



Forum News

MAY 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



Café Forum is at Flo's Café
Leuchars Community Centre, Tutor
Road, Leuchars
Fife Forum's Social Café
Come along for a chat & a coffee
Open to everyone don't be shy
You'll walk into a warm welcoming
atmosphere

Friday 29th April 1030-1230pm
Fortnightly thereafter

Still not sure? Call 01592 643743
for a chat.

Fife Forum
Office 1-2, Fraser
Buildings, Millie
Street, Kirkcaldy



Fife Forum

Making Community Connections

Flo's Cafe
Tutor Rd, Leuchars, St
Andrews KY16 0JX
07711919507

This project/activity is funded by the Fife Communities Mental Health
and Wellbeing Fund, administered by Fife Voluntary Action with
funding from the Scottish Government.





cadham
neighbourhood
centre

**Dave's
Domino
Den**



At The Cadham Neighbourhood Centre



**Come & Meet Friends
You Haven't Met Yet**



Every Thursday & Friday From 10:00 till 14:00

**The Small Hall Will Be Set Up With Game
Boards For Dominoes , Chess , Draughts,
Backgammon, Cards Etc**

Free of Charge For All To Use

Hope To See You All There





Hall Use Subject To Availability

looking for something to do?!

**come along to
NORTH GLENROTHES
TALKING
CAFE**

**GRAB A CUPPA, SOME SCRAN, MEET FRIENDS AND NEW PEOPLE
EVERY TUESDAY 12PM-2PM AT CADHAM NEIGHBOURHOOD CENTRE**

**FREE ACCESS TO WIFI
FRIENDLY ADVICE, SUPPORT & INFORMATION**



partnership working

**16 Cadham Terrace, Glenrothes KY7 6RU
01592 620141**



The Wells are re-opening within your community! We are here to provide information, guidance and support on anything health and social care related. We can provide information on topics such as social care, social isolation, physical and mental health, bereavement, benefits, local groups, activities and many more.

Our face to face Wells:

- Monday - from 30th May @ Duloch Leisure Centre, Dunfermline 12.30 to 2.30pm
- Tuesday @ St. David's Centre, St. Andrews 11 to 1pm
- Tuesday - from 24th May @ Peace and Jam, Glenrothes 1 to 3pm
- Wednesday @ Forth Street Hall, Leven 10 to 12noon
- Thursday @ St. Bryce Kirk Church, Kirkcaldy 10 to 12noon
- Thursday - from 2nd June @ Rosewell Centre, Lochore 10am to 12noon

You can also contact us using our video call system, check our website for more information - <https://www.fifehealthandsocialcare.org/your-community/the-well>

Or use our phone line: 03451 551500



BUTTERFLY

Bereavement Café

For company, conversation and a cuppa,
come along to the

Butterfly Bereavement Café

Monday mornings between
10:00 and 11:30am

Free tea/coffee and a biscuit



Everyone bereaved welcome!

Find the Café

Collydean Community Centre
Torphins Avenue
Glenrothes

Get in touch

butterflybereavementcafe22@gmail.com



STAND (SCO51652), a Fife Charity which supports people living with a diagnosis of dementia and their families and friends, would be delighted if you would join them to celebrate DEEP (Dementia Engagement and Empowerment Project) being 10 years old and to influence the next Fife Dementia Strategy

You'll also hear about exciting new support services for people living with dementia in their lives that are being set up across the Kingdom

Saturday 18th June 2022

Carnegie Conference Centre, Halbeath Road, Dunfermline, Fife, KY11 8DY

1300 – 1700

Refreshments and entertainment will be provided RSVP STAND

STANDinFife@gmail.com, 07341 842567

Voice Ability

Support to access benefits in Scotland Social security benefits advocacy in Scotland

Get support to access benefits from Social Security Scotland, if you identify as disabled.

<https://www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland>

VoiceAbility

How to access support in Scotland



Contact us:

 0300 303 1600

 socialsecurityadvocacy@voiceability.org

 voiceability.org

New!

Recovery Café Kennoway

FROM 2ND JUNE 2022

EVERY THURSDAY

11AM TO 1PM

SANDYBRAE COMMUNITY CENTRE



HEALTH CHECKS



HELP TO ACCESS HARM REDUCTION SUPPORT



PEER SUPPORT



FUN ACTIVITIES

Contact us for more information
Call/Text/WhatsApp:
Shauna 07943 468865
or Admin on 07734 408498



JOKE CORNER



What do you call a cow with 2 legs?
Lean beef!!

Why did the scarecrow win an award?
Because he was outstanding in his field!!

Why shouldn't you write with a broken pencil?
Because it's pointless!!

Did you hear about the Italian chef who died?
He pasta-way!!

INTERESTING FACT

The bumblebee bat is the world's smallest mammal



West –Wednesday 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

Email - info@fifeforum.org.uk

Follow us on Facebook

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



BRAIN TEASER



What has cities, but no houses; forests, but no trees; and water, but no fish?

Answers below from February 2022 edition
Pack of playing cards

"HAVE YOUR SAY!"



Hello, my name is Sara and I am the new Local Area Co-ordinator with the Older People team for West Fife. I am so pleased to have started in my new role with Fife Forum; the team are so lovely and have been really welcoming.

Prior to working for Fife Forum, I was a Police Officer in Edinburgh and I have experience with social care services from working in the Social Work Contact Centre at Fife Council. I hope this experience will stand me in good stead to help individuals in my new role. I have always enjoyed working with people so I am going to love working as a Local Area Co-ordinator.

Outside of work, my partner Jack and I love taking our dog Winston on walks. I also love interior design, music and getting into a good tv series!

I have lived in West Fife my whole life but since starting with Fife Forum, I have already learned so much more about my local area. I am looking forward to continuing to learn about groups and organisations in the area and helping the people

