



# Forum News

NOVEMBER 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/>



# Save the planet

## Become a Climate Actioneer

Plant Some Trees



## Join us for Tree Planting Thursdays

Gain practical skills and experience - useful for work, UCAS

We're planting 100-200 trees in public greenspaces every Thursday per 4 hour session (weather permitting) from mid Nov to late March. Robust footwear, waterproofs needed, refreshments provided.



We meet at 10.00am sharp  
47 Sandwell Street, Buckhaven KY81BZ

Contact: 01592 715021 or email [projects@clearfife.org](mailto:projects@clearfife.org)





### 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](mailto:improving.cancerjourney@fife.gov.uk)



## The Haven Café

**WARM Atmosphere / GOOD Coffee / GREAT People**

Come and pop in for a quick cuppa, keep warm and have a wee blether!

**MONDAY – Christ's Kirk (Coffee Morning) 10am – 12noon**  
(Pitcoudie Avenue, Glenrothes, KY7 6SU)  
**St Ninian's Church 1pm – 3pm**  
(Cawdor Drive, Glenrothes, KY6 2HN)

**TUESDAY – Markinch Church Hall 11am – 2pm**  
(Kirk Brae, Markinch, KY7 4DS)

**WEDNESDAY – St Columba's Church 11.30am – 2pm**  
(Rothes Road, Glenrothes, KY6 1BN)

**FRIDAY – St Margaret's Church 11am – 3pm**  
(Woodside Road, Glenrothes, KY7 5HD)

Find us on Facebook:  
The Haven' facebook.com/TheHavenKingdomCentre

FREE!

(Donations and refreshments)



# Cafe Forum

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 29<sup>th</sup> 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

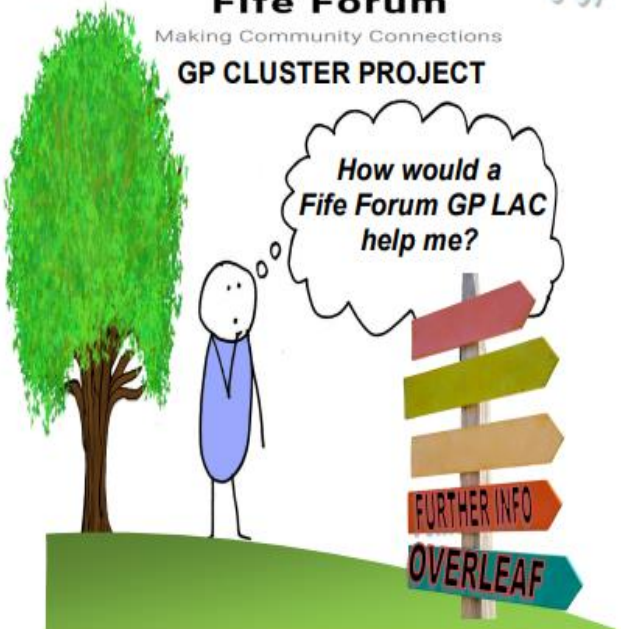
This project/activity is funded by the Fife Communities Mental Health and Wellbeing Fund, administered by Fife Voluntary Action with funding from the Scottish Government.







**Fife Forum**  
Making Community Connections

### GP CLUSTER PROJECT



How would a Fife Forum GP LAC help me?



**Fife Forum**  
Making Community Connections

Glenrothes & Surrounding Areas

Sandie 07780334458  
sandie@fifeforum.org.uk

Kirkcaldy/Cowdenbeath & Surrounding Areas

Ainsley 07780333962  
ainsley@fifeforum.org.uk

Levenmouth & Surrounding Areas

Sharon 07876804300  
sharon@fifeforum.org.uk




CONTACT YOUR GP, HEALTH PROFESSIONAL OR LOCAL LAC IF YOU WANT TO ENGAGE WITH THE SERVICE AND A REFERRAL CAN BE MADE ON YOUR BEHALF, OR GIVE US A CALL FOR A CHAT & FURTHER INFORMATION. WE ARE ALWAYS HAPPY TO HELP

GP Local Area Co-ordinators (LACs) support anyone 16+ including those experiencing mild to moderate mental health issues, vulnerable groups & the socially isolated whom reach out to their GPs or other health professionals for support.

LACs work alongside both individuals & our communities to help identify services, supports & groups which might help meet expressed needs & wants. It is geared to help guide people with a wide range of social, emotional and/or practical needs.

Office 1-2, Fraser Buildings, Millie St, Kirkcaldy KY1 2NL  
Telephone: (01592) 643743  
[info@fifeforum.org.uk](mailto:info@fifeforum.org.uk)

Funded with the support of Fife Health & Social Care Partnership

Scottish Charity Number SC022596

## Fife Curnie Clubs in partnership with Brighter Futures Health Hub

Cadham Neighbourhood Centre  
Every Monday 1pm - 3pm

Are you experiencing stress & anxiety?  
Loneliness & isolation?

Would you like to boost your self-confidence & meet new friends?

If you're reading this and thinking yes... then come join us in a "warm space" and enjoy FREE soup & a roll

FOR MORE INFO CALL  
ROSE 07926503923  
DONALD 07748631417





Beating Isolation + Transforming Lives



## Chef's lentil Vegetable SOUP (V) & HOME MADE BREAD TO GO

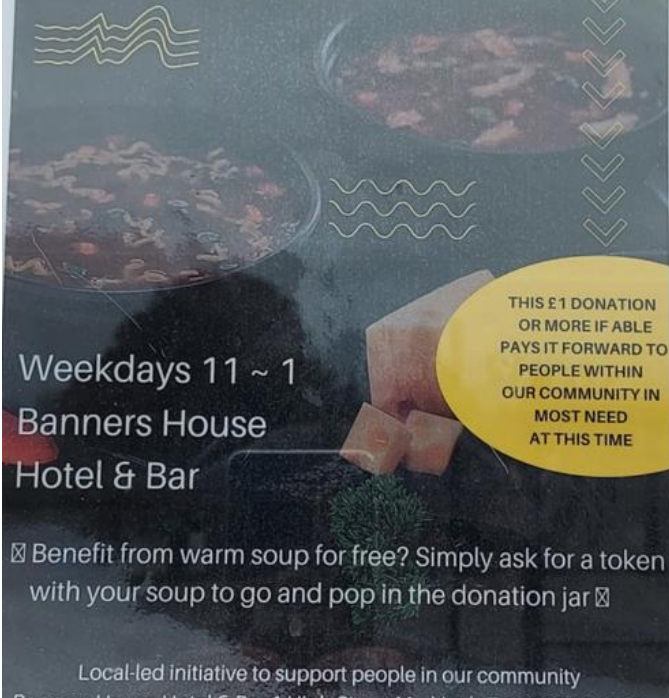
£1 DONATION

Weekdays 11 ~ 1  
Banners House Hotel & Bar

THIS £1 DONATION OR MORE IF ABLE PAYS IT FORWARD TO PEOPLE WITHIN OUR COMMUNITY IN MOST NEED AT THIS TIME

Benefit from warm soup for free? Simply ask for a token with your soup to go and pop in the donation jar

Local-led initiative to support people in our community  
Banners House Hotel & Bar 1 High Street Markinch T: 01592 504697



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



**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 



# ARE YOU A KINSHIP CARER?

## KINSHIP SUPPORT GROUPS

A Kinship Carer is someone who cares for a child who is not their own, but is related to them or has a close relationship with the child. Fife Kinship Team facilitate support groups across Fife, you're welcome to attend any group. If you would like support to attend or find out more, please feel free to call our duty number Monday to Friday 9am till 5pm 01592 583554

LOCATION	WHEN	TIME
<b>Dunfermline Group:</b> The Peacock Cafe at Pittencreiff Park	Every Thursday	10am - 11.30am
<b>Benarty Group:</b> Benarty Primary School, Lochore	Every Wednesday	10am - 11.30am
<b>Cupar Group:</b> St Johns Church, Bonnygate	Every Tuesday	10am - 11.30am
<b>Glenrothes Group:</b> St Luke's Church, Ninian Quadrant	Every Wednesday	10am - 11.30am
<b>Kirkcaldy Group:</b> Linton Lane Centre	Every Tuesday	12.30pm - 2.00pm
<b>Methil/Levenmouth Group:</b> Wellesley Parish Church Hall, Methil	Every Wednesday	10am - 11.30am
<b>North East Fife Group:</b> Anstruther Town Hall Burgh Chambers	Alternate Wednesdays	10am - 11.30am
<b>St Andrews:</b> Community Hub, St David's Centre	Alternate Wednesdays	1pm - 2.30pm
<b>Mara Group:</b> Pitreavie Athletics Centre, Queensferry road, Dunfermline	First Wednesday of every month	6pm - 8pm



## FIFE SHOPPING & SUPPORT SERVICES



*Providing help & services throughout Fife  
to support independent living.*

### **Are now offering a Collection, Uplift & Removal Service.**

- Do you need an uplift?
- Do you need help with moving house?
- Do you have any furniture you need moved?
- Do you need a waste removal uplift?
- Do you need garden waste removed and uplifted?



Lynne Ogilvie  
Service Manager

Telephone: 01592 653344

Email: [Lynne@fifeshoppingandsupportservices.co.uk](mailto:Lynne@fifeshoppingandsupportservices.co.uk)

Fife Shopping & Support Services Ltd. is a registered charity. Registered Charity Number: SC042624

“Langmayer lum reek!”



## Bowl and a Roll for a Whole £1



  
LAUREL BANK HOTEL

**AVAILABLE** Monday to Friday  
12 noon - 3pm  
(Strictly for VIPs only!)

[www.laurelbankhotel.co.uk](http://www.laurelbankhotel.co.uk)

**St Ninians**

**Welcome Friday a warm space in the community**

**Date: Fridays from 18<sup>th</sup> November 2022**

**Time: 11-3pm**



**Venue: St Ninians Church  
Allan Crescent Dunfermline**

**All are welcome**

**Free tea/coffee, snacks and chat**

Together, we can make a difference.



Together, we make a community  
St Ninians's Parish Church, Allan Crescent, Dunfermline Registered Charity  
Number: SC087453



Brighter Futures Health Hub

**Brighter Futures  
Health Hub  
Knit & Knatter**





**Join us in a "warm space" at  
Cadham Neighbourhood Centre  
Every Wednesday 11-1pm.**

**£2 including all materials**

**To book contact Denise  
knitandknatterbfhh@gmail.com**

**HOPE HEALTH HAPPINESS**  
Registered Address:- 37 Peploe Drive Glenrothes KY7 6FP  
Scottish Charity No- SC051381

**brag enterprises**  
Enterprising People, Sustaining Communities

**BRAG Support**

**Are you aged 19-24 and stuck in a rut!  
Are you looking for free support and don't  
know where to turn.**


Brag Enterprises offer support to young people in Fife to:

- Increase digital skills in looking for work
- Be successful in gaining employment through our recruitment courses
- Take part in fun outdoor activities to boost personal development and increase motivation
- Improve interview training using our VR Headsets
- Meet new people and make new friends
- Improve well-being and social anxiety

**"The Future depends on what you do today" – Mahatma Gandhi  
You have nothing to lose by giving us a call (or email!!!)**

If you would like more info and to chat to one of the team,  
please get in touch via details below.

email [brightfutures@brag.co.uk](mailto:brightfutures@brag.co.uk) or call **01592 860296**  
Brag Enterprises, Levenmouth Community Enterprise Centre, Methil, KY8 3RW  
Brag Enterprises, Crosshill Business Centre, Crosshill, KY5 8RW




**OVERVIEW**

**Kingdom Works supports unemployed people in Fife into training and employment.**

**Bright Futures** is the support service for ages 19-24.

**Spring Forward** is the support service for ages 25 and over.

Working with our partners we offer a person-centred approach and tailor our services to you.

**Kingdom Works, Working For You**

**SUPPORT**

We offer a range of industry specific training, allowing you to receive accredited training and certification that matches recruiting employers.

We offer practical advice, support and guidance for routes into different industries and occupational sectors, and our experienced staff team has a wide pool of employers to source vacancies on your behalf.

We provide a person centred service that will support health and wellbeing including gym memberships and sports activities / tasters.

**CONTACT**

Email [kingdomworks@kha.scot](mailto:kingdomworks@kha.scot)  
Phone **01592 631 991**

**Opportunities Fife**  
connecting learning, skills and jobs



# JOKE CORNER



What happened to the elf who stole a calendar?



He got 12 months!

# BRAIN TEASER



A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

Answers below from AUGUST 2022 edition

*Playing Monopoly*

## INTERESTING FACT

The Ancient Romans used to drop a piece of toast into their wine for good health  
Hence why we 'raise a toast'



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](mailto:info@fifeforum.org.uk)