Scottish Charity Number SC022596



**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).

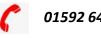
Our primary aim is to help people feel valued and to reduce social isolation and loneliness.

#### 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-coordinators/referral-form/

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

cafe

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



Flo's Cafe Tutor Rd, Leuchars, St Andrews KY16 oJX 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

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#### 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.



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.

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Visit

The Well near me

03451 551500

TheWell@fife.gov.uk

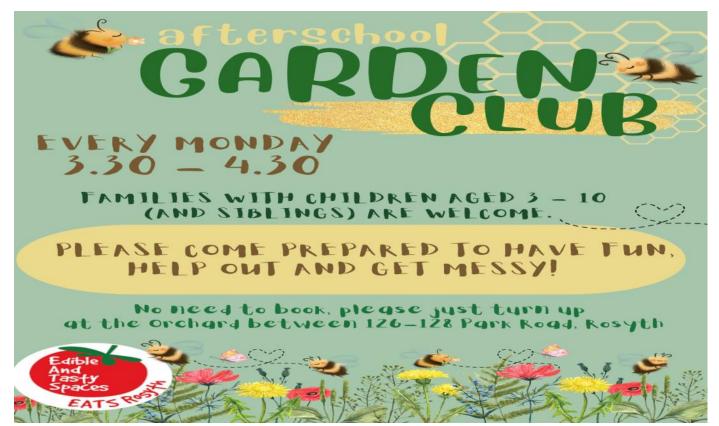
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SCAN ME

Fife Health & Social Care Partnership



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/



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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

**Making Community Connections** 

# CLIMATE FRIENDLY GARDENING

### COMPOSTING AND COFFEE WORKSHOP SATURDAY 24<sup>TH</sup> 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 <u>caf@tayportgarden.org</u> 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.







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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!



For further information on our fortnightly walks contact 01592 643743

or email info@fifeforum.org.uk



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



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

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