



Forum News

AUGUST 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!**



What is Local Area Co-ordination?

Supported by Fife Forum, Local Area Co-ordination works alongside individuals aged 16+, their families, carers and other services to identify community groups and supports which help people to maintain their independence for as long as is practicable and/or connect with and be part of their community (for example: we provide information on and can help people to access day services; local clubs; or, interest groups).

Our primary aim is to help people feel valued and to reduce social isolation and loneliness.

Local Area Co-ordination & Covid-19

Covid-19 has inevitably changed how we all deliver services. How we operate and the availability of services and supports is, in part, different to what was once familiar. Whilst face-to-face contact with people is now possible, there may be periods where this changes or is limited.

Reflecting the ever-evolving circumstances we hope the following will offer some guidance as to how people might continue to access and utilise the support we are able to offer.



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



01592 643743

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



Café Forum
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.



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

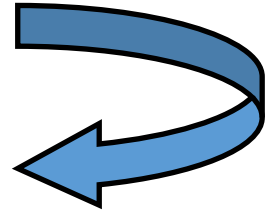
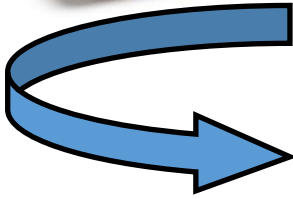


FIFE FORUM GP CLUSTER ARE ACTIVELY INVOLVED WITH GOLF FOR HEALTH

FOR FURTHER INFORMATION CONTACT:

SANDIE, AINSLEY OR SHARON ON

01592 643743



Are you ready to get more active and meet new people ?

Did you know – playing golf has a range of physical, mental and social benefits.

Golf for Health could be for you - A relaxed programme, giving you the opportunity to **try out golf in a friendly environment.**

Golf for Health is a **free programme at a number of clubs in Fife for NHS Fife patients** who haven't played before or haven't played for quite some time.

No need to wear anything fancy and **all equipment will be provided.**



Speak to someone in your GP practice and sign up here today www.reallygreatsite.com



Golf For Health

Golf for Health will vary slightly from club to club but will generally involve:

First – **A taster session** to welcome you to the facility and give you the opportunity to get to know the coaches and everyone else in the group

Then – **Small group coaching** – eight weekly sessions led by PGA Pro/coaching staff

You might also be interested in:

Golf with a buddy – If you're a little nervous or need a bit support to take part, a buddy could help with this. **Volunteer buddies** will be on hand to answer any questions and ease you into the programme.

Social events – Throughout the programme you will have the opportunity to attend social events at the club, these might involve **tea and coffee after the session or additional events** to celebrate your progress.

Things to note:

Golf for Health is completely free, no need for specific golf clothing or any golf equipment, **everything you need to take part will be provided.** Just wear comfortable outdoor clothing.

If you enjoy the programme and would like to continue playing golf and benefiting from the physical activity it provides, please speak to the participating facilities about further coaching and playing opportunities and follow-on membership offers.

Also why not visit the Fife Golf Trust website for information on courses, visitor rates and season tickets - <https://fifegolftrust.co.uk/>

In partnership with:



**Fun
Friendship
Fitness**

**Why not try the Glenrothes
Scottish Country Dancing class. All welcome.**

TIME – Mondays 7.45 - 9.15pm
PLACE – St. Columba's Church Hall, Glenrothes
COST - £2 p/w (member), £3 p/w (visitor)

You have lots to gain, and nothing to lose!

Contact - Lorna Sim - M – 07796630941, E – lornasim06@gmail.com

includem
**Wellbeing
in Fife**

Reducing Anxiety 

Who - Anyone aged 5-26 years old
Where - Dunfermline and South West Fife

Would you like to learn:

- What anxiety is?
- What causes us to feel anxious?
- Strategies to manage anxiety?
- Meet others who feel anxious?
- And much more.






**Call 0800 037 1069 to enquire
about joining the groupwork**


   @includemFifeWB


Welcome to **The Well where
you can find out what
support you can get
for your self and your loved
ones**



THE WELL

**Working together to better support
people to achieve what matters to them**


TALK TO US



Loneliness



Financial Support


Food insecurity


HERE TO HELP



Bereavement



Mental Health


Caring responsibilities



LET'S CHAT


Community groups



Social Care


Activities

Get in touch if you require help or just for a chit chat


 03451 551500
 TheWell@fife.gov.uk

Visit
The Well
near me:



SCAN ME

Fife Health & Social Care
Partnership



Rosyth Green Gym- Outdoor Fitness Class



Tuesday 23rd August for 6 weeks 12:45pm - 1:30pm
FREE- Come along and try the class (16 years +)
Meet at Parkgate Community Centre, register and take the short walk to Rosyth Public Park where a fitness instructor will guide you through a workout using the fabulous Green Gym

For more info call: 01383 602349
 Email: CommunityUse.Inverkeithing@fife.gov.uk
 Parkgate Community Centre, 23, Parkgate, Rosyth KY11 2JW



National 3 and National 4 Numeracy with Adult Basic Education



This Photo by Unknown Author is licensed under CC BY

Would you like to brush up on your numeracy skills and work towards a recognised SQA qualification?

- Work at your own pace
- Small group numbers and lots of tutor support
- FREE

Come along to our new ABE class from **Tuesday 6th September.**

Venue: **Carnegie Leisure Centre, Dunfermline**

Time: **Tuesdays, 5.30pm – 7pm**

For more information or to book a place, e-mail Jane Norie at: jane.norie@fife.gov.uk

Text: 07562 908376



FREE Courses in North East Fife



Computing

Numeracy



Literacy/Communication

Employability

- Classes available in Cupar, St Andrews, Anstruther and Newburgh
- Courses run every day - A choice of morning, afternoon and/or evening sessions.
- Small groups and individual attention from the tutors
- Join at any time and work at your own pace.
- If required, you can work towards **SQA qualifications** in Numeracy, Literacy/Communication, Employability and ICT (Information and Communication Technology).

If you need further information, please phone or text:

Nathalie on **07703717861** or
 Nicki on **07872677907** or
 Fiona on **07711390864**

Or e-mail: abe.esol@fife.gov.uk

Fife Services What's On



Activities & Events in September

Our Community Activities Organisers offer a wide range of group activities throughout Fife. We have garden groups, football reminiscence, walking groups, social groups, healthy heart and hips, music groups, snooker groups and many more.

Everybody is welcome to our groups which are held in our Dementia Resource Centre in Kirkcaldy or other venues all over Fife.

Our Dementia Resource Centre in Kirkcaldy is closed for September and will reopen on Monday the 3rd of October.

[Fife What's on September](#)

BUCKHAVEN COMMUNITY CENTRE
ARE YOU BETWEEN 16 & 18 AND LEFT SCHOOL?
UNSURE WHAT YOU WANT TO DO? THIS CAN BE FOR YOU..

16+

WEDNESDAY, THURSDAY & FRIDAY'S
MAY BE ELIGIBLE FOR EMA £60
A FORTNIGHT

10AM - 3PM
CONTACT US ON 01592 583472 OR
OUR FACEBOOK PAGE..
LEVENMOUTH YOUTH HUB.

TEAM BUILDING, EMPLOYABILITY,
COOKING, COMMUNITY PROJECTS &
MORE!

Made with PosterMyWall.com

JOKE CORNER



A ham sandwich walks into a bar and orders a beer, bartender says "sorry, we don't serve food here."

Why did the Clydesdale give the pony a glass of water?

Because he was a little horse!!

What do you call fake spaghetti?

An Im-pasta!!

What do cows most like to read?

Cattle-logs

BRAIN TEASER



A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Answers below from MAY 2022 edition

A MAP

INTERESTING FACT

The fastest gust of wind ever recorded on Earth was 253 miles per hour. ...



West –Wednesday

East –Friday

For further information on our fortnightly walks contact

01592 643743

or email

info@fifeforum.org.uk

Follow us on Facebook

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

<https://www.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