



Keeping Connected *for* Older Adults in Fife

Emergency & Crisis Numbers

Samaritans

116 123 (24 hours)

www.samaritans.org

Email: jo@samaritans.org

Breathing Space

0800 83 85 87

www.breathingspace.scot

NHS24 111

www.nhs24.scot

Fife Council Social Work

Out of Hours

03451 550099

Fife SHOUT Service

www.nhsfife.org/shout

Text 'FIFE' to 85258

Free confidential support 24/7



In an emergency call **999**

Addictions

Alcoholics Anonymous

<https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/Fife>

Email: help@aa.org

Meetings in Fife: 0800 917 7650 (24 hours)

Drugs, Alcohol & Psychotherapies Limited (DAPL)

www.dapl.net

01333 422277

Fife Alcohol and Drug Partnership

www.fifeadp.org.uk

01592 321321

Fife Alcohol Support Service (FAAS)

www.fassaction.org.uk

01592 206200

Fife Intensive Rehabilitation & Substance Misuse Team (FIRST)

www.firstforfife.co.uk

01592 585960

Gamblers Anonymous Scotland

www.gascotland.org

Meetings in Fife: 0370 050 8881 (24 hours)

Stop Smoking Services Quit Your Way with our support

Email: fife.smokingcessation@nhs.scot

NHS Fife: 0800 025 3000

We Are With You

www.wearewithyou.org.uk



Adult Protection

Fife Adult Protection

www.fife.gov.uk/adultprotection

01383 602200

Hourglass - Safer Aging Stopping Abuse

www.wearehourglass.scot/scotland

0808 808 8141

Advocacy

Circles Network Fife

www.circlesnetwork.org.uk

Kirkcaldy: 01592 645360

Lochgelly: 01592 786729

Fife Advocacy Forum

www.fifeadvocacyforum.org.uk

01592 786729

Fife Forum

<https://www.fifeforum.org.uk/>

01592 643743

Bereavement & Loss

Compassionate Friends

www.tcf.org.uk

0345 123 2304

Cruse Bereavement Care Scotland

www.crusescotland.org.uk

Email: support@crusescotland.org.uk

0808 802 6161

Domestic Abuse

Fife Women's Aid

www.fifewomensaid.org.uk

0808 802 5555 (24 hours)

Men's Domestic Abuse Advice Line

www.mensadvice.org.uk

0808 801 0327

Eating Disorders

B-eat

www.beateatingdisorders.org.uk

0808 801 0432

**Linda Tremble Foundation (Fife) - rebranded
'Support ED - The Community Eating Disorder
Charity'**

www.supportedscotland.org

Families

Care Information Scotland

www.careinfoscotland.scot

0800 011 3200

Carers UK Scotland

www.carersuk.org/scotland

0808 808 7777

Fife Carers Centre

<https://www.fifecarerscentre.org/organisations-that-can-help.html>

Fife Community Mediation Service

www.sacro.org.uk

01592 593100 / 01592 641618

(Fife Community Safety Support Service)

The Silver Line

www.thesilverline.org.uk

0800 4 70 80 90 (24 hours)



General & Money Advice

Citizens Advice and Rights Fife (CARF)

www.cabfife.org.uk

Free independent, confidential & general advice:
0345 1400 095

Debt & money advice: 0345 1400 094

Welfare advice: 0345 1400 092

Universal Credit: 0800 023 2581

Mental Health Money Advice

www.mentalhealthandmoneyadvice.org/scot

Money Support Scotland

<https://moneysupport.scot/>

Our Fife

<https://our.fife.scot/gethelp>

Health & Social Care

Defence Medical Welfare Service

www.dmws.org.uk

Helpline: 0800 999 3697

Dunfermline: 07730 219571

Kirkcaldy: 07377 722642

Fife Befriending Service

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/fife-befriending-service>

Fife Council

<https://www.fife.gov.uk/kb/social-care>

Social Work Enquiries: 03451 55 15 03

OOH: 03451 550099

Fife Council Help for Adults and Older People

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people>

Foodbanks and Community Cafes

<https://www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/food-banks>

Improving Your Cancer Journey

Improving.Cancerjourney@fife.gov.uk

01592 578076

Macmillan service

www.macmillan.org.uk

0808 808 0000

Meals on Wheels

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/care-at-home/meals-on-wheels>

NHS Fife

<https://www.nhsfife.org/services/know-who-to-turn-to/>

NHS Inform

<https://www.nhsinform.scot/care-support-and-rights/death-and-bereavement>

0800 22 44 88

On Your Doorstep Fife

www.onyourdoorstepfife.org

Telecare

<https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/care-at-home/telecare>

Housing

Disabled Persons Housing Service (Fife)

www.dphsfife.org.uk

01592 803280

Frontline Fife Housing Advice

www.frontlinefife.co.uk

01592 800430

LGBT Issues

LGBT Health & Wellbeing

www.lgbthealth.org.uk

0300 123 2523



Mental Health & Wellbeing

Better than Well

01592 644048

Change Mental Health

<https://changemh.org/>

Email: info@changemh.org

Information and Support Line 0300 323 1545

Contact Point Day Resource Centres

<https://www.wheatley-care.com/services/locations/fife-council/contact-point-kirkcaldy>

(Barony) Kirkcaldy & Buckhaven

0345 140 7777

Dementia Friends

<https://www.alzscot.org/our-work/dementia-friendly-communities/dementia-friends-scotland>

Express Group (Fife) Ltd -

Cupar, Dunfermline, Glenrothes, Inverkeithing, Kirkcaldy, Lochgelly, Methil & St Andrews.

www.expressgroupfife.org.uk

01592 645331

Fife Boomerang Association

01592 775650

Fife Dementia Resource Centre

<https://www.sharedcarescotland.org.uk/directory/4711/fife-dementia-resource-centre/>

Fife Voluntary Action

<https://www.fva.org/directory.asp?activity=Older%20People>

Moodcafé

www.moodcafe.co.uk

Men's Shed

<https://scottishmsa.org.uk/>

NHS Fife Psychology

<https://www.nhsfife.org/services/all-services/psychology/older-adults-psychology-service/>

Older Adult Mental Health Services NHS Fife

<https://www.nhsfife.org/services/all-services/mental-health/older-adult-mental-health-services/>

OnFife (Fife Cultural Trust)

<https://www.onfife.com/>

Richmond Fellowship Scotland

<https://www.richmondfellowship.org.uk/>
01592 774967

North East Fife: 01334 657517

SDS Options (Fife)

www.sdsoptionsfife.org.uk
01592 803280

Physical Activity

Active Fife

<https://active.fife.scot/>

Bums off Seats Fife

<https://www.pathsforall.org.uk/walk-project/bums-off-seats>

Fife Sports and Leisure Trust

<https://www.fifeleisure.org.uk/>

Suicide Prevention

Andy's Man Club -

Dunfermline, Glenrothes, Kirkcaldy
& St Andrews www.andysmanclub.co.uk

Brothers in Arms

www.brothersinarmsscotland.co.uk



Sam's Café

www.samscafe.org.uk

Kirkcaldy: 07971 892886

Dunfermline: 07725 214012

Glenrothes: 07971 892886

Leven: 07568 127735

Support for Older People

Age Scotland

www.ageuk.org.uk/Scotland

0333 32 32 400

Chest, Heart & Stroke Kindness Project

<https://www.chss.org.uk/coronavirus/here-to-help/>

Cosy Kingdom

<https://www.cosykingdom.org.uk/>

Fife Day Care Services

<http://www.fifedaycareservices.org.uk/>

Fife Shopping and Support Services

<https://fifeonfort.org/103-fife-shopping-and-support-services>

Foodbanks and Community Cafes

<https://www.fife.gov.uk/kb/docs/articles/benefits-and-money-advice/food-banks>

Later Life Choices Glenrothes

<https://www.laterlifechoicesglenrothes.org/>

Link Living

<https://www.linkliving.org.uk/our-support/our-services/fife-older-persons-service-help-to-stay-at-home/>

Meal Makers

<https://www.mealmakers.org.uk/>

Trauma & Abuse

Fife Rape and Sexual Assault Centre (FRASAC)

www.frasac.org.uk

01592 642336

Kingdom Abuse Survivors Project (KASP)

www.kasp.org.uk

01592 644217

Rape Crisis National Helpline

www.rapecrisisscotland.org.uk

08088 01 03 02

Trauma Counselling Line Scotland

<https://www.health-in-mind.org.uk/>

NHS Fife provides accessible communication in a variety of formats including for people who are speakers of community languages, who require Easy Read versions, who speak BSL, read Braille or use Audio formats.

NHS Fife SMS text service number 07805 800 005 is available for people who have a hearing or speech impairment.

To find out more about accessible formats contact:
fife.EqualityandHumanRights@nhs.scot
or phone 01592 729130.

We review our resources frequently to ensure information is accurate and up to date.
If you experience any difficulties with the content please get in touch:
fife.infocentre@nhs.scot

Designed by the
Health Promotion Service
Fife Health & Social Care Partnership
Published January 2023 • Revise January 2025