

# Surviving Christmas and New Year

Staying safe  
and keeping well

Fife Adult Support & Protection  
[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)



2018 Edition



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# Need help now?

If you are in a crisis, or are worried about someone you know, help is available. You're not alone. The best thing you can do is talk to someone.

Call 'Breathing Space' or the 'Samaritans' on the numbers below or speak to someone you trust. If it is an emergency, or you are in immediate danger, call 999. Don't try to cope on your own.

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## **Samaritans**

**116 123**

email: [jo@samaritans.org](mailto:jo@samaritans.org)

Their helpline is available 24 hours a day all through the year. They know that this is a difficult period for lots of people.

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## **Breathing Space**

Mental health and wellbeing helpline.

**0800 838587**

[breathingspace.scot](http://breathingspace.scot)

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## **Adult Protection Phone Line**

**01383 602200**

Call this number if you are worried because you or someone you know is being harmed or neglected.

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## **SMS text service for people with a hearing loss**

**07781 480 185**

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## **Child Protection**

**Police 101 or Social Work on 03451 551503**

If you consider a child(ren) or young person to be in IMMEDIATE danger, DO NOT wait, call the Police on 999.

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## **NHS 24**

**111**

Call NHS 24 if you are ill and it can't wait until your GP surgery opens

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## **Social Work out of hours emergencies**

**03451 55 00 99**

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## **Citizens Advice and Rights Fife (CARF)**

**0345 1400 095**

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## **CARF Text phone for people with a hearing loss**

**SMS: 07781 480 185**

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## **Homeless Emergency Number**

**0800 028 6231**

# About this booklet

Sometimes people find that the Christmas and New Year period is really hard.

Everyone else seems to be having a great time but you're feeling worried or finding it hard to cope. It can be difficult to deal with extra stress and keep yourself well when other people are drinking and having parties.

Well, you're not alone. Lots of people find the holiday period difficult. So we've put together this handy guide to surviving Christmas and New Year. Often the places where you get support at other times of the year have closed for the holidays so we've tried to include other sources of support that may be available.

We've tried to make sure all of the ideas in this booklet are not expensive.

We've also tried to get ideas that help you find the sort of support that will work for you – which can be being with other people or keeping away from some of them.

## Tips and hints

Plan out what you need to do over the next few days, or the next week.

Use the booklet to talk things over with a few friends or with a group if you go to one. Plan what you can do together to look after yourselves and each other.

You can also talk things over with a support worker or someone else in an addiction service or peer support group, if you find that helpful.

Some of the ideas here might be a bit late for this year. But they'll help for next year.

# The Christmas 'Not to Do' List

## **Don't try to change anything big**

Now is not the time to start a new diet, a new routine or make unrealistic resolutions. Don't stretch yourself too far or over-indulge. You can always try and change things for the better, but take small steps, not all at once. Let go of some of the things you feel you 'have to' do, or at least reduce them.

## **Don't try and do everything**

Christmas can be a very sociable time but it can also be very tiring getting involved, and trying to do everything at once. Don't put pressure on yourself to make everything perfect or keep everyone happy. It's ok to say 'no'. Everyone needs some time off from the celebrations every now and then.

## **Don't forget to have time for yourself**

Give yourself a break and don't be too hard on yourself. Take some time to relax. Just 30 minutes away will help. Find a space away from everyone where you can find a bit of peace and quiet when things get too much for you. Try to take a break from social media. It's a hectic time of year, so make sure you get enough sleep, eat right and try to get some exercise every day.

## **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.

# Money advice

One of the big pressures for many people is managing money and not getting into debt. It can also be difficult to cope if your benefits change, or if you are subject to benefit sanctions.

- Talk to your Job Centre Work Coach
- Your local job club can also give advice - [fifedirect.org.uk/jobclubs](http://fifedirect.org.uk/jobclubs)
- Check which benefits you may be able to claim at [entitledto.co.uk](http://entitledto.co.uk)

**For more information on managing benefits, living on a budget and looking for work visit: [fifedirect.org.uk/benefits](http://fifedirect.org.uk/benefits)**

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<b>Scottish Welfare Fund</b>	<b>0300 555 0265</b> <b><a href="http://fifedirect.org.uk/welfarefund">fifedirect.org.uk/welfarefund</a></b>
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Crisis Grants and Community Care Grants.

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<b>Citizens Advice and Rights Fife (CARF) (Money Advice Unit)</b>	<b>0345 1400 094</b> <b><a href="http://CABFife.org.uk">CABFife.org.uk</a></b>
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Free, confidential, independent money and debt advice.

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<b>CARF Welfare Benefits Advice</b>	<b>0345 1400 092</b>
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<b>Macmillan Fife Welfare Benefits Partnership</b>	<b>0345 1400 091</b>
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Help with coping with the cost of living with cancer.

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<b>Tax Credit Helpline</b>	<b>0345 300 3900</b>
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<b>Universal Credit Freephone</b>	<b>0800 328 5644</b>
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<b>National Debtline</b>	<b>0808 808 4000</b> <b><a href="http://nationaldebtline.org/scotland">nationaldebtline.org/scotland</a></b>
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<b>Fife Credit Unions</b>	<b><a href="http://fifedirect.org.uk/creditunions">fifedirect.org.uk/creditunions</a></b>
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If you need to borrow money, talk to a credit union about a loan – the interest will be a lot less than other sources of credit.

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<b>Conduit Scotland Fife</b>	<b>0300 111 0559</b> <b><a href="http://www.conduitscotland.com">www.conduitscotland.com</a></b>
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A not for profit, community lender you can trust. Shops in Dunfermline and Kirkcaldy open Mon-Fri 10-4pm.

# Phone support services and useful websites

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<b>Action on Elder Abuse (Scotland) Helpline</b>	<b>080 8808 8141</b>
	<b>elderabuse.org.uk/in-scotland</b>
<b>Fife contact</b>	<b>07496 663 815</b>
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<b>Advice for 11-18 year olds</b>	<b>young.scot/choices-for-life</b>
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<b>Anti-Terrorist Hotline</b>	<b>0800 789 321</b>
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<b>Carers UK Advice line</b>	<b>0808 808 7777</b>
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<b>Compassionate Friends</b>	<b>0345 123 2304</b>
Support for bereaved families	<b>tcf.org.uk</b>
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<b>Cruse Bereavement Care</b>	<b>0845 600 2227</b>
<b>support@crusescotland.org.uk</b>	<b>crusescotland.org.uk</b>
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<b>Cruse website for young people</b>	<b>hopeagain.org.uk</b>
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<b>Modern Slavery Helpline</b>	<b>08000 121 700</b>
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<b>LGBT Helpline Scotland</b>	<b>0300 123 2523</b>
<b>Tue &amp; Wed (12pm - 9pm)</b>	<b>lgbthealth.org.uk</b>
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<b>LGBT Youth Scotland</b>	<b>Text: 07786 202 370</b>
email: <b>info@lgbtyouth.org.uk</b>	<b>LGBTYouth.org.uk</b>
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<b>SSAFA</b>	<b>01592 263714</b>
Help for Forces personnel.	email: <b>fife@ssafa.org.uk</b>
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<b>Victim Support Scotland</b>	<b>0345 6039 213</b>
	<b>victimsupportsco.org.uk</b>
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<b>Young Minds (mental health support)</b>	<b>youngminds.org.uk</b>
<b>Parents Helpline</b>	<b>0808 802 5544</b>
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<b>Money Advice Scotland</b>	<b>0141 572 0237</b>

# Ordinary community services

Lots of people find that the ordinary community services give good support when you are recovering from an addiction.

Going for a walk or a swim, or playing football, or using the libraries are all good ways to keep well. They are especially good over the Christmas and New Year period, when it can be harder to keep active or find things to do.

## What is happening in Fife

Find out 'What's on' in Fife by checking the Council website **fifedirect.org.uk/events**. You can click on a date and it will give you all the listings for that day.

Fife Leisure Centres - ask at your local leisure centre or visit: **fifeleisure.org.uk**.

Fife's local radio station has a webpage that lists clubs, classes and one-off events at: **kingdomfm.co.uk/whats-on/**

Most libraries have computers you can use free of charge, or for a small fee.


Fife museums are free to visit and will be open between Christmas and New Year. Visit **onfife.com**.

Check **fifedirect.org.uk/winter** for information about council services over the festive period, along with other information about staying in touch and getting ready for winter.

Go and see the Christmas lights. There will be some in Dunfermline, Kirkcaldy or Glenrothes and they will have a free 'switch-on' event.

The Christmas activities for 2018 are mostly at the end of November and early December.





**“I used to go along with being all Christmassy and was miserable but I thought I had to or people would think I was rude. Now I’ve decided not to care if people think I’m being rude.”**

**“I manage ok with Christmas. It’s New Year that I find harder. But it’s easier to just keep to yourself then.”**

**“I just put all the family hassles aside for the one day. That’s the way I deal with it. I don’t let it upset me. I tell myself it will all be over by tomorrow and then we can all get back to normal.”**

**“Just don’t have a 25th December in your house. Have the 24th twice and go straight on to the 26th. It might help not telling other people you do that in case they think you’re a bit strange. But it works.”**

**“I hate it. I really don’t like this time of year. I have to see family that I don’t like. I worry about it so much. It makes me miserable. But I’m ok with just a few friends. So I try to see them instead.”**

**“Learn something new. Get really engrossed in it. It’ll be the middle of July before you notice.”**

**“The secret to surviving the holidays? Forward planning.”**

**“Go to the big shopping centres. You don’t have to spend money – just look at the lights and the windows.”**

**“Check out the library the week before the holidays. Stock up with books and DVDs – things to keep you going.”**

**“Visit your local museum- they’re free and you can spend as long as you want looking at the exhibitions.”**

**“If you find there was something you wanted to do but missed it – make a note on your list for next year and look forward to doing it then.”**

**“When you’re out for a walk, find a nice branch from a tree. Pick up nuts, pine cones, etc. Get a can of silver spray and you’ve got decorations. Get some thread to hang them from hooks, or just put them on the table or windowsill.”**

**“I switch off the telly and usually go to bed before the Hogmanay stuff starts and get up and go for a walk next morning. By noon I’m getting on with my day and feeling ok. It’s a lot better than I used to feel.”**

**“Keep going for a swim or playing football – all the things you do the rest of the year. And if you don’t do them, start”**

# Getting around – access to transport

Check what is happening for bus and train services, as there will be fewer services than usual on some days. The number to ring to check for services in any part of Scotland is 0871 200 2233. You can also check the website: [travelinescotland.com](http://travelinescotland.com)

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## Community transport

**03451 55 11 88**

For people who have difficulty using public transport:

- Dial-A-Ride – free transport to local shopping centres.
- Ring And Ride. Door to door travel service within the areas of Dunfermline, Glenrothes, Kirkcaldy, Levenmouth, Rosyth.

Book journeys in advance. For more information call between 9.30am and 2pm Mon-Fri

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## Fife Shopmobility

**01592 803772**

Free loan of wheelchairs and scooters within Dunfermline, Kirkcaldy and Glenrothes shopping centres.

## Tips and hints

Think ahead about transport for anything on 25/26 December or over the first few days in January.

Check out options for sharing a taxi with a friend or getting a lift.

If you are going to a group like AA that is on over the holidays, phone the contact person beforehand and ask if you can share transport with other people.

## Get Ready for Winter

### [Fifedirect.org.uk/winter](http://Fifedirect.org.uk/winter)

Find useful advice about preparing for Winter, consumer advice for Christmas shoppers and a guide to Festive events.

### Local Radio Stations

- Kingdom FM 95.2 & 96.1
- Radio Forth 97.3
- Tay FM 96.4 & 102.8

# Access to Addiction Services over the holidays

In Scotland most Addiction Services will close for the 2 public holidays at both Christmas and New Year. This will feel like a long time for some people who use services.

Social work offices will be closed on 24th, 25th, 26th and 31st December 2018 as well as 1st and 2nd January 2019.

For the most up-to-date information on access to drug and alcohol services over the Festive period visit [www.fifeadp.org.uk](http://www.fifeadp.org.uk)

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

Over the holiday period the **ADAPT** **phoneline 01592 321321** is available on:

- Monday 24th December 10am - 12.30pm
- Thursday 27th December 1.30pm - 4pm
- Friday 28th December 1.30pm - 4pm
- Mon 31st December 10am - 12.30pm
- Thursday 3rd January 1.30pm - 4pm
- Friday 4th January 1.30pm - 4pm

Normal services resume from Monday 7 January  
10am - 12.30pm and 1.30pm - 4pm

“Finding Al-Anon has been a life changer in so many ways. Perhaps the relief of knowing I’m not alone, will never again be alone and being with people who know exactly what I’ve been through is the most comforting. There are always Al-Anon meetings in Fife, including over the Christmas and New Year period.”

Al-Anon member

# Phone support services and useful websites

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**Al-Anon** **020 7403 0888**  
**al-anonuk.org.uk**

Support for families and friends of problem drinkers (10am-10pm).  
Groups in Cupar, Dunfermline, Kirkcaldy, Methil and St Andrews.

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**Clued Up** **01592 858 248**  
**www.cluedup-project.org.uk**

Substance abuse support for young people under 25 in Fife.

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**Drinkline Scotland (24 hour support)** **0800 7 314 314**  
**drinkaware.co.uk**  
**alcohol-focus-scotland.org.uk**  
**nhs.uk/live-well/alcohol-support**

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**AA – Alcoholics Anonymous** **0131 225 2727**  
**AAfife.net**  
**alcoholics-anonymous.org.uk**

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**Narcotics Anonymous** **0300 999 1212**  
**ukna.org**

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**Gambling Anonymous** **0370 050 8881**  
**Gasotland.org**

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**Substance Misuse**  
**Knowthescore.info** **0800 587 5879**  
**Re-solv.org** **01785 810762**  
**wnfo.org.uk**

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**Talk to Frank (drug info and advice)** **0300 123 6600**  
**talktofrank.com**

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**SMART recovery online meeting** **Smartrecovery.org.uk**  
For any form of addictive behaviour

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**Scottish Families Affected  
by Alcohol and Drugs** **08080 10 10 11**  
**Sfad.org.uk**

# How to stay safe when using alcohol or drugs

## Tips and hints during the holidays

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.

Get the phone numbers of the out of hours and emergency services that will be available. Add them to your mobile; put them somewhere you can find them easily; or write them at the back of this booklet.

Remember that the services will be open again in a few days.

Contact the out of hours services if you need to talk to someone.

## Tips and hints to stay safe when using alcohol

- Eat before a night out
- Know your limit and stick to it
- Alternate alcoholic drinks with a drink of water (stay hydrated)
- Have a designated driver
- Do not accept drinks from anyone you do not know
- Do not leave your drink unattended
- Do not mix alcohol with depressant drugs (opioids, heroin, benzodiazepines)



## Tips and hints to stay safe when using drugs

- Avoid using drugs alone
- Never share injecting equipment (Free injecting equipment is available from pharmacies and Addaction)
- If using opioids ensure you have a Naloxone kit and those with you know where to find it and how to use it (Naloxone is available from FIRST, DAPL, Addaction, Addiction Services, Clued-Up)
- Avoid mixing depressant drugs together (Alcohol, opioids, heroin, benzodiazepines) as this increases the danger of overdose
- If you or a friend is unwell, seek medical help immediately

### How to spot an overdose

- Shallow pulse or breathing (can sound like snoring)
- Blue lips
- Pinpoint pupils
- Lack of response/unconsciousness

If you think someone may have overdosed call 999 immediately. If they have taken any opioids, Naloxone can be used but medical help must still be sought even if the individual then feels well again. Naloxone is short acting and they may fall back into overdose.

# Families

Family tensions can feel overwhelming at this time of year. Try to get a balance between time with family/friends and 'me time'. Have an 'escape plan' like making a phone call to a friend. Make sure you have time to yourself and time to recuperate.

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<b>Fife Gingerbread (supporting lone parents)</b>	<b>01333 303 124</b> <b>fifegingerbread.org.uk</b>
<b>Parentline Scotland</b>	<b>08000 28 22 33</b>
<b>National Lone Parent Helpline</b>	<b>0808 801 0323</b>
<b>One Parent Families Scotland</b>	<b>opfs.org.uk</b>
<b>Contact (for families with disabled children)</b>	<b>0808 808 3555</b> <b>contact.org.uk</b>
<b>Scottish Child Law Centre</b>	<b>0131 667 6333</b> <b>sclc.org.uk</b>
<b>Sleep Scotland Support Line (Mon-Thu 10am-4pm)</b>	<b>0800 138 6565</b>
<b>Parenting Across Scotland</b>	<b>www.parentingacrossscotland.org</b>
<b>Scottish Family Information Service</b>	<b>families.scot</b>
<b>Families Outside helpline</b>	<b>0800 254 0088</b>
For families affected by imprisonment in Scotland	
<b>Relationships-scotland.org.uk</b>	<b>0345 119 2020</b>
<b>The Relationship helpline</b>	<b>0808 802 2088</b>



# Domestic Abuse Support

It's difficult to accept that someone you love or care for can treat you badly. Domestic abuse is rarely a one-off incident - it tends to happen more and more often and become more severe. It's important to recognise abuse and know there are people who can help you and that there are things you can do to help yourself.

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## In an emergency call 999

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<b>Police non-emergency number</b>	<b>101</b>
<b>Fife Women's Aid</b> <a href="http://fifewomensaid.org.uk">fifewomensaid.org.uk</a>	<b>0808 802 5555</b> <a href="http://Thehideout.org.uk">Thehideout.org.uk</a>
<b>Shakti Fife (ethnic minority women)</b>	<b>01383 431243</b> <a href="http://shaktiedinburgh.co.uk">shaktiedinburgh.co.uk</a>
<b>Women's Support Project</b>	<b>0141 418 0748</b> <a href="http://womenssupportproject.co.uk">womenssupportproject.co.uk</a>
<b>Scottish Women's Rights Centre Helpline</b>	<b>08088 010 789</b>
<b>Scottish Domestic Abuse &amp; Forced Marriage Helpline</b>	<b>0808 027 1234</b> <a href="http://sdafmh.org.uk">sdafmh.org.uk</a> email: <a href="mailto:helpline@sdafmh.org.uk">helpline@sdafmh.org.uk</a>
<b>Male Advice Line (for men)</b>	<b>0808 801 0327</b> <a href="http://mensadvice.org.uk">mensadvice.org.uk</a>
<b>Abused Men in Scotland</b>	<b>0808 800 0024</b> <a href="http://abusedmeninscotland.org">abusedmeninscotland.org</a>
<b>LGBT Helpline Scotland</b>	<b>0300 123 2523</b> <a href="http://lgbtdomesticabuse.org.uk">lgbtdomesticabuse.org.uk</a>
<b>Fearless</b> Fife support for men, LGBT+ and BME communities	<b>0131 624 7266</b> <b>Fearless.scot</b>
<b>National Stalking Helpline</b>	<b>0808 802 0300</b>

# Housing Information

If you are homeless or about to be made homeless call the Homeless Emergency Number (free) on 0800 028 6231

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**Fife Council Housing Information & Advice** **03451 55 00 33**  
(8am-6pm)

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**Frontline Fife** **01592 800 430**  
Provide housing advice and support to people to help them to sustain their home and prevent homelessness.

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**Shelter Scotland helpline** **0808 800 4444**  
[scotland.shelter.org.uk](http://scotland.shelter.org.uk)

Practical advice on urgent housing matters.

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## **Fife Council Tenancy Assistance**

Contact your Housing Management Officer for help with your Fife Council tenancy

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**Fife Council Repairs Centre** **03451 55 00 11**  
Please report any repairs or damage to your Fife Council property

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

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

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**Power cuts and safety helpline** **105**  
[powercut105.com](http://powercut105.com)

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**Fife Cares** **03451 55 15 03**  
Free home safety and home security visits for vulnerable or elderly adults and people who have suffered domestic violence. Child safety visits if you have a child under 5.

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**Fire Safety Visit****0800 0731 999**  
**Text 'FIRE' to 80800**

Free home fire safety visit and the Scottish Fire & Rescue Service can fit smoke alarms free of charge if your home requires them.

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**Fife Community Safety Support Service****01592 641 618**  
email: [infofife@sacro.org.uk](mailto:infofife@sacro.org.uk)

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**Disabled Person's Housing Service (Fife)****01592 803 280**  
[dphsfife.org.uk](http://dphsfife.org.uk)

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**Rogue Traders/Doorstep Callers****Police Scotland – 101**

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**Fife Trading Standards****01592 583141**

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**Fife Trusted Trader****0333 444 0185**  
[trustedtrader.scot/Fife](http://trustedtrader.scot/Fife)

Help to find trusted, reliable and vetted local tradespeople.

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**Citizens Advice Consumer Helpline****03454 04 05 06**  
[citizensadvice.org.uk/Scotland](http://citizensadvice.org.uk/Scotland)

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**Citizens Advice and Rights Fife (CARF)****03451 400 095**  
[www.cabfife.org.uk](http://www.cabfife.org.uk)

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**Cosy Kingdom****01592 858 458**  
[www.cosykingdom.org.uk](http://www.cosykingdom.org.uk)  
email: [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk)

Are you struggling to heat your home over Winter? Cosy Kingdom offer free home energy and debt advice throughout Fife, helping people stay warm, save energy and save money. The service is available to all tenants and homeowners across Fife.

Pop into the High Street Hub, 254a High Street, Kirkcaldy, KY1 1LA (Open Wednesday - Saturday, 10am - 4pm).

The Cosy Kingdom office will be closed for the holidays from 22nd December to January 2nd (dates inclusive). They will reopen on Wednesday 3rd January 2019.

# Nice things for families or groups of friends to do together

## Tips and hints

- Make things like Christmas cards – with glitter and bits of cotton wool for snow. Think Blue Peter and the things you liked doing when you were wee. If you go together you can buy big tubs of glitter and glue etc more cheaply than each buying the small ones.
- Share the food when you get together at someone's house – everyone brings along one thing.
- Do outings in groups, as you can get cheaper deals for the cinema or theatre if you book for more people. Several families and/or friends can go along together.
- Go for a walk or play football or other sports together.
- Think what you enjoy doing and how you can do it with other people – if that's what you want.
- Don't feel you have to include everyone or a big group. It can just be you and one or two pals.
- Talk it over. Ask what each person enjoys. Once you get talking you'll come up with things that you all be happy doing.

**“It can be a hard time of year. But it can also be a good excuse to do the silly things you want to do other times but don't. So this year, just go ahead.”**

**“Be ready to compromise. One week we do what one person wants. Next time, it's what someone else wants. For me, learning how to mix in a good way with other people has been part of my recovery. Enjoying each other's company is as or more important that enjoying the thing you are doing.”**

# Nice things to do on your own

When we talked it over, we thought it was important to have things that you enjoy on your own. Some people prefer to be on their own at this time of year. And having a bit of quiet time is good for everyone.

So these are the things that we enjoy doing when we get a bit of time for ourselves. We hope they'll give you ideas for the ways you like to spend time on your own.

## Tips and hints

- Enjoy the things that you like and make you feel good. Here are our suggestions.
- Watch a favourite film that makes you feel nice – and you can cry or laugh along with it.
- Play your favourite music.
- Get some nice smelly, pampering bath stuff. Then have a long soak - and do it each day if you want to.
- Go for a walk to your favourite place, or somewhere you want to see but haven't been to before.
- Some people find meditation is good – a nice thing to do and good for keeping them well.
- Have your favourite food.
- Making cards and decorations for the house – with a Christmassy or winter theme or to make the place look special.

# Health and Wellbeing

Tiredness, lack of exercise, and an overload of people, alcohol, food and spending can make the Festive Season a very stressful time. Take extra care to look after your health.

Anyone who has a health condition, who is pregnant or who is 65 or over, should get the flu vaccine. Ask your GP for advice to see if you are eligible for the free vaccination. Many pharmacists offer a Winter Flu jab service for around £10. Check with your local chemist.

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## Health information

[www.nhsfife.org/knowwhototurnto](http://www.nhsfife.org/knowwhototurnto)

Make sure you have enough of your regular medication over the holiday period, with medicines for pain relief, high temperatures, indigestion, cough & cold remedies, plasters & antiseptics.

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## Find your local pharmacy or GP Practice

[nhsfife.org](http://nhsfife.org)

Check pharmacy and GP opening times at [nhsfife.org/publicolidays](http://nhsfife.org/publicolidays)

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## Fife Dental Advice Line (Mon-Fri 8am-6pm)

**01592 226 555**

If you are NOT registered with a dentist

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## GP Out of Hours: call NHS 24

**111**

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**Accident and Emergency and 999 services should only be used when people are seriously ill or injured.**

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## Red Cross Assisted Hospital Discharge **01592 643355 ext 29647**

The service supports Fife patients and their carers during the first 48 hrs after discharge with the aim of providing support with practical tasks such as shopping, ensuring the patient is safe and comfortable and some domestic tasks. The service operates as part of a planned discharge process but referrals can be made by patients, their family or friends.

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## ALISS

[Aliss.org](http://Aliss.org)

ALISS (A Local Information System for Scotland) is a website that helps you search for health and wellbeing resources and community support in your area.



## Mental Health

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**Student Mental Health** **thinkpositive.scot**

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**Support in Mind** **01592 268 388**  
**supportinmindscotland.org.uk/fife-services**

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**mentalhealth.org.uk**

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**moodjuice.scot.nhs.uk**

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**samh.org.uk**

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**themix.org.uk** (support for under 25s) **0808 808 4994**

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**seemescotland.org** (mental health and wellbeing)

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**littf.com** (Living Life to the Full)

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**moodcafe.co.uk** (mental health)

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## Self Harm

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**Penumbra.org.uk** **01383 747 788**

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**selfharm.co.uk**

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**harmless.org.uk** email: **info@harmless.org.uk**

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## Sexual Health

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**Sexual Health Fife** **01592 64 79 79**

Offers drop-in clinics and appointments. Call Mon-Fri 8:30am–1:30pm.

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**The Hub** **thehubfife.org.uk**

Sexual Health advice for young people.

## Suicide Prevention

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**chooselife.net**

Don't try to cope alone. Call a helpline or someone you trust.

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**Touched by Suicide**

**01294 274 273**

**Touchedbysuicidescotland.org**

email: **touchedbysuicidescotland@hotmail.co.uk**

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**Survivors of bereavement by suicide  
Helpline**

**sobskirkcaldy.org.uk**

**07707 69 77 39**

email: **help@sobskirkcaldy.org.uk**

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**CALM** (preventing male suicide)  
5pm-midnight

**0800 58 58 58**

**thecalmzone.net**

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**Papyrus** (preventing young suicide)  
text: **07786 209 697**

**0800 068 41 41**

**papyrus-uk.org**

email: **pat@papyrus-uk.org**

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## Sexual Abuse

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**Rape Crisis Scotland (6pm - midnight)**

**08088 01 03 02**

**rapecrisisscotland.org.uk**

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**Fife Rape And Sexual Assault Centre**

**01592 642336**

**fracac.org.uk**

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**Kingdom Abuse Survivors Project (KASP)**

Supports adult survivors of childhood sexual abuse.

**01592 644217**

**kasp.org.uk**

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**Safe Space**

Supports survivors of sexual abuse (aged 12+)

**01383 739084**

**safe-space.co.uk**

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**Revenge Porn Helpline** (10am - 4pm, Mon - Fri)

**0345 6000 459**

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# Access to Food

People can go hungry for many different reasons from redundancy to getting an unexpected bill when on a low income.

Should you find yourself in this position, food banks can provide short term access to emergency food and support for people experiencing a crisis.

Food banks are non-profit organisations that receive publicly donated food which is then sorted by volunteers and distributed as food parcels. The simple service of providing enough food for a few days can relieve stress, and prevent crime and family breakdown.

Several charitable organisations have set up food banks in Fife. Customers in crisis may be referred to a food bank by:

- their Social Worker
- Fife Council's Welfare Fund team  
Tel. 0300 555 0265 (Open Monday to Friday 9am-2.30pm)
- Citizens Advice & Rights Fife  
Tel. 0345 1400 095 or visit **cabfife.org.uk**  
Units 7 & 8, Craig Mitchell House, Flemington Road, Glenrothes, KY7 5QF.
- Some GPs and health visitors can also refer you.
- If you do not have a Social Worker call Fife Council Social Work on : 03451 551503 (Out of Hours service: 03451 55 00 99)

As well as food banks, a number of Fife organisations also provide drop-in sessions where the homeless and people at risk of being made homeless can access hot food.

## Foodbanks

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**Benarty food bank** **07580 231 286**

BRAG Centre, Main Street, Crosshill, Lochgelly KY5 8BJ. Referral needed. Food parcels Mon, Wed, Fri 4pm to 6pm.

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**Cowdenbeath food bank** **07580 231 286**

The Fountain, 39 Broad Street, Cowdenbeath, Fife, KY4 8JP. Referral needed. Food parcels Tues & Thurs 4-6pm.

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**Cupar food bank** (referral only) **07474 453 153**

**email: [info@cupar.foodbank.org.uk](mailto:info@cupar.foodbank.org.uk)**

21 St Catherine Street, Cupar, KY15 4TA Food parcels Mon 11-3pm, Wed 5-6pm, Fri 11-3pm and 5-6pm.

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**Dunfermline food bank** **07580 231 286**

Dickson House Centre, Dickson Street, Dunfermline KY12 7SL. Referral needed. Food parcels Mon, Wed & Fri 4pm to 6pm.

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**East Neuk food bank** **01333 310 156**

Anstruther Church, Burial Brae, Crail Rd, Anstruther. Tuesdays 12-4pm and Thursdays 4-6pm.

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**Glenrothes food bank** **01592 631088**

Caledonia House, Pentland Park, Saltire Centre, Glenrothes, KY6 2AQ. Referral needed. Food parcels Mon, Wed and Fri, 1pm to 4:45pm

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**Glenrothes YMCA** **01592 612674**

North Street, Glenrothes  
Can provide a referral to Glenrothes Foodbank. Showers, washing machine and tumble drier available for use.

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**Inverkeithing food bank** (referral only) **07580 231 286**

Town Hall, Townhall Street, Inverkeithing Food parcels Tues & Thurs 4-6pm.

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## Kirkcaldy food banks

07784 639 355

[www.kirkcaldyfoodbank.org.uk](http://www.kirkcaldyfoodbank.org.uk)

- **Link Living** (referral only)  
West Bridge, Mill Bridge Street, Kirkcaldy, Fife, KY1 1TE. Food parcels. Monday - Friday 9am to 4.30pm.
- **Salvation Army**  
125 High Street, Kirkcaldy, Fife, KY1 1LW Monday and Wednesday 2.30 to 3.30pm, and Thursday 3-4pm.
- **Solid Rock Cafe**  
High Street. Burntisland. Tuesday and Friday 12noon to 2pm. (for people living in Burntisland and Kinghorn)
- **St Bryce Kirk**  
St Brycedale Avenue, Kirkcaldy, Fife, KY1 1ET Monday - Thursday 10am to 4pm, and Friday 10am to 3pm.
- **Linton Lane Community Centre**  
Linton Lane, Templehall, Kirkcaldy, KY2 6LF Monday - Friday 10am to 12.30pm.

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## Levenmouth food bank (referral only)

07966 502 854

Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH  
Open Monday and Friday 3.30 to 5.30pm

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## Rosyth food bank (referral only)

07580 231 286

Parish Church, Queensferry Road, Rosyth Food parcels Mon, Wed + Fri 4-6pm.

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## Storehouse food bank, St Andrews (referral only)

01334 474940

Storehouse, Vineyard Centre, 62A Largo Road, St Andrews KY16 8RP.  
Tues & Thurs 11am-1pm.

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## Taybridgehead food bank (referral only)

0300 550 0265

Provides food parcels. Food bank volunteers will contact you to arrange delivery/ collection. Provides parcels to Tayport, Newport, Wormit, Gauldry, Balmerino and surrounding areas.

## Low cost hot meal locations

### Dunfermline area

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#### Salvation Army

Community Flat No 45, Broomhead Drive, Dunfermline.  
Cuppa, cake and company Tues 9.15-11am.

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#### Rosyth Community Hub

8 Aberlour St, Rosyth KY11 2RD. 3 course meal (pay what you can)  
Thurs 5-7pm. 2 course takeaway Fri 5-7pm. Kids eat free. Sunday  
breakfast 9-11.45am every 2nd Sunday from 26 Nov.

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### Glenrothes area

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#### St Ninians Parish Church

Glenwood Centre, Glenrothes KY6 1PA.  
Low cost meals Mon-Fri 10am-4pm.

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### Kirkcaldy area

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#### Redemption Church

Victoria Rd, Kirkcaldy KY1 1DJ. Hot food Saturday 12-2pm.

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**Community Centre, Linton Lane, Kirkcaldy** **01592 643816**

Free Sunday lunch 12.30-2.30pm last Sunday of the month.

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#### Baptist Church, Whytescauseway, Kirkcaldy

Soup and toasties for £1 Thurs 11.30am-2pm

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#### St Bryces Church

St Brycedale Avenue, Kirkcaldy KY1 1ET. Low cost soup and  
sandwiches. Mon-Thur 10am-4pm. Fri 10am-3pm.



## Levenmouth area

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### **St Kenneth's Parish Church, Kennoway Smart Hall**

Junction of Cupar Rd and Denhead, Kennoway KY8 5LR.  
Free 3 course meal Wed 5.30-6.30pm.

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### **Café Connect**

Come for a cuppa and a chat. Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH. Every Tuesday from 10am to 12 noon

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### **The Livingroom**

Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH.  
The first Friday of every month from 7 pm to 9 pm.

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## North East Fife

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### **Cupar Lighthouse cafe**

63 Bonnygate, Cupar. Low-cost meals available for all.  
Mon-Sat 9am- 5pm. Food served til 3pm.

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### **Old Parish Church Centre**

Cupar Short Lane, Cupar. Lunch Mon 11.45am-1.15pm.

# Getting Connected

It can be difficult to even think about trying to meet new people. Everyone's different – some of us just need a few close friends, others like to be part of a big crowd. Take it slowly – try going somewhere like a café or an outdoor event where you can be around people, but not expected to talk to them.

The organisations and websites below may help you find people that you have things in common with, or who share your interests.

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**On Your Doorstep Fife** [onyourdoorstepfife.org](http://onyourdoorstepfife.org)  
Search for community groups, information or support

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**Advocacy** [fifeadvocacyforum.org.uk](http://fifeadvocacyforum.org.uk)

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**Deaf Communication Service** **SMS 07984 356580**

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**Fife Carers Centre** **01592 205472**  
[Fifecarerscentre.org](http://Fifecarerscentre.org)

Information and support for family and friends caring for someone with an illness or disability wherever they are in Fife.

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**Fife Centre for Equalities** **01592 645310**  
[centreforequalities.org.uk](http://centreforequalities.org.uk)

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**Fife Forum** **01592 643743**  
Advice and groups for adults and older people [Fifeforum.org.uk](http://Fifeforum.org.uk)

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**Fife Migrants Forum** **01592 642927**  
[fifemigrantsforum.org.uk](http://fifemigrantsforum.org.uk)

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**Fife Voluntary Action** **0800 389 6046**  
[fifevoluntaryaction.org.uk](http://fifevoluntaryaction.org.uk)

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**Fife Young Carers** **01592 786717**  
[Fifeyoungcarers.co.uk](http://Fifeyoungcarers.co.uk)

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**SeeScape (for people with sight impairment)**

**01592 644979**

email: [info@seescape.org.uk](mailto:info@seescape.org.uk)

[seescape.org.uk](http://seescape.org.uk)

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**Silverline (24hr helpline for older people)**

**0800 4 70 80 90**

## **Tips and hints for looking after yourself generally**

Make sure you have enough food in to last you over the days when the shops are shut. If you've got food at home and are looking after yourself it's easier to cope with all the other hassles and temptations.

Remember to stock up with other things that help you be well – like any medicines you take, or remedies for colds and flu.

Get into a pattern that keeps you well before the holidays start – like going for a walk each day and eating well.

**“It can be a hard time of year. But it can also be a good excuse to do the silly things you want to do other times but don't. So this year, just go ahead.”**

**“Try to plan in some quiet time for yourself. Just tell other people you have something already planned for that day.”**

# Smartphone Apps, Podcasts and Interactive tools

Smartphone apps are helping many people with everyday things like shopping or travel. There are now many apps that can help you look after your wellbeing and mental health.

We can't recommend individual apps, but have listed some from health/mental health websites. Many are free to download but please check for possible in-app purchases. These apps can be useful, but please get medical advice if you have any worries about your health.

- <https://apps.beta.nhs.uk>
- [www.nhs.uk/tools](http://www.nhs.uk/tools)
- [www.nhs.uk/oneyou/apps](http://www.nhs.uk/oneyou/apps)

Or type these into your app store for further info:

## **Anxiety and depression**

- Anxious Minds
- Fear Tools
- Mindshift
- SAM: Self help for anxiety management
- WellMind

## **Meditation and mindfulness**

- Calm
- Happier
- Headspace
- Insight Timer
- Just6
- The Mindfulness app
- Stop, Breathe and Think

## **Self harm**

- Calm Harm

## **Mental health**

- Catch It
- Elefriends
- Five Ways to Wellbeing
- Mental Health Recovery Guide
- RCPsych Mental Health App
- Reasons2
- Silvercloud
- Stay Alive





## Podcasts

- [www.mentalhealth.org.uk/podcasts-and-videos](http://www.mentalhealth.org.uk/podcasts-and-videos)
- [www.mentalpod.com](http://www.mentalpod.com)
- [www.theminimalists.com](http://www.theminimalists.com)
- <https://strugglebuspodcast.com/>
- <http://www.joelkutz.com/darkplace>

**“Think – I matter. I’m looking after myself. Remember that you matter to us and we want you to be well and safe.”**

**“Find what works for you. We’ve put this booklet together to help you work out what that is. We want you to be well and feeling confident about the future.”**

# Notes / local information

Add information that's important to you or is about your local area.



Have you found this booklet useful? Is there information you think should be added? Would you like your 'hints and tips' to be included in the next edition? To tell us what you think  
email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk)  
or call 03451 55 55 55 ext 442134.

# Fife Adult Support & Protection

[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)



This booklet has been adapted from an original publication written by the FAST group – people who live in West Dunbartonshire who are recovering from a drug or an alcohol problem. Fife Adult Support & Protection Committee (ASPC) have adapted this information for people in Fife. The ASPC is a partnership between Fife Council, Police Scotland and NHS Fife. These organisations and others, work together to support and protect adults at risk of harm in Fife, enabling them to live safe, healthy and fulfilling lives within their community.

**Adult Protection Phone Line**

**01383 602200**

**SMS text service for people with a hearing loss: 07781 480 185**

**In an emergency call 999**

**Police non-emergency number 101**

