Facebook – Leslie Community Pantry	Leslie Food Pantry closes 1700
Guardian Peace of Mind	Shopping delivery and gardening service within a 3-mile radius of Dunfermline (privately purchased service)	07462237437 ask for Zeek	Dunfermline & within 3-miles
Scottish Fire Service	Carers & partner agencies are being encouraged to support people to remain safe at home in relation to fire hazards; resources to assist this are available on line; people can still be referred for practical safety advice via the Home Fire Safety portal	www.firescotland.gov.uk 0800 0731 999 www.firescotland.gov.uk/your-safety/hfsv-form.aspx for Home Fire Safety Portal	National & Fife-wide The Fire Service Community Action Team have some capacity to take on voluntary roles within the community due to work being limited by the coronavirus situation; requests are required to be formal and in writing to e.fifecse@firescotland.gov.uk

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Community Aid St Andrews (CASA)	Established by the community to support others during the pandemic; requests for support can be made and individual connections made	www.communityaidstandrews.co.uk 03000 122014 Email hello@communityaidstandrews.co.uk	St Andrews The group stresses it is not a formal or official organisation, but is a place where individuals can connect with and help each other
British Red Cross	The British Red Cross can link people with local supports, provide information and guidance, and offer someone to chat with	For General Public: National Support Line 0808 196 3651 1000-1800 daily For Partner Agencies: Call Centre for Referrals (Dalkeith) 0131 654 0340 Mon-Fri 0900-1630	National British Red Cross National Telephone Support Line Edinburgh, Lothians & Fife Call Centre for Referrals
Asda Pharmacy	Call and collect service for vulnerable people or those who are practising social distancing – prescriptions can be collected from your car at dedicated bays within the store car parks.	Dunfermline (Halbeath) 01383 843617 Kirkcaldy (Carberry Road) 01592 657210	Fife-wide Please note opening times within stores may be reduced and people should call their local Asda pharmacy team for more information
Fife One Stop Shop, Scottish Autism	Support by e mail and telephone; telephone support by appointment; information and advice in relation to Autism and local supports for autistic people, their families and professionals	www.scottishautism.org/services-support/family-support/fife-one-stop-shop 01592 645350 Email fifeoss@scottishautism.org	Fife-wide Aim to respond within 3 working days
Advice Line Plus, Scottish Autism	Extended hours advice line providing reassurance, guidance and support for autistic people and their families	www.scottishautism.org/services-support/family-support/advice-line-plus 01259 222022 Email advice@scottishautism.org	National 7-days 0800-2000
Colinsburgh & Kilconquhar Community Council	Volunteer community supports	0800 999 6543 (ENCEPT) Email colkilcc2@gmail.com	Colinsburgh & Kilconquhar

Service:	Brief:	Contact/Links:	Other:
AbilityNet (Technology Support)	In response to the Coronavirus emergency AbilityNet is running a series of live online events to help share useful information for disabled people and their carers; alongside providing free IT support to help older people and people with disabilities to use technology to achieve their goals	www.abilitynet.org.uk 0800 269 545	National UK Office Hours
Personal Protective Equipment (PPE) for Unpaid Carers	Unpaid carers may be entitled to PPE if the person being cared for has symptoms or a diagnosis of Covid-19; has received a shielding letter and is not in isolation with the carer; or, any other risk there may be for both carer and person being cared for	To request PPE contact Fife Carers: 01592 205472 Email centre@fifecarers.co.uk	Fife-wide
Personal Protective Equipment (PPE) for Personal Assistants (Self-Directed Support)	A Self-Directed Support Personal Assistant employer may request PPE if the person being cared for has a diagnosis of Covid-19; another member of the same household has a diagnosis or symptoms; the person receiving care has received a shielding letter; or, any other risk for person receiving care or Personal Assistant(s)	To request PPE contact SDS Options Fife: 01592 803280 Email ppe@sdsoptionsfife.org.uk	Fife-wide

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Burntisland Foodbank – Solid Rock, High Street	Free hot drinks & filled rolls and Foodbank; new opening hours	www.burgh.buzz/2018/11/06/foodbank-new-hours-burntisland-kdyfoodbank/	Burntisland Tues 1030-1230 Fri 1200-1400
Burntisland Emergency Action Team (BEAT), Volunteer Hub in Toll Centre	Voluntary help for essential shopping; prescription collections; dog walking; or someone to speak with	www.burntislandcc.org.uk 01592 872854 Email communitycouncil91@gmail.com	Burntisland Between 0900-1600
J B Penmans Butchers, Crail	Food and meals delivery service (no charge for delivery) and no order too small	Facebook J.B Penman Butchers 01333 450218 Email jbpenman01@btconnect.com	East Neuk, St Andrews & surrounding area
Ardross Farm, Elie	Food and meals delivery service (£4.50 delivery charge); via Facebook @ArdrossFarmShop a series of live behind the scene tours with some of their favourite producers (interactive)	www.ardrossfarm.co.uk 01333 331400 Email info@ardrossfarm.co.uk	North East Fife Payments are made over the telephone prior to delivery
Collydean Community Centre, Glenrothes – Community Supports	Free food parcels; shopping; picking-up/delivering prescriptions & medical supplies; Community Fridges & freezers; distribution of FareShare & neighbourly surplus food; disbursements of funds to local organisations through the Supporting Communities Fund; Digital Connectivity – free technology devices (Kindle/Tablet) along with free Wi-Fi to the elderly & vulnerable; telephone befriending	Free food parcels, shopping, prescriptions, etc 01592 359012 Disbursement of Funds 01592 742913 Digital Connectivity 01592 359022 Telephone Befriending 01592 359040 Further information please contact Rose Duncan, Centre Manager on 01592 742913 or 07926503923 Email rose@collydeancommunitycentre.co.uk	North Glenrothes (including Cadham and Leslie)

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Fife Council Cowdenbeath Area, Befriending	Befriending service who will call at a time that suits you whether it's for a friendly chat, information or anything in between	07925397314	Cowdenbeath Area
Gillespie Memorial Church, Church of Scotland, Dunfermline	Volunteers who can help with: delivering shopping; collecting prescriptions; delivering books/CDs; pastoral support; praying with and for you; & a friendly phone call	01383 621253	Dunfermline & Parish (out to Wellwood) You do not have to be a church member to receive support
Cowdenbeath Salvation Army	Emergency food parcels; befriending telephone calls	01383 512533 07741906029 Ask for Karen Thomas (Lieutenant)	Cowdenbeath Area Food support is available Mon-Fri Sat-Sun messages can be left and they will respond to emergencies (Cowdenbeath Area only)
Cupar Community Fridge, County Buildings (St Catherine Street)	The Community Fridge enables businesses and individuals to waste less through the sharing of good quality food that's within its use by dates – free to use	Email Katy.Bald@fife.gov.uk	Cupar Area Tues 1100-1200 Note: Due to the current pandemic this service will comply with social distancing and a one-way system to ensure safety
Co-operate (Co-op)	Online portal for information & guidance during the Covid-19 pandemic	www.co-operate.coop.co.uk/support/	National They aim to respond within 7 days Note: some local Co-op stores are utilising Co-op food delivery volunteers