



Surviving Christmas and New Year

Staying safe
and keeping well



Fife Adult Protection
www.fifedirect.org.uk/adultprotection

2016 Edition

Why we wrote 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. Often the places where you get support at other times of the year have shut up for the holidays.

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.

About this booklet

We've brought together the ways that we cope with difficult times, and how we manage situations when people around us are using drugs or drinking.

We've tried to make sure all of the ideas in this booklet are not expensive – because everyone is finding that money is tight just now, and because debt is another pressure that can lead to people having addiction problems.

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.



About us

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.

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.

Phone support services and useful websites

Below are support numbers that some people find help them a lot.

Adult Protection Phone Line **01383 602200**

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

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

NHS 24 **111**

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

Choose Life

www.chooselife.net

If you are feeling suicidal, the best thing you can do is talk. Call 'Breathing Space' or the 'Samaritans' on the numbers below or speak to someone you trust. If you need help now, call 999. Don't try to cope alone.

Samaritans **116 123**

www.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.

Breathing Space **0800 838587**

www.breathingspace.scot

Mental health and wellbeing helpline.



Drinkline Scotland

0800 7 314 314

Provides telephone support 24 hours a day

- www.drinkaware.co.uk
Innovative ways to reduce alcohol misuse and minimise alcohol-related harm.
 - www.alcohol-focus-scotland.org.uk
Reducing harm caused by alcohol.
 - www.nhs.uk/livewell/alcohol
Includes tips on cutting down, and hangover cures.
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AA – Alcoholics Anonymous

0131 225 2727

www.AAife.net

www.alcoholics-anonymous.org.uk

Based on peer support for people who want to recover from an alcohol problem.

The website lets you see what meetings are available in your area. Most regular meetings keep on happening all through holiday periods. The local helpline is available 24 hours a day.

Narcotics Anonymous

0300 999 1212

www.ukna.org

Narcotics Anonymous is a similar network for people who want to recover from a drug problem.

Talk to Frank

0300 123 6600

www.talktofrank.com

Talk to Frank has information and advice about drugs.

Phone support services and useful websites

My pre Al-Anon memory was one of being so totally alone. My family were 300 miles away and I had few friends to turn to. This was probably my fault as I was so ashamed of and reluctant to admit to the reality of the situation. Covering up was my default position and my feeling of utter helplessness and hopelessness a nightmare.

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

Al-Anon

020 7403 0888

www.al-anonuk.org.uk

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

Scottish Families Affected by Alcohol and Drugs

Sfad.org.uk

Substance Misuse

Knowthescore.info

Whynotfindout.org

Re-solv.org

Advice for 11-18 year olds

choicesforlifeonline.org

Gambling Anonymous

0370 050 8881

Gascotland.org/

The Compassionate Friends Support for bereaved families	0345 123 2304 tcf.org.uk
Cruse Bereavement Care Scotland	0845 600 2277
Rape Crisis Scotland (6pm - midnight)	08088 01 03 02
Fife Rape And Sexual Assault Centre	01592 642336
Kingdom Abuse Survivors Project (KASP) Supports adult survivors of childhood sexual abuse.	01592 644217
Safe Space (www.safe-space.co.uk) Supports survivors of sexual abuse (anyone aged 12+).	01383 739084
Revenge Porn Helpline Mon - Fri (10am - 4pm)	0845 6000 459
Action on Elder Abuse (Scotland) elderabuse.org.uk/scotland	Helpline: 080 8808 8141 Fife contact: 07946 663 815
Parentline Scotland	08000 28 22 33
Fife Gingerbread (Supporting lone parents)	01333 303 124
LGBT Helpline Scotland Tue & Wed (12pm - 9pm)	0300 123 2523
LGBT Youth Scotland (includes LiveChat session)	LGBTYouth.org.uk info@lgbtyouth.org.uk
Sexual Health Fife Offers drop-in clinics and appointments. Mon-Fri 8:30am–1:30pm.	01592 64 79 79
The Hub Sexual Health advice for young people.	thehubfife.org.uk

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.

Some of the support services that give care at home will still be giving support – although it might be less than usual because they'll have fewer staff.

Social work offices will be closed on 26/27/28 December 2016 and 2/3/4 January 2017.

For the most up-to-date information on access to drug and alcohol services over the Festive period visit **www.fifeadp.org.uk**

Here are our tips on what you can do to feel more confident when the services are closed.

Tips and hints for before 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. Put this near your phone, or somewhere you can find it easily.

Tips and hints for during the holiday period

- 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.

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.

Getting connected doesn't have to be face to face contact. Try using social media to keep in touch with people. If you don't have a computer at home most libraries have computers you can use free of charge, or for a small fee. Visit www.fifedirect.org.uk/libraries.

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

On Your Doorstep Fife www.onyourdoorstepfife.org
Search for community groups, information or support

Advocacy fifeadvocacyforum.org.uk

Fife Forum 01592 643743
Advice and groups for older people Fifeforum.org.uk

Fife Carers Centre 01592 205472
Fifecarerscentre.org

Fife Young Carers 01592 786717
Fifeyoungcarers.co.uk

Silverline (24hr helpline for older people) 0800 4 70 80 90

Fife Centre for Equalities 01592 645310
centreforequalities.org.uk

Fife Voluntary Action 0800 389 6046
fifevoluntaryaction.org.uk

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. Even if you think you're experiencing mild abuse, it's important to recognise it and know there are people who can help you and that there are things you can do to help yourself.

You can speak to someone you can trust or contact one of the agencies listed below, who will:

- give you information and support
- help you consider your options and support you in achieving what you choose to do
- help you contact the other services you need

Fife Women's Aid www.fifewomensaid.org.uk	0808 802 5555
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Police non-emergency number	101
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Shakti Fife (ethnic minority women) www.shaktiedinburgh.co.uk	01383 431 243
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Women's Support Project www.womenssupportproject.co.uk	0141 418 0748
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National Domestic Abuse Helpline (for women and men)	0808 2000 247
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Male Advice Line (for men) www.mensadvice.org.uk	0808 801 0327
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In an emergency call 999

LGBT Helpline Scotland **0300 123 2523**

National Stalking Helpline **0808 802 0300**

Fearless **0131 624 7266**
Fearless.scot

Fearless is a new domestic abuse support service operating in Fife, offering support to men, LGBT+ and BME communities.

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 know your limits. 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

Take some time to have a break and 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. It's a hectic time of year, so make sure you get enough sleep, eat right and try to get some exercise every day.

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 www.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 www.fifeleisure.org.uk.

Fife Libraries - ask at your local library or visit www.fifedirect.org.uk/libraries.

Check www.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.

The council also organises lots of activities like carol concerts and switching on the Christmas lights. Some of these are free and you pay for others – but it isn't too expensive and they have lower prices if a group of people book together.

The Christmas activities for 2016 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.”

Tips and hints

If you like places that feel busy and Christmassy:

- Go and see the Christmas lights. There will be some in Dunfermline, Kirkcaldy or Glenrothes.
- Go to the big shopping centres. You don't have to spend money – just look at the lights and the windows.
- Enjoy all the free things that the Council are putting on, like the carol concerts.
- Check out the things that are on in places like local churches and community centres.
- Go to the library the week before the holidays. Stock up with books, DVDs, music – things to keep you going.
- 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.”

“I love going for walks in the winter when it's all frosty.”

“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 now.”

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: www.travelinescotland.com

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

www.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

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. Many pharmacists offer a Winter Flu jab service for around £10. Check with your local chemist.

Find your local pharmacy or GP Practice **nhsfife.org**

Fife Dental Advice Line (during office hours) **01592 226 555**
if you are NOT registered with a dentist

GP Out of Hours: call NHS 24 **111**

A&E Services are available at Victoria Hospital, Kirkcaldy

A Minor Injuries Service is available 24/7 at Victoria Hospital, Kirkcaldy and Queen Margaret Hospital, Dunfermline. This service is also available from Mon-Fri 8am-6pm at St Andrews Community Hospital, and Adamson Hospital, Cupar.

Useful websites:

- www.nhsfife.org/knowwhototurnto
- www.seemescotland.org.uk (mental health and wellbeing)
- www.lltff.com (Living Life to the Full)
- www.moodcafe.co.uk (mental health)

ALISS **Aliss.org**

ALISS (A Local Information System for Scotland) is a search and collaboration tool for Health and Wellbeing resources in Scotland. It helps signpost people to useful community support



Mental Health

Student Mental Health

thinkpositive.scot

Support in Mind

01592 268 388

www.Supportinmindscotland.org.uk/fife-services-

Action on Depression

Actionondepression.org

mentalhealth.org.uk/a-to-z

moodjuice.scot.nhs.uk/

Suicide Prevention

chooselife.net

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

Touched by Suicide

Touchedbysuicidescotland.org

A Self Help organisation, who exist to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Fife Group 01294 274 273

**Survivors of bereavement by suicide
Fife Group**

**UK-sobs.org.uk
07707 697 739**

How to stay drug-free, alcohol-free and well

Tips and hints for going to parties

- Take a friend with you who will stay sober and give you support to stay safe. Ask them to tell you, and get you to leave, if they think you are at risk of drinking, if they feel the party is beginning to get a bit too wild or there is too much alcohol.
- Be in a safe place where people will respect that you are clean and not drinking and won't encourage you to drink or take drugs.
- Leave when you are ready to go.
- Take your own soft drinks.
- If you are visiting a friend or relatives who you know will be drinking, go earlier in the day before they have started drinking.
- Plan for a shorter visit. Tell them you'll need to be away early.
- If you know that there could be a problem – which could be people who get you upset as well as alcohol or drugs there – don't go. Or go but only for a short time. Remember that even if you have changed over the past few years, they might not have changed.
- If you want to have a few drinks rather than abstain completely, then plan how you are going to do it. Have a lot of mixers, or bring your own lower-alcohol drinks, or whatever works for you. And stop or switch to non-alcoholic drinks before you think you need to.
- Remember to eat. Eat before you go out, especially if you'll be drinking.



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.
- Also 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.

“If you're with family or friends and they start drinking, just leave.”

“Drink Irn-Bru. No-one should argue with that.”

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

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:

- Fife Council's Welfare Fund team (tel. 0300 555 0265),
- their Social Worker
- Citizens Advice & Rights Fife (www.cabfife.org.uk, Units 7 & 8, Craig Mitchell House, Flemington Road, Glenrothes, KY7 5QF).

Some GPs and health visitors can also refer you.

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

Benarty food bank **07580 231 286**

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

Cowdenbeath food bank **07580 231 286**

39 Broad Street, Cowdenbeath, Fife, KY4 8JP.
Referral needed. Food parcels Tues & Thurs 16:00 to 18:00.

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

info@cupar.foodbank.org.uk
21 St Catherine Street, Cupar, KY15 4TA
Food parcels Mon 11-3pm, Wed 4-6pm, Fri 11-3pm and 5-6pm.
Christmas food hampers can be issued to families in need,
following a referral.

Dunfermline Trussell Trust food bank **07580 231 286**

info@dunfermline.foodbank.org.uk
Dickson House Centre, Dickson Street, Dunfermline KY12 7SL.
Referral needed. Food parcels Mon, Wed & Fri 4pm to 6pm.

East Neuk food bank (referral only) **01333 310 156**

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

Glenrothes Trussell Trust food bank **01592 631088**

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

Levenmouth Trussell Trust food bank **07966 502 854**

levenmouthfoodbank@gmail.com
Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH
Food parcels Mon and Fri 4-6pm (referral only).

Kirkcaldy food banks

07784 639 355

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** (referral only)
125 High Street, Kirkcaldy, Fife, KY1 1LW
Monday and Wednesday 2.30 to 3.30pm, and Thursday 2 to 3pm.
- **St Bryce Kirk**
St Brycedale Avenue, Kirkcaldy, Fife, KY1 1ET
Monday - Thursday 10am to 4pm, and Friday 10am to 3pm.
- **Linton Lane Community Centre** (referral only)
Linton Lane, Templehall, Kirkcaldy, KY2 6LF
Monday - Friday 10am to 12.30pm.

Inverkeithing food bank (referral only)

07580 231 286

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

Rosyth food bank (referral only)

07580 231 286

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

Storehouse food bank, St Andrews (referral only) **01334 474940**

Storehouse, Vineyard Centre, 62A Largo Road, St Andrews KY16 8RP.
Tues & Thurs 10-4pm, Fri 10-12.30pm.

Taybridgehead food bank (referral only)

07840 957 039

Food parcels. Food bank volunteers will contact you to arrange delivery/ collection. Not open to public, but service provides parcels to Tayport, Newport, Wormit, Galdry, Balmerino and surrounding areas.



Free hot meal locations

Potter About Cafe, Burntisland

253A High St, Burntisland KY3 9AQ (Mon to Sat 9am to 5pm)

Glenrothes YMCA, North Street, Glenrothes **01592 612674**

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

Access to support from Prevention First (Homeless Support)

Leven Toastie Club, Bethany Christian Trust

Forth Street Halls, Forth Street, Leven

Hot food Tuesday 12-2pm.

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

The Livingroom

Methil Evangelical Church, Bowling Green Street, Methil KY8 3DH.

The first Friday of every month from 7 pm to 9 pm. This is a themed meal and recent meals have been curry, chilli and a soup night.

ENrRGI café

01333 730477

energirecovery@btconnect.com

32 East St, St Monans

Cafe open Mon-Fri 10-2pm. Food parcels available (referral only).

Cupar Lighthouse cafe

63 Bonnygate, Cupar

Low-cost meals available for all.

Housing Information

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

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

Fife Cares 03451 55 15 03

Provides the 'Safe, Secure and Supported at Home' service which includes a free home security assessment.

Fire Safety Visit 0800 0731 999
Text "FIRE" to 80800

Everyone in Scotland is entitled to a free home fire safety visit and the Fire Service can fit smoke alarms free of charge if your home requires them.

Community Mediation Service 01592 641 618

Sacro Community Mediation services work with neighbours and neighbourhoods to deal with local disputes and help make communities safer. infofifecm@sacro.org.uk

Rogue Traders/Doorstep Callers Police Scotland - 101
Fife Trading Standards - 01592 583141

Consumer Helpline 03454 04 05 06

Trusted Trader fifedirect.org.uk/trustedtrader

Dog Warden 03451 55 00 22

Power cuts & safety helpline Dial 105
powercut105.com

Money advice

One of the big pressures for many people is managing money and not getting into debt.

Scottish Welfare Fund **0300 555 0265**
Crisis Grants and Community Care Grants.

Citizens Advice and Rights Fife **03451 1400 094**
www.CABFife.org

CARF's Money Advice Unit has a team of specialist advisers who provide free, confidential, independent money advice and debt management services. They deal with over 3,000 enquiries each year and employ fully trained advisers to assist with all sorts of financial issues, from repossession to bankruptcy.

Tax Credit Helpline **0345 300 3900**

Money Advice Scotland **0141 572 0237**

National Debtline **0808 808 4000**
nationaldebtline.co.uk/scotland

Fife Credit Union Development Team **0800 085 5803**

Kingdom Credit Union (Fife wide) **01592 758 596**
www.fifedirect.org.uk/creditunions

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.

www.fifedirect.org.uk/moneymatters

www.fifedirect.org.uk/benefitchanges
A guide to benefit sanctions.



Fife Adult Protection
www.fifedirect.org.uk/adultprotection

**Adult Protection Phone Line
01383 602200**

In an emergency call 999

Police non-emergency number 101

This booklet has been adapted by Fife's Adult Support & Protection Committee, from an original publication written by the FAST group from West Dunbartonshire.