



# Forum News

MARCH 2023

## 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.



01592 643743

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

**Café 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, Kirkealdy

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](mailto:improving.cancerjourney@fife.gov.uk)  
 Supported by Macmillan and the Fife Health & Social Care Partnership

**Link Life Fife** For people 18+ reaching out to their GP or other Health Professional for support to help manage stress, anxiety or who are feeling overwhelmed where this is impacting upon overall well-being

Tel 07738712623 or 07849310193  
 Email [louise.andree@fife.gov.uk](mailto:louise.andree@fife.gov.uk) or  
[angela.rivers@fife.gov.uk](mailto:angela.rivers@fife.gov.uk)

Supported by  
 Fife Health & Social Care Partnership

# Fife HSCP Commissioning Strategy 2023-2026 Consultation

**HAVE YOUR SAY! SHARE YOUR VIEWS!**

This consultation will close on 31 March 2023

SCAN ME



The Fife Health and Social Care Partnership Commissioning Strategy is being refreshed. The refreshed Commissioning Strategy 2023-2026 will set out the context in which we will develop our approach to commissioning services in Fife and takes account of our vision and strategic priorities in our newly published Strategic Plan 2023 – 2026.



Our commissioning directions, standards and activities will continue to be informed by our ongoing engagement with local people and local providers both in the private and third sector. Only by working collaboratively, can we achieve an improvement in the overall health and wellbeing of the people of Fife. We want to ensure that our partners who deliver a wide range of health and social care services on our behalf have equal opportunities to influence the refreshed Commissioning Strategy, we will be seeking the views of service providers to find out what is important to them and what the Health and Social Care Partnership should be focussed on over the next three years.



We are now seeking your views on a number of areas within the Commissioning Strategy including our draft Vision, Commissioning Principles and Commissioning Priorities. Please use the QR code to access a short questionnaire. This is your opportunity for you to tell us what you think.

Further information on data protection is available on our website: [www.fife.gov.uk/kb/docs/articles/privacy-notices/health-and-social-care](http://www.fife.gov.uk/kb/docs/articles/privacy-notices/health-and-social-care)



<https://www.fifehealthandsocialcare.org/>



[HSCP.ParticipationEngagement@fife.gov.uk](mailto:HSCP.ParticipationEngagement@fife.gov.uk)



## COMMISSIONING STRATEGY 2023 - 2026

**Have your say!  
Share your views!**

SCAN ME



This consultation will close on 31 March 2023

The Fife Health and Social Care Partnership Commissioning Strategy is being refreshed. The refreshed Commissioning Strategy 2023-2026 will set out the context in which we will develop our approach to commissioning services in Fife and takes account of our vision and strategic priorities in our newly published Strategic Plan 2023 – 2026



### Our Vision

To commission high quality, local, sustainable, and collaborative services that are person-centred and outcome-focused, that support the delivery of care provision at the right time and in the right place, and enable people to live independent and healthier lives in their own home, and within their own community.



Further information on data protection is available on our website: [www.fife.gov.uk/kb/docs/articles/privacy-notices/health-and-social-care](http://www.fife.gov.uk/kb/docs/articles/privacy-notices/health-and-social-care)



**FREE**

**COFFEE, CHAT AND CROCHET**

**WEDNESDAYS**

**4-5PM**

FRIENDLY GROUP FOR PEOPLE OF ALL CAPABILITIES. ALL WELCOME ESPECIALLY BEGINNERS.

FOR MORE INFORMATION CALL PEARL ON 07539150499 OR EMAIL [PEARLMUIR@HOTMAIL.COM](mailto:PEARLMUIR@HOTMAIL.COM)

info@collydeancommunitycentre.co.uk

01592 742913 @collydeancommunitycentre





**FurniturePlus**  
Fife's Re-use Charity Store

## Health & Wellbeing Woodworking Workshop

@ Furniture Plus Dysart

7th March every Tuesday  
8th March every Wednesday  
9th March every Thursday

Classes run from 10am till 2pm weekly for 8 weeks.


**We have re-launched our woodworking workshops**

We have re-launched our woodworking workshops. Do you know anyone that would benefit from taking part? Workshops run one day a week for 8-week blocks and are free to attend for anyone over the age of 15 who may have suffered as result of the Covid pandemic and want to learn a new skill.

**Key Aims of the Project**

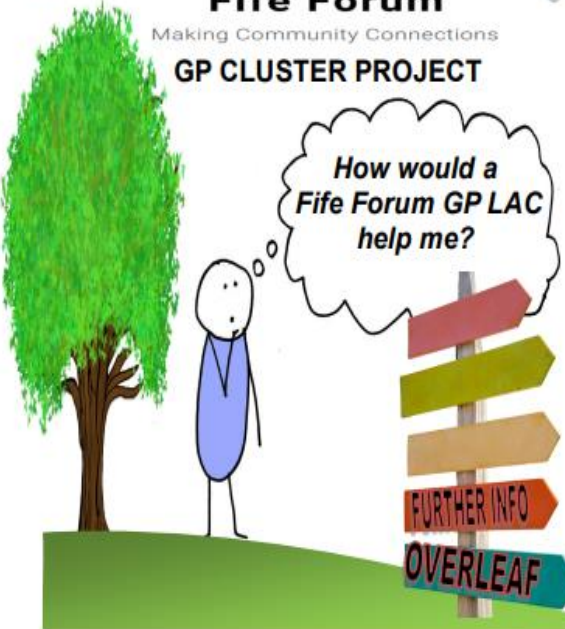
- Help building confidence
- Learn basic woodworking skills
- Give an opportunity to express creativity
- Create some me time, headspace and escapism
- Provide an opportunity to socialize and meet others

To apply, please ask for an application form or email [Gregor@furnitureplus.org.uk](mailto:Gregor@furnitureplus.org.uk)



**Fife Forum**  
Making Community Connections

### GP CLUSTER PROJECT




*How would a Fife Forum GP LAC help me?*

**FURTHER INFO OVERLEAF**

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.



**Fife Forum**  
Making Community Connections

**Glenrothes & Surrounding Areas**  
Sandie 07780334458  
[sandie@fifeforum.org.uk](mailto:sandie@fifeforum.org.uk)




**Kirkcaldy/Cowdenbeath & Surrounding Areas**  
Ainsley 07780333962  
[ainsley@fifeforum.org.uk](mailto:ainsley@fifeforum.org.uk)

**Levenmouth & Surrounding Areas**  
Sharon 07876804300  
[sharon@fifeforum.org.uk](mailto: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

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

**Come along to a community Warm Space near you...  
Enjoy activities with a blether and hot brew.**



# EXIT

Community Centre

We are extending our hours  
2.30 to 5pm Monday to Friday  
to welcome our local community in to  
enjoy a cuppa, biscuit's Soup, bread,  
juice and some Company while  
you get cosy.

Board Games available too

**Help with...  
the cost of living**  
our.fife.scot/gethelp

For a list of all Warm Spaces opening up across Fife – and other support with money, food, fuel, household goods and wellbeing - go to [our.fife.scot/gethelp](http://our.fife.scot/gethelp)  
If you can't go online, please call our **Community Support Line 0800 952 0330 (Mon-Fri, 9am-5pm)**




Come along to COLLYDEAN BAPTIST CHURCH for our

## Toasty Tuesday


STARTS THE 10TH OF January  
**2-4**

TOAST. HOT DRINKS. TABLETOP GAMES. CRAFTS. GOOD COMPANY. AND IT WILL BE COSY!!






**All welcome!**

**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](mailto:TheWell@fife.gov.uk)

Visit The Well near me:



SCAN ME

Fife Health & Social Care Partnership





Looking to improve your  
mental wellbeing?

# Planting for Your Piece

Join us for a new project based at St Andrews Botanic Garden, supporting people in North East Fife to improve their mental health through gardening sessions - exploring the process of growing and creating food from patch to plate.

Sessions will run every other week, on Wednesdays at 1:30pm-3:30pm, starting from **Wednesday 1st March**

If you could benefit from connecting with nature, learning new gardening skills and meeting new people, please get in touch with Rebecca at [rduncan@standrewsbotanic.org](mailto:rduncan@standrewsbotanic.org)



St Andrews  
Botanic  
Garden

We're very grateful to receive support for this project from the Communities Mental Health and Wellbeing Fund through Fife Voluntary Action and the Scottish Government.

Fife Communities  
**Mental Health  
and Wellbeing Fund** 



# Gilvenbank Pantry

For those who need assistance,  
or a referral to Glenrothes Foodbank



**WEDNESDAYS & FRIDAYS  
2 TO 4 AT THE GILVENBANK HUB**

**Fridays**

**3.30pm - 5pm**

In the Community  
Sports & Health Hub  
in Gilvenbank Park  
Pitcoudie Avenue

**Crafty** for adults  
**Chatters**

for more info  
call Anne on  
07904 203861

**£3**  
**a blether a cuppa  
and crafting**



# Love talking about Sport

Lots of different activities to help engage people

Basic Exercises, Dominoes, Darts, Quizzes  
and lots of chats

**10:30am - 12pm**

**Held at the Glenrothes Community Sports and Health Hub  
Located within Gilvenbank Park**



# 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 (Time for a Cuppa) 10am – 12noon**

(Pitcoudie Avenue, Glenrothes, KY7 6SU)

**St Ninian's Church 1pm – 3pm**

(Tanshall Road East, Glenrothes, KY6 2LP)

**TUESDAY – Markinch Church Hall 11am – 2pm**

(Kirk Brae, Markinch, KY7 6DS)

**WEDNESDAY – St Columba's Church 11.30am – 3pm**

(Rothes Road, Glenrothes, KY6 1BN)

**FRIDAY – St Margaret's Church 11am – 3pm**

(Woodside Road, Glenrothes, KY7 5HD)

Find us on Facebook: 'The Haven'





Brighter Futures Health Hub  
Make Health Happen

# Winter Warmth

People can come along on a Wednesday 3.15–5.15pm for a hot snack, refreshments, join in activities, make new friends in a safe warm & secure space.

(Open to those struggling with the cost of living crisis – please book a space)

## Alternative Therapies



## Self-Care



## Knit & Knatter & Memory Scrapbooking



Line Dancing

Cadham Neighbourhood Centre  
Wednesdays 11-1pm – £2.00

Tuesdays – 7.30-8.15  
Cadham Neighbourhood Centre –£3.00

## Ear Wax Removal

Using Micro suction



## Walk-In Clinics

by Cadnam Pharmacy  
Health Bonds may be available to the value of £10-£20-£30

## Mole Scanning



## Advice & Guidance

On Income Maximisation

In partnership with Citizens Advice & Rights Fife

**Do you have concerns about your or a family members health & wellbeing?....If so please contact the number overleaf**

# Hope - Health - Happiness



The Board of Trustees of Brighter Futures Health Hub are totally committed to the ethos and development of “social prescribing”, community health and wellbeing physical & mental health programs and health & educational facilities.

### The organisational purposes & objectives of Brighter Futures Health Hub are: -

- The advancement of health & health inequalities which will ensure that individuals, families and communities are able to access health services which will help them have a quality of life enabling them to reach their full potential.
- The provision of recreational facilities, or the organisation of recreational activities, with the objective of improving the conditions of life for all the persons for whom the facilities or activities are primarily intended.
- The advancement of citizenship/community development.
- The relief of those in need by reason of age, ill-health, disability, financial hardship or other disability. Enhance and support the elderly, infirm and vulnerable who are fragile and isolated

Brighter Futures Health Hub are offering peripatetic pop-up health pods, social activities, complimentary & alternative therapies, personal development modules, interactive workshops, one-one consultations and themed educational events & master classes in our premises at

37 Peplow Drive Glenrothes and various community use buildings in and around the Glenrothes area.

Contact- [rose@brighterfutureshealthhub.co.uk](mailto:rose@brighterfutureshealthhub.co.uk)  
01592 745175 | 07926 503923

Registered Address- 37 Peplow Drive Glenrothes KY7 6FP  
Scottish Charity No- SC051381



**STARTS TUESDAY 31ST JANUARY  
10AM-12PM**



# MAKE DO AND MEND

Oakley Community Centre

Come along and join us! Learn how to use a sewing machine, how to repair or adjust that favourite item of clothing and how to make it even more uniquely yours.



To book a space contact us on 01383 602344, drop us an email [Adult.learning@fife.gov.uk](mailto:Adult.learning@fife.gov.uk) or message our Adult Learning in South and West Fife Facebook page



Brighter Futures Health Hub  
hope · health · happiness

**Wednesdays-3.15 - 5.15**

**37 Peploe Drive  
Glenrothes KY7 6FP**

Call Rose to book your warm space  
01592 745175 / 07926 503 293  
[rose@brighterfutureshealthhub.co.uk](mailto:rose@brighterfutureshealthhub.co.uk)

Scottish Charity No-SC051381

This project has been supported by Fife Voluntary Action & Fife Council through the Fife Community Warm Spaces Fund 2022

- \* Free hot snacks
- \* Tea/ Coffee & Biscuits
- \* Optional activities
- \* Friendly company
- \* Welcoming & Warm



Registered Address:- 37 Peploe Drive Glenrothes KY7 6FP

## JOKE CORNER



Did you hear about the mathematician who's afraid of negative numbers?  
*He'll stop at nothing to avoid them.*

Did you hear about the claustrophobic astronaut?  
*He just needed a little space.*

Why did the chicken go to the séance?  
*To get to the other side.*

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?"  
*"Yeah," the other cow says. "Makes me glad I'm a penguin."*

## BRAIN TEASER



Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

*Answers below from NOVEMBER 2022 edition*

***River was frozen***

## INTERESTING FACT

A lot of apple pips are poisonous. They contain cyanide, a deadly chemical, but in order to do yourself any harm, you'd have to eat several thousand of them, so don't worry next time you swallow a stray pip!



**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