



Forum News

FEBRUARY 2022

Fife Forum

Making Community Connections

For further information on Local Area Co-ordination, or to download resources (including the `Covid-19 Resource & Support List` & `Shopping & Domestic Supports Booklet`) **CLICK THE RED BUTTON!**



Local Area Co-ordination & Covid-19 Covid-19

Covid -19 has inevitably changed how we all deliver services. What we would traditionally explore with people and how people now access supports is, in part, different to what was once familiar, What we can do:

Offer advice, information and signposting to services or resources that support your needs, where appropriate we can assist with formal referrals.

accept new referrals from other agencies and/or individuals through our online referral portal (www.fifeforum.org.uk) or call us if a person does not have access to the internet

<https://www.fifeforum.org.uk/local-area-co-ordinators/referral-form/>



01592 643743

(please note: we are not a social care provider and cannot directly help to provide any form of personal care or sitter-type service)

Provide contact by: telephone; email; or, video/ audio connecting platforms where people and staff have access to the relevant technology and internet connection

Where appropriate and when permissible and in accordance with the relevant guidance and safeguards, undertake home visits (please note: this can only be offered when we are advised by local and Scottish Government that this is safe to do so)

OTHER LOCAL AREA CO-ORDINATION SERVICES IN FIFE

Improving the Cancer Journey Fife– Aims to help people rebuild their lives after cancer, enhancing the patient and carer journey at home and connecting people back into their community

Tel : 01592 578076

Email : improving.cancerjourney@fife.gov.uk

Supported by Macmillan and the Fife Health & Social Care Partnership

Advocacy for Older People in Care Homes & Community Hospitals

This service is specifically for older people who are either resident in a care home or who are patients in a community hospital and meeting the eligibility criteria:

- Over the age of 65
- Facing a time of uncertainty, conflict or change
- Unable to access relevant information
- In conflict with family or others
- Without family or friends who are able to assist them appropriately

Anyone seeking information should contact:

Catherine Thomson
Advocacy Worker

01592 643743

Catherine@fifeforum.org.uk



Join us online for our Fortnightly café
Commencing 2pm Friday 25th February
2022

Contact us at
info@fifeforum.org.uk
Or 01592 643743
For further information

K.I.T CLUB

KEEP IN TOUCH CLUB

Abbeyview Day Centre

The K.I.T Club is held in the centre on a Tuesday & Friday

10am-12.30pm & 1.15pm-3.45pm

This service is for people aged 65 and over.

We have a relaxed atmosphere where we enjoy some activities of your choice.

This could be to potter in the garden, a game of pool or just to have a wee chin wag, a cuppa & meet some new friends.

Why not pop in see for yourself, we would love to see you

Abbeyview Day Centre

Duncan Crescent

Dunfermline

Fife

KY11 4BZ

01383 621738

info@abbeyviewdaycentre.co.uk

OWN TRANSPORT TO BE PROVIDED

The Linktoon Drop In

**Every Wednesday 10am – 2pm
Kirk's Café
Linktown Church
Nicol St
Kirkcaldy**

A free, friendly and supportive place for people to come along for a bite to eat, a bit of a chat and a cuppa. The drop in has been developed to provide a safe environment for people to socialise, to feel less isolated and to promote mental wellbeing.

Self-development support sessions will also be available which are provided by the NHS, Scottish Association for Mental Health and various other community development teams.

**For more information please call Irene
01592583475 or Ruth 07985711663**



Meet every Tuesday evening 7-9pm in St Ninians's Church, Abbeyview.

We provide a safe, confidential and non-judgmental place to talk, share and offload. We use the same three questions each week to encourage talking, provide each woman with their safe space and end the session with a focus on moving forward.

We listen through the hard times and cheer through the good. We respect each other and what is said in WiM, stays in WiM. There is no pressure to talk and no waiting lists but **do let us know if you would like to come along as seating is limited** due to pandemic restrictions.

The group is open to any woman aged 18 and over, maybe you are going through challenging times now and need support or you have been through challenging times and want to support others or maybe you are looking to combat the loneliness that has crept in for so many over the past year. Everyone is asked to agree to our rules of respect and confidentiality.

<https://www.facebook.com/womeninmindfife>

<https://www.facebook.com/groups/257887912131182>

womeninmindfife@gmail.com



The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. People can speak to social work staff, local area coordinators, self-directed support advisors, benefits advisors, and others.

The service is for anyone 16+ looking for advice and support. Our friendly staff are here 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.

**The Well Near Me is live
every Tuesday to Thursday 10am to 12noon
and
every Monday and Thursday 1pm to 3pm**

To access the service all you need is a device for making video calls (smartphone, tablet, laptop), internet connection (Wi-Fi or mobile data) and Chrome or Safari Internet Browser.

We also understand that not everyone has access to technology or internet, so for those who may not be able to go online please use our **Well Phone Line: 03451 551500**. The Well phone line is active at the same time as the Well Near Me. We can also provide a BSL interpreter if required (appointments only).

If you wish to book an appointment for The Well Near Me or you have any questions regarding the service please email TheWell@fife.gov.uk or visit our website and Facebook page.

<https://www.fifehealthandsocialcare.org/your-community/the-well>

<https://www.facebook.com/FifeHSCP/>



Social Café

Tuesdays 10.30 AM to 12.30 PM
Torryburn Community Centre

Are you over 65 and feeling alone?

Our **free café** offers the chance to meet people, chat and take part in activities.



Refreshments provided

To join contact 01592 644048
referralsOPS@linkliving.org.uk

www.linkliving.org.uk



Lochgelly

The Lochgelly Centre
Bank St, Lochgelly KY5 9RD

Monday 12 noon - 4pm

Cupar

YMCA-YWCA - Marathon House
93 Bonnygate, Cupar
KY15 4LG

Wednesday 9am - 12.30pm

St Andrews

Cosmos Centre
Abbey Walk, St Andrews
KY16 9LB

Thursday 12 noon - 4pm

The Sunflower Hub is a community project where people can feel connected with others, chat, take part in art, crafts and board games.

Pop along for a catch up and a chat...everyone welcome with no cost to attend.

Adults can attend with young family members to chat about all things wellbeing and access support with SAMH (the Scottish Association for Mental Health) support workers. We understand that people have been feeling isolated over recent times and the hub is a welcoming space to re-connect and build confidence.

For information please phone:

SAMH Fife on: **01383 623179** Email: sams.cafe@samh.org.uk

working in partnership



JOKE CORNER



I was working as a delivery driver. Asked the recipient where he wanted his giant roll of bubble wrap. He said "pop it in the corner".

Took me three and a half hours!!!

*Can February March
No, but April May...!!!*

*What do you call a rabbit with fleas?
Bugs Bunny!*

INTERESTING FACT

**A snowflake
can take up to
two hours
to fall from
a cloud to
the ground.**



West -Tuesday East -Friday

For further information on our fortnightly walks contact 01592643743

or email info@fifeforum.org.uk

At Fife Forum we are here for you, so please get in touch if you have any questions, need information or advice

Tel - (01592) 643743

Follow us on Facebook

<https://www.fifeforum.org.uk/>



BRAIN TEASER



What has 13 hearts but no other organs?

Answers below from November 2021 edition *Playing Monopoly*

"HAVE YOUR SAY!"



Sharon—LAC GP Cluster

I received a referral for a gentleman with various mental and physical health issues who had given up on life and felt that he was no longer listened to. On meeting with him I could see this gentleman's main frustrations came from his housing situation and the knock on effects this was having on his wellbeing. He was at a desperate stage and felt all hope had gone.

Using the knowledge and tools that we have I managed to engage with housing and identified to them the situation this gentleman was in, giving them the bigger picture and understanding to the gentleman's frustrations. With continued support this opened a door way and the gentleman was offered a property which was suitable for his needs and in an area where he could rebuild his life without any worry.

Having been given this opportunity the gentleman has since applied for work and wants to be able to support vulnerable people with health concerns and look to make a difference in their lives where he can.

A small gesture goes a long way and the gentleman was eternally grateful that on the occasion we met I gave him the time to speak and open up about his feelings. Without our support and understanding he feels he would still be living in a life where there was no point.

" You have done more for me than anyone in the past 5 years. I can't thank you enough"