**Fife Forum (**[**www.fifeforum.org.uk**](http://www.fifeforum.org.uk)**) Covid-19 Supports/Contacts**

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| **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](http://www.fifeforum.org.uk)  01592 643743  Email [info@fifeforum.org.uk](mailto: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](http://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](http://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. | 01382 898669 | **Glenrothes & North East Fife**  For people 55+ (for people 55-75 you should be unable to leave your home owing to an illness or disability) |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **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 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 in to local supports such as Helping Hand (above) |
| **East Neuk 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](mailto: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/](https://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/](http://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](http://www.sportingmemoriesnetwork.com)  Email [admin@thesmf.co.uk](mailto:admin@thesmf.co.uk) | **National** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Scotland Hourglass (Action on Elder Abuse)** | Free shopping bag delivery for older people in isolation. | 07496323801  [colinscott@wearehourglass.org](mailto:colinscott@wearehourglass.org) | **Dunfermline & West Fife** |
| **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** |
| **Collydean Community Centre, Glenrothes** | Telephone befriending | 01592 359040 | **Glenrothes** |
| **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](http://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 | **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 and shopping delivery | 01383 621738 | **Dunfermline** |
| **Care & Share** | Telephone befriending and shopping delivery | 07816331360 | **Kirkcaldy** |
| **Markinch Community Council** | Shopping; dog walking; and gardening; and, a friendly voice | 07922221629 | **Markinch**  Mon-Sat 0900-1600 |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Foodbanks** | Food parcels for people in hardship | **Cupar:** 07474453153 email [info@cupar.foodbank.org.uk](mailto:info@cupar.foodbank.org.uk)  **Dunfermline:** 07580231286 email [info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)  **East Neuk:** Anstruther Church - Tues 1200-1600; Thurs 1600-1800  **Glenrothes:** 01592 631088 email [info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)  **Kirkcaldy:** Various locations, website [www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk/)  **Levenmouth:** 07966502854 Delivery only  **St Andrews:** 01334 474940 (option 2) email [storehouse@kingdomvineyard.com](mailto:storehouse@kingdomvineyard.com)  **Taybridgehead:** 07840957039 (emergencies only) | Owing to Covid-19 there may be **local variations** so please contact |
| **Coronavirus SAMH Mental Health Hub** | Online support and signposting | [www.samh.org.uk/about-mental-health/self-help-and-wellbeing/coronavirus-information-hub](http://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](mailto: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](http://www.kirkcaldymosque.org.uk) | **Fife-wide** deliveries |
| **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](http://www.raithfruit.com)  01592 653444 | **Kirkcaldy, Dunfermline & Glenrothes Areas** |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Louis Browns, Dalgety Bay** | Free Homemade Food/bread, milk etc | 07711987888  07935664846 | **Dalgety Bay Area**  Collection or delivery everyday between 1200-1400 for anyone |
| **snappyshopper.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 |
| **Benarty Fruits, Lochore** | Fruit/Veg deliveries | [www.benartyfruits.co.uk/shop](http://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; Glencraig, Crosshill Lochore and Ballingry**  Phone Mon-Fri 1000-1500; answer a few questions to become a member; receive time & day for delivery |
| **Aberdour Bakery, Abderdour** | 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 |
| **RC Ferguson Florists** | Fruit/Veg deliveries (£15 Mixed Bad delivered to your doorstep) | 01383 733048 | **Dunfermline Area** (free delivery)  Card payments only |
| **Service:** | **Brief:** | **Contact/Links:** | **Other:** |
| **Womens Wellbeing Club** | Female only mental health group – online resource | Facebook  [www.womenswellbeingclub.co.uk](http://www.womenswellbeingclub.co.uk) | **Glenrothes & Dunfermline** |
| **Breaking Free from Substance Use** | Evidence-based recovery support programme – online resource | [www.breakingfreeonline.com](http://www.breakingfreeonline.com)  Email [info@breakingfreegroup.com](mailto: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. | [www.opfs.org.uk](http://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](mailto:energygrants@opfs.org.uk) |