



Staying Safe and Keeping Well

Useful telephone numbers and contact information for support services in Fife



2024 edition

www.fife.gov.uk/stayingsafekeepingwell



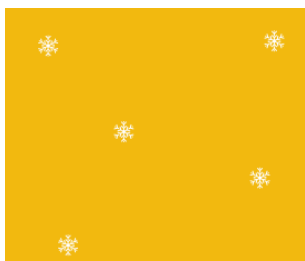
Staying Safe and Keeping Well

This booklet (paper copy or online) is also called SSKW.

What does the front cover of the new SSKW 2024 tell us?



This little booklet (paper copy or online) aims to keep you **staying safe and keeping well** so that **no harm** comes to **you**or anyone.



Snowflakes show it is handy for knowing about how to cope over Christmas.

2024 edition

BUT, SSKW is **not just for** Christmas. The content is up to date from December 2024 and for 2025.

More about what the front cover of the new SSKW 2024 tells us

Useful telephone numbers and contact information for support services in Fife



Many people from different organisations have helped.

Their advice and support is:

- Free
- Easy for **you** to find and know that there is support.

Why? Because **you are important!**

The front page also has a Fife advertisement showing a website where you can get help in times of need.

There are more advertisements inside.



How is this little booklet set out?

Page 2 is the 'Contents' page which gives a list.

Beside each topic or section, there is a page number in orange.

Some sections are short but some are longer. The section opposite on 'Food' starts at page 16 but it lasts until the next new section on page 31.

On a computer, you can put your cursor on the page number and it will jump from the 'Contents' to the section you want. On paper, you can flick through the booklet easily.

There is a **wide** range of **topics** to offer help and support.

Contents	
Need help now?	3
About this booklet	4
You are important	5
Help with the cost of living	6
Help with money	7
<hr/>	
Help with food	16
The 'To Do' list	31



Help with food	16
The 'To Do' list	31



Examples of topics



Bereavement support

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How to cope when feeling sad when someone dies. Go to: 'Bereavement' topic, [page 55](#)



Staying connected

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How to find social groups to support you. Go to: 'Staying Connected' topic, [page 57](#)



Help with housing, home energy and household bills

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Help with home energy and keeping yourself warm

Go to 'Help with housing, home energy and household bills' topic, [page 10](#)



Families

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Help with family relationships – go to 'Families' topic, [page 32](#)

How to use SSKW

(the paper booklet or online)

There is no right or wrong answer

- whatever way suits **you**.



You may feel OK at reading SSKW on your own or even parts of it. **SSKW online** might help you with any reading or visual needs.

Here are some ideas of how to use SSKW:



Read one topic of your choice **with your support worker** and then chat about it together.



Look at a topic like 'Help with Money' in a **group** to help learn together and share ideas.

Here are more ideas of how to use SSKW:



Learn about **2** (or more) **topics** like 'Help with the Cost of Living' **page 6**

and

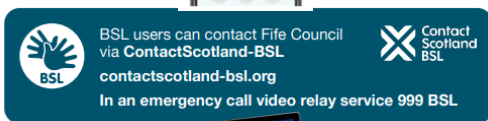


Help with Housing on **page 10** to help with money problems.



Read a part of SSKW to think about ideas and make a plan like:

- make a phonecall
- write an email or
- go to websites and learn more.



Remember to ask for help if you need it.

Important Parts of SSKW.

Look out for...

Families

The start of each topic or section with dark blue letters on gold headers. These sections contain lots of info.

Health and wellbeing

Right Care, Right Place

By using NHS services wisely, you can keep well and get the care you need quickly and safely.

If you become unwell and need to see a healthcare professional the same day, but it is **not** an emergency, there are different services you can use.

Advice in light blue boxes

For example: To keep you physically safe and know what to do in an emergency.

‘Hints and tips’ –

How to stay safe when using alcohol or drugs during the holidays

HINTS & TIPS

Talk to your support worker or key worker about what help you might need over the holidays. Come up with a plan for how you will cope and what you can do to keep well.

For example: To keep you or others safe when drinking, if or when using drugs.

Take-Home Naloxone - SFAD

sfad.org.uk

Naloxone is also available **free** from FIRST, DAPL, We Are With You, Addiction Services, Clued-Up or ask your keyworker about getting a kit.

The Scottish Ambulance Service can also train individuals and supply them with Take Home Naloxone when at a call.

Important information

highlighted about when

services open and close over Christmas 2024 and the New Year.

Social Work Offices will be closed on Wed 25th, Thurs 26th and Fri 27th December 2024 as well as Wed 1st, Thurs 2nd and Fri 3rd January 2025. However emergency Social Work can be offered during public closures and can be contacted on **03451 55 00 99**.

For the most up-to-date information on access to drug and alcohol services over the festive period visit www.fifeadp.org.uk

ADAPT is the main drug and alcohol triage service in Fife and provides information, advice, and support for alcohol and/or drug use.

Mon 23 Dec Normal Hours

Tue 24 Dec 2024 Close at 12.30pm

Wed 25 Dec & Thu 26 Dec 2024 Closed

Fri 27 Dec 2024 Drop in Clinic at FASS, 24 Hill Street, Kirkcaldy 9.00am and 12.30pm. Telephone Service 1.30pm – 4.30pm

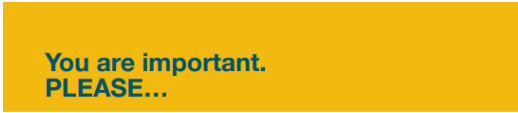
More Important Parts

Pointers (in coloured boxes) on mental wellness and how to cope over the Christmas period.

Different types of information

To give you information and support, there are:

- Advertisements
- Online sites
- QR codes.



Don't keep things to yourself

It's ok not to feel ok. Try to recognise the signs that things are getting too much. Remember you are not alone. There is always someone who wants to listen and help. Talk to someone you trust. If you reach crisis point call one of the support numbers on page 3 of this booklet.

Do have YOUR version of Christmas
Who says you have to

Do be kind to yourself
Don't expect everything to be perfect. The most important thing is to have fun and spend time...

COSY KINGDOM

Cosy Kingdom is a free and impartial home energy and utility debt advice service available to anyone living within Fife.

Our Energy Advisors can provide practical, tailored energy advice by telephone or through a home visit.

To arrange an appointment with an energy advisor please contact us on the details below.

Some of the things we can help with include:

- Help with bills, tariffs, meters and energy suppliers

Contact us today to arrange a
FREE Home Fire Safety Visit
We'll help you spot possible fire hazards, sort out a fire escape plan and provide information about smoke, heat and carbon monoxide alarms.
CALL 0800 0731 999, TEXT 'FIRE' TO 80800 or VISIT firescotland.gov.uk



For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit

No access to the internet? It's easy to arrange a visit by calling 0800 0731 999 or just Text "FIRE" to 80800 from your mobile phone.

Information on the New Alarm Standard, which came into effect in February 2022, can be found using the QR Code. Just open the camera on your phone and fit the QR code onto the screen. A link to the Scottish Government information will pop up. Alternatively, visit Fire and smoke alarms: changes to the law:



Let's look more closely at a typical page.....

Help with housing, home energy and household bills

The cost to heat our homes is becoming increasingly challenging. Advice and support is available to help keep warm this winter, as well as support if you are struggling with your rent and other household bills.

our.fife.scot/gethelp/home

Homeless Emergency Number (free) 0800 028 6231
If you are homeless or about to be made homeless, please call.
If you are fleeing domestic abuse and have been made homeless call our **out of hours number 03451 55 00 99**

Care and Repair Service 01592 632 592
Help with household repairs and maintenance. Available to homeowners over 60 or homeowners over 50 who are registered disabled or in receipt of benefits.

Disabled Person's Housing and Self-Directed Support Service Fife 01592 803 280
dphsfife.org.uk

Fife Cares 03451 55 15 03
fife.gov.uk/safetyvisit

Free home safety visits for families with children under 5 years and also vulnerable adults. **Free home security visits** for people who have suffered domestic abuse.

Fife Community Safety Support Service 01592 641 618
infofife@sacro.org.uk

Fife Council Housing Information & Advice 03451 55 00 33

Fife Council Out of Hours Emergencies 03451 55 00 99
Open 24/7 over Festive period.

Fife Council Repairs Centre 03451 55 00 11
Please report routine repairs online fife.gov.uk/housingrepairs

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On page 10, can you see...?

- A gold heading with blue text.
 - The ad for our.fife.scot.
 - An emergency freephone number highlighted in an orange box.
 - The start of a list....
Names of organisations in **bold** which are separated by an orange line.
 - Contact numbers on the right
 - Orange weblinks
- Did you see all these details?



If 'yes', you are now reading SSKW carefully.

Across the booklet.....

Adult Protection Phone Line 01383 602200
Call this number if you are worried because you or someone you know is being harmed or neglected. **In an emergency call 999**
SMS text service for people with a hearing loss 07781 480 185
Sign up required for SMS or use translation service.

Examples of domestic abuse include:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Depriving access to help and support services
- Depriving you of basic needs, such as food
- Financial or economic abuse
- Harassment and stalking
- Isolating you from friends and family

Shut Out Scammers

- Only let somebody into your home if
- Be wary if someone turns up unexpe
 - Check their identity card. Close the

Suicide prevention

Signs of suicide can be difficult to spot. Asking about their feelings can help to save their life. It is a difficult conversation to have but it can make a difference.

Health and wellbeing

The **key** message is about **keeping safe**. It's important to report harm if it is happening. Harm comes in many forms.

For example:

Emotional, physical, sexual and financial harm in cases of Domestic abuse.

Financial harm like scams. This main harm leads to emotional harm too.

It could be self-harm and suicide.

Each section offers support from organisations to prevent harm and support victims.

What's next?

Well.... Here's a taster of some other content:

Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service offers a **FREE** Home Fire Safety Visit. We will come to your home at a time that suits you to give advice, help spot fire hazards and cover what to do in the event of a fire. Smoke and heat detectors might be fitted as part of the visit depending on existing alarms and home ownership.

For more information on Home Fire Safety and how to arrange a visit just go to the Scottish Fire & Rescue Service website:

www.firescotland.gov.uk/your-safety/at-home/home-fire-safety-visit

If you want to read what the Scottish Fire and Rescue Service offer free of charge, then turn to **page 12.**

Mental Health

Access Therapies Fife www.accesstherapiesfife.scot.nhs.uk

Provides information to help people deal with mental health problems and access a range of local services.

Psychology Enhanced Engagement Team (PEET)

Provides brief psychological interventions for people with mild mental health difficulties. In PEET, you work together with an NHS trained professional to learn tools and skills that will help you to better manage your current difficulties. PEET is available for adults aged 18+ through self-referral, via the Access Therapies Fife website -

www.accesstherapiesfife.scot.nhs.uk

If you want help with your mental health, turn to **page 44.**

Now.... we hope you this Easy Read makes you curious to read and use SSKW!



This Easy Read was produced using Photosymbols



and extracts from 2024 'Staying Safe and Keeping Well' content, produced by the Adult Support and Protection team. Please remember that the SSKW Booklet is on line so text can be supported using IT. If you have any further accessibility needs, please email ASPC.Admin@fife.gov.uk.

