

Dear all,

Unprecedented times have brought changes and challenges in so many aspects of our 'normal' lives. Doesn't matter the support network, household income, family dynamic, you or someone you know may find themselves struggling be it financially, physically or otherwise. There is help out there and a range of supports some existing and some been newly set up to help.

Listed below are some agencies/websites and numbers to access more info or help ;

Fife Covid 19 helpline 0800 952 0330

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/coronavirus-covid-19/community-groups>

WELFARE & ASSOCIATED COUNCIL PROVISION www.fife.gov.uk

'Emergencies'	Business as usual support lines	COVID Community Helpline			
'Emergencies' 03451 55 00 99 Housing Repairs Registration Statutory Services	Money & Payments 03451 55 00 44	Social Work 03451 55 15 03	Food requests	Welfare Support	National Assistance Burial requests
Adult & Child Protection 01383 602200	Community Alarms Response Service	Welfare Fund 0300 555 0265	Fuel Poverty	Foodbank referrals	Medication/ Prescription requests
	Homeless 0800 028 6231		Combatting Isolation	Request to Volunteer	Support for Carers

 The Scottish Government Riaghaltas na h-Alba	 NHS SCOTLAND	 fife voluntary action	COVID Community Helpline		
 Fife Health & Social Care Partnership Supporting the people of Fife together	 Fife COUNCIL		 0800 952 0330 Open: Monday to Friday 9am to 5pm		
			 covid.communityhelpline@fife.gov.uk		

For help with rent/council tax ;

www.fife.gov.uk/kb/docs/articles/housing/council-housing

<https://www.fife.gov.uk/kb/docs/articles/housing/council-ta>

Fife Housing Group 0800 027 4007

Kingdom Housing 01592 630922

For support and advice on energy bills;

Cosy Kingdom 01592 807930

(on Facebook and Twitter)

Citizens Advice & Rights Fife 0345 1400 095

(on Facebook and Twitter)

For Benefits advice;

www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/

Call 07985739452 or 07901044432

For advice on Best Start Grants, Best Start Foods, Early Learning Payment, Carers Allowance, Funeral Support Payment go to;

<https://www.socialsecurity.gov.scot/>

(also on Facebook and Twitter) Call 0800 182 2222

For help with shopping and prescription collecting;

Fife Voluntary Action 0800 389 6046

(also on Facebook)

For support or advice on domestic abuse;

Fife Womans Aid 0808 802 5555 (24 hours)

(also on Facebook)

National Domestic Abuse 101

(women and men)

For parenting support , advice or a chat;

Fife Gingerbread Lone Parent Support Line

(also on Facebook) 01592 725210

Parentline Scotland 0800 028 2233

(Children 1st on Facebook)

One Parent Families Scotland 0808 801 0323

(Who are offering a Coronavirus emergency fund) (also on Facebook)

If you are awaiting universal credits, self employed grants or not coping on a deducted wage ;

**West Fife Support ForThe Vulnerable S.H.I.E.L.D.
(FACEBOOK PAGE) or email**

westfifesupport@protonmail.com

Fife Coronavirus Community Support Group

(FACEBOOK PAGE)

Eats Rosyth Community Hub

(FACEBOOK PAGE) or call 07782848705 MON-SAT

Deliver meals Rosyth, Dalgety Bay , Inverkeithing area

For support with emotional aspects or mental health ;

www.moodcafe.co.uk/

clearyourhead.scot/

www.nhsinform.scot/healthy-living/mental-wellbeing/stress/breathing-and-relaxation-exercises-for-stress

