



Fife Forum

Making Community Connections

Forum News

TOGETHER

JUNE 2023

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 29th 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 6JX
 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
 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 or angela.rivers@fife.gov.uk

Supported by
 Fife Health & Social Care Partnership



Hello!

My name is Dylan Masson and I have started in the role of Local Area Co-ordinator with the Older People team for West Fife.

I have had experience working with SAMH for 7 and a half years, the latter 6 years as a Senior Practitioner. The role focussed on supporting individuals with severe and enduring mental illness to set up a life for themselves in the community and being beside individuals on their recovery journey. I had started with SAMH as a student and the roles I had have given me knowledge and skills that I hope can be useful within Fife Forum.

Previous to that, I was a HNC Social Care student and a barista; keeping visitors caffeinated and fed.

In my own time, I can often be found in the garden or local woodlands. I enjoy being outside when the Scottish weather allows, however as my gran says, "There's nae such thing as bad weather, just bad clothes!" I have a fondness for animals and live with my cat Pringle. I also enjoy a variety of music and driving.

There is so much out there in Fife to do for people but many don't know what's around. Thanks to the help of a very welcoming and hardworking team at Fife Forum, I have every faith I will be supported to meet the high standards of work already set. I look forward to settling in to my role; supporting the people of Fife to feel less isolated and more connected with the community around them.



Hi,

My name is Sam Roger, and I have recently started in the role of Advocacy Worker for Fife Forum. My role is to work with individuals aged 65 and above in care homes or community hospitals.

Throughout my career, I have worked for various charities and social enterprises. While working for Frontline Fife, a homeless charity, I developed an interest in pursuing a career that allows me to work more directly with individuals and help them lead better, healthier lives. I am thrilled to be in my new role, empowering individuals and amplifying their voices.

When I'm not at work, I try my best to keep my two-year-old lurcher well behaved, but I'm often seen being pulled at high speeds towards the nearest park. If I am not walking my dog, then I am likely to be writing an essay as since 2020, I have been studying to become a counsellor and am on track to qualify this winter.

I have thoroughly enjoyed my time with the Fife Forum team so far, and I am excited to be able to provide support to those who want their voices to be heard in residential care and community hospital settings in Fife.



OVER RANKEILOUR WALLED GARDEN

A Community Garden opposite Deer centre on A91

Open to all volunteers
Tues & Thurs 10 – 1pm

Fife Communities
Mental Health
and Wellbeing Fund

Contact:
Louise/Jen: walledgarden@west-hall.net
<https://www.facebook.com/overrankeilourwalledgarden>
@overrankeilourwalledgarden

Why Volunteer at Over Rankeilour Garden?

- Create connection - with nature & friendly people
- Boost physical wellbeing – helping in the garden is great exercise
- Build self-esteem - feeling accomplishment and pride with learning new skills
- Improve mental wellness - being outside boosts your mood and motivation

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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

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

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

Funded with the support of
Fife Health & Social Care Partnership

Scottish Charity Number SC022596

IMPROVE YOUR MOOD & WELLBEING

Flourish with Nature is for you if you're feeling socially isolated and/or experiencing mild to moderate depression, low mood, anxiety or stress. Group sizes are limited.

Funded by the Communities Mental Health and Wellbeing Fund, our 2023 green health programme is designed to help you connect with nature, connect with others, and connect with self.

We'll explore the 5 Ways to Wellbeing with Nature; these are: connect, take notice, give, be active, keep learning.

We will be running six blocks of seven weekly core sessions, with additional pre-care and after-care sessions.

- Block 1 - 2nd March 2023
- Block 2 - 20th April 2023
- Block 3 - 8th June 2023
- Block 4 - 27th July 2023
- Block 5 - 14th September 2023
- Block 6 - 2nd November 2023

Core sessions include nature crafts, mindfulness walks, conservation activities, mindful photography, self development and reflective practice. They will be every Thursday, 10am to 2.30pm and include trips to nature spaces across Fife (transport provided).

For more info, or to book your space call 07384514478

FIFE CURNIE CLUBS

Beating Isolation Transforming Lives

FLOURISH WITH NATURE 2023

"When I went for a walk before, it was round the streets with my head down. Now I tend to go where there is wooded areas. I have my head up looking and taking in what's around me. Sounds, smells and the beauty around me."
Service User, 2022

"This course has been very beneficial for me, I have felt calmer when doing my sit-spots, which has been good for my mental health."
Service User, 2022

"I thought I was in touch with nature but there's a whole world out there still to be explored. It definitely helps with mental health. The highlight for me was doing the whole course in a safe environment."
Service User, 2022

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



+44 1383 417456

117 - 119 Park Road

Rosyth, KY11 2QT

www.eatsrosyth.org.uk

EATS Rosyth is a community led charity in Fife, Scotland. We grow and share food, reduce waste, help the environment and improve food education.

We are waiting for your visit to Rosyth Community Hub, community Garden and Centenary Orchard.

<https://www.eatsrosyth.org.uk/rosyth-community-garden/>

after-school
GARDEN CLUB

EVERY MONDAY
3.30 - 4.30

FAMILIES WITH CHILDREN AGED 3 - 10
(AND SIBLINGS) ARE WELCOME.

PLEASE COME PREPARED TO HAVE FUN,
HELP OUT AND GET MESSY!

No need to book, please just turn up
at the orchard between 126-128 Park Road, Rosyth



**Solstice
well being
open day**

**24th June
11-2pm**

**Methil community
gardens
Kirkland Drive,
Methil
KY8 3HX**

Potato growing info

FREE

Kitchen pharmacy info

yoga Taster session

Chi gong session

Tai Chi Taster session

Dr Bike

Kids activities

Music

Food



The Community Garden is open most days between 10 and 5, weather permitting.

If you're interested in volunteering with us please message!

friarycommunitygarden@gmail.com

Inverkeithing
Community Garden,
Abbott Place, Inverkeithing KY11
1PA

CLIMATE FRIENDLY GARDENING

COMPOSTING AND COFFEE WORKSHOP
SATURDAY 24TH JUNE 2023: 10AM-12.30PM

TAYPORT COMMUNITY GARDEN



This workshop will be led by Dr Liz Lakin, a senior lecturer at the University of Dundee and the Academic Lead for the Living Lab at Dundee Botanic Garden.

Making compost at home is an environmentally-friendly way of dealing with your kitchen and garden waste. You can easily make an excellent free, soil improver, for your garden or pots, that you don't need to transport or buy from the garden centre.

Come and join us for some fresh coffee or tea, which we can add to the composter! At the workshop we will discuss what space and equipment you need, then learn about the different types of materials you can put in to your compost bin to get a perfect mix.

This event is suitable for beginners. Drinks and snacks will be provided. This event will be outdoors with some shelter in the polytunnel.

Booking info: This event is free but booking is required. To book: email caf@tayportgarden.org or text/phone 07724 194057. **Accessibility:** Please note the terrain is flat and the paths are gravel. Venue is outdoors with the exception of the polytunnel. There is a composting toilet on site. Tayport Community Garden is located at the end of Pond Lane. Please walk or cycle. If you drive, please park on Elizabeth Street and walk up the lane as car access to the Garden Gate is limited.



JOKE CORNER



*What is green and goes to a summer camp?
A Brussels' scout.*

*Why is it not wise to tell secrets in a cornfield?
There are too many ears!*

*What do you call a retired vegetable?
A has bean.*

*I quit my job after my boss started paying me in
vegetables.
I couldn't live off that celery!*

BRAIN TEASER



*What is always in front of you but
can't be seen, can be touched but
can't be reached?*

Answers below from March 2023 edition
Surname

INTERESTING FACT

**CARROTS ARE SWEETER
IN THE WINTER.**

*Sugar acts as a natural anti-freeze
and can lower the freezing
point of water. Carrots increase
their sugar content to defend against
cold weather*

FIFE FORUM WALKING GROUP



New Developments Pending

**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