

# Fife Forum

Winter 2016

Welcome to the Winter edition of our newsletter.



**Catherine Thomson**  
Advocacy Worker

## **Fife Forum's Advocacy Service for Older People in Care Homes & Hospitals**

Catherine Thomson is our new Advocacy worker and explains her role: -  
"This service is specifically for older people who are either resident in a care home or who are patients in hospital and: -

Over the age of 65, facing a time of uncertainty, conflict or change, unable to access relevant information, in conflict with family or others, without family or friends who are able to assist them appropriately."

An advocate can: Give time to listen to what the person is saying within a confidential relationship, offer support and understanding, find information and explain it, Speak alongside them to other people or organisations. Help them maintain control over their lives.

Advocates are not: Counsellors, Therapists, Benefit advice workers, Social workers, Befrienders or Interpreters.

The advocacy service provides an advocate who works in a person centred way enabling the person to be heard.

T: 01592 643743 E: [catherine@fifeforum.org.uk](mailto:catherine@fifeforum.org.uk) W: [www.fifeforum.org.uk](http://www.fifeforum.org.uk)



## Staying in touch

Don't feel isolated when severe weather hits. There are plenty of ways for you to get the latest information.

We promote any new information about service disruptions, for example due to bad weather through:



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



[www.facebook.com/fifecouncil](http://www.facebook.com/fifecouncil)

[www.twitter.com/fifecouncil](http://www.twitter.com/fifecouncil)

[Kingdom FM](#) - 95.2 & 96.1



[Radio Forth](#) - 97.3

[Tay FM](#) - 96.4 & 102.8



Sky - channel 539, press red

Virgin - channel 233, press red

## Out of hours' support

When the council is closed, out of hours' support is still available. For urgent social work or council house repairs, call:  
03451 550099

## Email/Text Alerts

Receive information about school closures, road updates and service disruptions straight to your phone or inbox. Sign up for your personal email or text alerts at: [www.fifedirect.org.uk/join](http://www.fifedirect.org.uk/join)

## Tips and Information to help you get ready

The Scottish Government website [Ready Scotland](#) has lots of information and tips about getting ready for Winter in your [home](#), for [travel](#) and [business](#). There is also information on how you can help others in [your community](#) during any severe weather.

[www.readyscotland.org](http://www.readyscotland.org)

Dial 105 – power cuts/safety helpline

Web: [powercut105.com](http://powercut105.com)

Fife Adult Protection Tel: 01383 602200

**Silver Line** founded by Esther Rantzen is a real-life line to reach out and link people with local services in their area. **Silver Line** includes a "befriending service" as well as help those who may be victims of abuse or neglect. "Silver Line Scotland" call 24-hour helpline on **0800 4 70 80 90**  
<http://www.thesilverline.org.uk/>

## Keep Cozy this Winter

You may get a Cold Weather Payment if you're getting [certain benefits](#). You'll get a payment if the average temperature in your area is recorded as, or forecast to be, zero degrees Celsius or below for 7 consecutive days. The Cold Weather Payment scheme runs from 1 November 2016 to 31 March 2017. Check if you can [get a payment in your area](#). You'll get a payment of £25 for each 7-day period of very cold weather between 1 November and 31 March.

1. [Winter Fuel Payments](#). You could get between [£100 and £300](#) tax-free to help pay your heating bills if you were born on or before 5 May 1953. This is known as a 'Winter Fuel Payment'. Most payments are made automatically between November and December. You should get your money by Christmas. You usually get a Winter Fuel Payment automatically if you get the State Pension or another social security benefit (not Housing Benefit, Council Tax Reduction, Child Benefit or Universal Credit). If you [qualify](#) but don't get paid automatically, you'll need to [make a claim](#).

Any money you get won't affect your other benefits. How much you get depends on your circumstances during the qualifying week. The qualifying week for winter 2016 to 2017 is 19 to 25 September 2016.

2. [Warm Home Discount Scheme](#) For winter 2016 to 2017, you could get £140 off your electricity bill through the Warm Home Discount Scheme. The money isn't paid to you - it's a one-off discount on your electricity bill between October and April. **\*\*Available for younger Adults also\*\*** **\*\*Criteria applies\*\***

Telephone: 0345 603 9439. Monday to Friday, 8:30am to 4:30pm. The discount won't affect your Cold Weather Payment or Winter Fuel Payment.

3. Home Energy Scotland's Warmer Homes Discount Scheme and Area based Schemes. Criteria applies T: 0808 808 2282

Cozy Kingdom is a coalition of energy charities assisting with advice, fuel poverty etc. includes

North East Fife; St Andrews Energy Network, T: 01334 659315  
[standen2010@btinternet.com](mailto:standen2010@btinternet.com).

Covering West Fife incl. Rosyth & Cowdenbeath

[alistairbell@changeworks.org.uk](mailto:alistairbell@changeworks.org.uk)  
Alastair Bell\*, Affordable Warmth Adviser, Changeworks:  
T: 0131 468 8662 and

Kirkcaldy and surrounding areas: -  
Greener Kirkcaldy, T: 01592 858458  
[info@greenerkirkcaldy.org.uk](mailto:info@greenerkirkcaldy.org.uk).



**Home Energy Scotland Tel 0808 808 2282**

## Info Bites

Caring Christmas Trees: Bethany Christian Trust  
[www.caringchristmastrees.com/fife/](http://www.caringchristmastrees.com/fife/) [info@caringchristmastrees.com](mailto:info@caringchristmastrees.com) Tel: 0845  
111 8733 Mon-Fri. Locations throughout Fife.

**Pledge your support for a pensioner this festive season - Pop in for a cuppa with an elderly friend or neighbour. Be a winter buddy. Together we can make a difference.**

Check out *ON at Fife Libraries* new free digital magazine service 'Zinio'. Read full-length magazines on your PC, MAC, Laptop, Tablet or Smartphone and all you need is your library card number. From Cosmopolitan to Newsweek, Essentials to New Scientist, Hello to MacUser – sign up and get reading by visiting [www.onfife.com/mags](http://www.onfife.com/mags). Available 24 hours a day, 7 days a week, members of Fife's libraries can download the latest editions of favourite magazines to read online, or offline via the Zinio App. To join the library, contact your local library or join online through [www.onfife.com/libraries-archives](http://www.onfife.com/libraries-archives). You will need an email address. If anyone needs help to get signed up, please contact your local library.

Want to know more about using computers? Come along to a new FREE IT for Life Class, Thursdays, 2pm-4pm. Parkgate Community Centre, Rosyth, KY11 2JW. Just come along, no need to book in. Coffee and teas available. For more information call Joyce Sinclair on 01383 411865.

Kirsty Peat, Project Officer writes "Fife Council's pilot "Slipper Exchange" project was launched this year. The slipper exchange project has been running alongside the Electric Blanket testing and Adaptor Exchange scheme which has taken place in a variety of different venues across Fife throughout the year.

The basic idea of a slipper exchange is to provide a free pair of new, properly fitting slippers to older people with the recommendations of NHS podiatry. The new pair must be exchanged for an old pair to ensure that old worn out slippers are no longer being used, therefore reducing the risk of falling from wearing "sloppy slippers". As well as getting a new pair of safer slippers, through these sessions individuals get access to a range of advice and support to help assess their risk of falling and facilitate referrals to services to help them. This scheme is funded by Fife Council and Scottish Fire and Rescue Service. Agencies including Fife Cares, NHS Fife, Scottish Fire & Rescue Service and Trading Standards will be available at the sessions to provide further advice and information."

Call the Safer Communities Team on 01592 583642 for further information.



The 'Surviving Christmas and New Year' booklet and handy wallet size leaflet, contains useful tips and information which anyone in Fife can use when trying to cope with difficult times. Available from Fife Adult Protection Tel: 01383 602200 or to download on Fife Direct - link below refers: -

<http://www.fifedirect.org.uk/topics/index.cfm?fuseaction=service.display&objectid=C19D494F-0EFB-4D8C-AED0-304537B89486>



If you are a carer or health service provider and look after a vulnerable person such as someone with Alzheimer's or autism, SGN (Scottish Gas Networks) can provide extra safeguarding. The company will fit a free locking cooker valve to the existing gas cooker to help keep the individual safe in their own home. T: 0800 975 1818. [locking.valve@sgn.co.uk](mailto:locking.valve@sgn.co.uk) [www.sgn.co.uk](http://www.sgn.co.uk)

Fife Children's' Clothing Bank is a small local charity within the Fife area, providing clothing to children of families who are experiencing hardship. They have helped over 300 families to date and are accepting donations especially boys and older boys clothes in the New Year. Can anyone lend FCCB storage space?



Based within the *Dunfermline Advice Hub, 7 Douglas Street, Dunfermline DA Hub tel: (01383) 432483*  
Scottish Charity SC045469  
<http://www.fifechildrensclothingbank.org/>  
<https://twitter.com/FifeKidsClothes>

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Consultation - Have your say. Police Scotland would like to know what issues you think they should priorities, what you feel about policing in your local area. Contact 101 for further information.

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Christmas on a budget



### STRUGGLING WITH DEBT AT CHRISTMAS?

If you are currently struggling with debt, Citizens Advice & Rights Fife (CARF) offers a free, confidential, impartial and independent money advice service in Fife that can help you. **Even if you're not experiencing difficulties with Debt, CARF can still offer a free financial health check to help you with Budgeting, Benefits and many other issues.**

The Money Advice team can be contacted on 03451 400 094 Monday – Friday between 8.30am – 4pm.

If you have an enquiry about anything other than debt or budgeting, you can contact our General Advice Line on 03451 400095 who can also provide office opening times.

You can visit CARF's website at [www.cabfife.org](http://www.cabfife.org)



Local Churches in Dunfermline are working together to provide Christmas and New Year meals for vulnerable people this year. You can just turn up on the day, but booking ahead will help them plan. For more information, contact the Dunfermline Advice Hub, 01383 432473 or [katie@dunfermlineadvicehub.org.uk](mailto:katie@dunfermlineadvicehub.org.uk)

Gillespie Church, Chapel Street, Dunfermline. Help us plan Christmas Day lunch phone Pauline Hoy 01383 621253 or pop into the Dunfermline Advice Hub, 7 Douglas Street, Dunfermline E: [Office@gillespiechurch.org](mailto:Office@gillespiechurch.org) or [gillespiechurch@gmail.com](mailto:gillespiechurch@gmail.com)

New Year Lunch at Liberty Church who invite you for a 3-course traditional New Year Lunch at Dickson House Centre, Elgin Industrial Estate nr Dunfermline Foodbank. Doors open: 12noon until 1pm, Sunday 1 January 2017. To help with our catering, call Dunfermline Advice Hub to confirm your place, on 01383 432473.

Struggling to feed the family through the holidays? F3 Food for Families can help. We provide FREE fresh food, no referral needed. We can arrange for a food parcel to be picked up at your convenience. Criteria applies. Monday 26 December 2016 to Monday 9 January 2017. Call now for more details: 01383 621253.

Dunfermline Safe Zone is a community safety facility run by local charities to offer support to persons who find themselves vulnerable when on nights out over the Christmas period. Located in the heart of the Town at 7 Douglas Street near Subway. If you have had too much to drink, lost your friends or require medical attention they are here to help: Open 10pm-5am w/ends 2, 9, 16 & 23<sup>rd</sup> December

Salvation Army - Christmas Day Dinner for anyone on their own, couples who are lonely etc: Lochgelly Hall, Capt. Mary McDonald (01592) 640965 & Kirkcaldy Hall; Capt. Heather Coles (01592) 265928. Volunteer Drivers and toy donations welcome.

Mary Parry at My Bus. Christmas Day lunch for Levenmouth older residents only. For further information, please Tel. 01333 429066.

Christmas cheer at Rosie's Team room, Wellesley Road, Denbeath, Methil, KY8 3EP Tel: 07722 419 016. Free soup and Christmas package for those in need.

Linton Lane Centre together with Hosting Hope are opening for Christmas Day dinner 12.30pm to 2.30pm everyone is welcome and the meal is free. Donations are welcome. When booking please specify a contact name, number, how many attending including number of children. Tel. 01592 643816.

Martin Edwards at St Columbus Church, Glenrothes T: 01592 752539 is running a Christmas Eve meal 7pm-12 midnight in the Church grounds for those in need. Wrap up warm. Carol singers. Donations welcome. Christmas Day Lunch – please call above number or email: [info@st-columbas.com](mailto:info@st-columbas.com)



**Be Ready for Winter with your Local Pharmacy** - During the winter period, many people visit their GP with health problems which their local pharmacy could help with.

Pharmacists can recognise many common health complaints and can provide expert advice and information on medicines and on healthcare.

Many pharmacies are open in the evenings and at weekends. They deliver a variety of services such as help to stop smoking, emergency contraception, travel advice, health checks and much more.

The **Minor Ailments Service** and **Chronic Medication Service** are available at all pharmacies. Ask your Pharmacist.

**Essential and Regular Medicines** - It is important that you don't run out of essential medicines, especially over the festive period when GP surgeries can be closed for up to four days. Remember to check which items you need. The medicines which you receive on repeat prescription from your GP may be available as an urgent supply from your local pharmacy. You may also be referred to your local NHS Out of Hours service. If you receive a prescription from the Out of Hours Service, they will direct you to a community pharmacy to dispense it.

You can always contact your local pharmacy for more information on the services they provide. To find your nearest local pharmacy, regular and holiday opening times, visit [www.nhsfife.org](http://www.nhsfife.org).

#### **Pharmacy Facts:**

- Did you know there are 85 community pharmacies across Fife?
- You can walk in and visit without making an appointment.
- If your pharmacist feels that it is better for you to see your GP, they may refer you directly or advise that you make an appointment.



**Minor Injuries Services** can provide treatment for a range of minor or less serious injuries and are located at:

- **Victoria Hospital:** operates 24/7
- **Queen Margaret Hospital:** operates 24/7
- **Adamson Hospital:** operates Monday to Friday 8am-6pm, out with these times and on public holidays call NHS 24 on 111.
- **St Andrews Community Hospital:** operate Monday to Friday 8am-6pm, outwith these times and on public holidays call NHS 24 on 111

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Ladybank panel member, Robert Greenlees, took part in a community radio advert for Fife Adult Protection Campaign.



Jean & John Shaw  
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Rosyth User Panel members John and Jean Shaw have been proactive raising a petition for The [Footway Parking and Double Parking \(Scotland\) Bill](#) Earlier in the year Sandra White MSP as a member's bill on 21 May 2015 which fell when the Parliament was dissolved on 23 March 2016. In October, the Petitions Committee, Scottish Parliament discussed the matter and we look forward to receiving further news.

## Fife Forum



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W: [www.fifeforum.org.uk](http://www.fifeforum.org.uk)

**Scottish Charity No:  
SC022596**



**Merry Christmas & a Happy New Year  
from All at Fife Forum**

**CEO** – John McKendrick

**Advocacy Worker** – Catherine Thomson

**Facilitator, User Panels** – Julia Walker

**Local Area Co-ordinators** (Older Adults 65's & over)

Fiona Crowe, Shirley Heeps, Wayne Mathieson,  
Alison Wilson

**Local Area Co-ordinators** (Adults 16-64) Marie Boyne,

Alison Leitch, Mary Moncrieff

Administrator - Elma Yeaman