

Helpful Numbers during these difficult times

Fife Council Covid-19 Helpline:

If you have received a shielding letter or a letter from your GP/Consultant saying you have to shield. You can register for food help if you have no other support.

0800 952 0330

Dunfermline Advice Hub

Contact for Foodbank Referrals and General Enquiries

Tel: 01383 432483

Dunfermline Foodbank

Foodbank vouchers available from Fife Council housing staff, Dunfermline Advice Hub, CLD staff and Welfare Support Workers

Tel: 07580231286

Cosy Kingdom: - for help with gas and electric advice (especially things like getting top ups if you're self isolating)
01592 807930

Scottish Welfare Fund:

- for emergency crisis grants for situations like sudden job loss, stolen money, delays in benefits

0300 555 0265

Welfare Support Workers can help with filling in welfare grant, Universal credit and other benefit applications, plus help apply for jobs and give advice on CVs

Lauren and Angela

07730751895/07901044432

Fife Council Homeless Helpline

03451550033

Emergency (out of hours)-

08000286231

Citizens Advice and

Rights Fife: for advice on benefits, debt, money and employers rights.

0345 1400 095

Fife Voluntary Action Helping Hand Service

If you require any help or support throughout this lockdown period, please contact the helpline at

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08003896046

The Food Fund Crisis Support Initiative

Scottish Government Fund set up to enable Fife Council to respond to food insecurity

For more information phone George on

01383432483

SHIELD FIFE

A group of community volunteers offering assistance and support to vulnerable people in the community.

Contact :
sarah@shielduk.org

Baldridgeburn Pantry.

BaldridgeBurn Community Centre

Local Community Pantry

Phone for an appointment

Tel : 07525742175

Food for your Future Pantry.

Community Pantry committed to Reducing Food waste

Tryst Community Centre

Tel : 07730809375

Eats Rosyth Community Hub

Providing easily accessible fresh food to the community via surplus, donations and local produce -

Phone Karen :07782848705

Samaritans - 116 123

CALM - 0800 58 58 58

Anxiety UK - 03444 775 774

Mind - 0300 123 22921

Breathing Space - 0800 83 85 87