

TIPS AND HINTS for the holiday period

- 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.
- Remember that services will be open again in a few days.
- 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.
- 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.
- 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.
- 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. Go to the library the week before the holidays. Stock up with books, DVDs, music – things to keep you going.
- 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.
- 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 – like going for a walk each day and eating well.
- Check your local paper for details of support organisations providing Festive meals on Christmas or New Year's Day.

GETTING CONNECTED

On Your Doorstep Fife	www.onyourdoorstepfife.org
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	

Surviving Christmas and New Year

Useful tips and crisis contacts to help during the Festive Season

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

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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.

HELP AND SUPPORT

Adult Protection Phone Line	01383 602200
Social Work	03451 55 15 03
Out of hours emergencies:	03451 55 00 99
NHS 24	111
Samaritans (samaritans.org)	116 123
Breathing Space	0800 83 85 87
breathingspace.scot	
Traveline	0871 200 2233
travelinescotland.com	
Winter information	fifedirect.org.uk/winter
Power cuts and safety helpline	105

In an emergency call 999
Police non-emergency number 101

Adult Protection Phone Line
01383 602200

Fife Adult Protection
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HELP AND SUPPORT

Homeless Emergencies	0800 028 6231
Housing Information/Advice (8am-6pm)	03451 55 00 33
Frontline Fife/Home4Good	01592 800430
Cruse Bereavement Care Scotland	0845 600 2277
Rape Crisis Scotland	08088 01 03 02
Fife Rape And Sexual Assault Centre	01592 642336
Fife Gingerbread (supports lone parents)	01333 303 124
LGBT Helpline Scotland	0300 123 2523
LGBTYouth.org.uk	info@lgbtyouth.org.uk

HEALTH AND WELLBEING

www.nhsfife.org/knowwhototurnto	
NHS Inform (8am-10pm daily) for chemist opening days/times	0800 22 44 88
Find your local GP or pharmacy	nhsfife.org
Fife Dental Advice Line (during office hours) if NOT registered with a dentist	01592 226 555
GP Out of Hours call NHS 24	111
A&E Services	Victoria Hospital, Kirkcaldy
Minor Injuries Service 24/7 Victoria Hospital, Kirkcaldy and Queen Margaret Hospital, Dunfermline. Also from Mon-Fri 8am-6pm at St Andrew's Community Hospital, and Adamson Hospital, Cupar.	

HEALTH AND WELLBEING

Student Mental Health	thinkpositive.scot
Support in Mind www.Supportinmindscotland.org.uk/fife-services-	01592 268 388
Health & Wellbeing resources	Aliss.org
Sexual Health Fife	01592 64 79 79
Suicide Prevention	chooselife.net
Touched by Suicide Fife Group	Touchedbysuicidescotland.org 01294 274 273
Survivors of bereavement by suicide Fife Group	UK-sobs.org.uk 07707 697 739

MONEY

Scottish Welfare Fund Crisis grants and community care grants	0300 555 0265
Citizens Advice and Rights Fife www.CABFife.org	0345 1400 094
Tax Credit Helpline	0345 300 3900
Money Advice Scotland	0141 572 0237
National Debtline nationaldebtline.org/s	0808 808 4000
Fife Credit Union Development Team	0800 085 5803

DOMESTIC ABUSE

In an emergency call 999

Fife Women's Aid fifewomensaid.org.uk	0808 802 5555
Shakti Fife (ethnic minority women) shaktiedinburgh.co.uk	01383 431243
Scottish Domestic Abuse & Forced Marriage Helpline	0800 027 1234
National Domestic Abuse Helpline	0808 2000 247
Abused Men in Scotland abusedmeninscotland.org	0808 800 0024
Fearless Support for men, LGBT+ and BME communities.	Fearless.scot
Revenge Porn Helpline	0845 6000 459

ADDICTION SERVICES

www.fifeadp.org.uk Includes holiday opening times	
Drinkline Scotland drinkaware.co.uk	0800 7 314 314
Alcoholics Anonymous AAfife.net	0131 225 2727
Narcotics Anonymous ukna.org	0300 999 1212
SMART recovery online meeting www.smartrecovery.org.uk	
Gambling Anonymous Gascotland.org/	0370 050 8881

ADDICTION SERVICES

Al-Anon www.al-anonuk.org.uk Support for families and friends of problem drinkers. Groups in Cupar, Dunfermline, Kirkcaldy and St Andrews	020 7403 0888 (10am - 10pm)
Scottish Families Affected by Alcohol and Drugs	08080 10 10 11 Sfad.org.uk
Substance Misuse	Knowthescore.info Whynotfindout.org Re-solv.org
Advice for 11-18 year olds	choicesforlifeonline.org
Talk to Frank talktofrank.com	0300 123 6600

FOOD BANKS

You must be referred to a food bank by an approved agency:	
Fife Council's Welfare Fund Team or your Social Worker	0300 555 0265
Out of hours Social Work Emergencies	03451 55 00 99
Citizens Advice and Rights Fife www.CABFife.org	0345 1400 095

Some GPs and Health Visitors can also refer you. Details of all Fife foodbanks and free hot meal locations at:
fifedirect.org.uk/foodbanks