

HINTS & TIPS

- Ask for help if you need it. Organisations who provide support and advice are still there.
- Limit how much you watch the news. Take a break from it and find the positive stories and the good things that are still happening. Find the funny things that people are putting online to make us laugh and take our mind off things.
- Try to keep to a routine and do things that help you look after your mental health and keep you comfortable, safe and happy. Try to eat healthy meals and get enough sleep.
- Stay active if you can. We can still go out for a daily walk - it's important to get fresh air even if it's a walk around your garden or up and down your street. There are videos for indoor workouts on the NHS One You website www.nhs.uk/oneyou or look on [YouTube.com](https://www.youtube.com) for dance tutorials or indoor workouts. Search for 'BBC Sounds 10 Today - physical activity for older people' for 10 minute workouts.
- If you're a member of a Fife library you can access eBooks, eAudiobooks and Digital Magazines: onfife.com/get-online
- Keep in touch with family and friends if you can. You can still phone, or even write a letter although it might take a bit longer to get there. You can phone and video call people on Facebook, or try video-calls using Zoom or Skype. If it's your first time using technology and social media check: boldnewworld.co.uk/get-connected for advice.
- Most of all be kind to yourself and anyone you are isolating with. Don't feel you have to use this time to start a new project or get fit. Look after your mental and physical health. Stay safe, follow the medical advice and ask for support if you need it.

STAYING SAFE AND KEEPING WELL

Useful tips and crisis contacts to help during the Coronavirus lockdown period



The Coronavirus is affecting the way we all live our lives. At this time when we have to stay physically apart from each other it's even more important to feel connected in whatever way we can. It's ok to feel worried or unsettled about what's happening. The message to stay at home does not mean you should not seek urgent help, advice or support if you need it.

HELP AND SUPPORT

If you are in danger or it is an emergency call	999
www.fife.gov.uk/coronavirus	
NHS 24	111 coronavirus.nhsfife.org
Social Work	03451 55 15 03
Out of hours emergencies	03451 55 00 99
Samaritans	116 123 email: jo@samaritans.org
Breathing Space	0800 83 85 87
Adult Protection Phone Line	01383 602200
If you or someone you know is being harmed or neglected	

COVID COMMUNITY HELPLINE 0800 952 0330

 covid.communityhelpline@fife.gov.uk

Mon to Fri 9am - 5pm

Food requests	Welfare support	Fuel poverty	Foodbank referrals	Combating isolation
Request to volunteer	Support for carers	Prescription requests	National assistance burial requests	

BUSINESS AS USUAL SUPPORT LINES

Money & payments 03451 55 00 44	Social work 03451 55 15 03	Community alarms Response service	Welfare fund 0300 555 0265	Homeless 0800 028 6231
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WELFARE & ASSOCIATED COUNCIL PROVISION

www.fife.gov.uk



DOMESTIC ABUSE/SEXUAL VIOLENCE SUPPORT IS STILL AVAILABLE BY TELEPHONE, EMAIL AND ONLINE **IN AN EMERGENCY CALL 999**

FIFE WOMEN'S AID / SHAKTI WOMEN'S AID (FIFE)

Emergency visits only

 0808 802 5555 (available 24/7)

NATIONAL DOMESTIC ABUSE AND FORCED MARRIAGE

 0800 027 1234 (available 24/7)

 helpline@sdaafh.org.uk

FAMILY PROTECTION UNIT for women & men
DOMESTIC ABUSE INVESTIGATION UNIT/CHILD PROTECTION

 101

FIFE RAPE AND SEXUAL ASSAULT CENTRE

Telephone support during office hours

 01592 642336

 info@frasac.org.uk

KINGDOM ABUSE SURVIVORS PROJECT

 01592 644217

SAFE SPACE

 01383 739084

 contact@safe-space.co.uk

DOMESTIC ABUSE/SEXUAL VIOLENCE SUPPORT



ADVICE AND SUPPORT

Citizens Advice and Rights Fife	cabfife.org.uk	0345 1400 095
AgeUk		0800 678 1602
Silverline		0800 4 70 80 90
Parentline		0800 0 28 22 33
Fife Gingerbread Lone Parent Helpline		01592 725210
Cruse Bereavement Care Scotland		0845 600 2277
Fife Alcohol and Drug Partnership	www.fifeadp.org.uk	

SHUT OUT SCAMMERS

- Only let somebody into your home if you know who they are. Be wary if someone turns up unexpectedly. If in doubt, don't answer the door.
- Check their identity card. Close the door and phone the organisation to confirm their identity if you are unsure.
- Don't feel embarrassed to ask questions about their identity - genuine callers will expect you to be careful.
- Never hand your bank card or give card/bank details to someone at the door. Use cash for payments.
- A trusted organisation will never ask for your financial or personal details over the phone or in an email.
- Be wary of emails, texts or WhatsApp messages about Coronavirus. Don't click on links or open attachments from a sender you don't recognise.
- Don't be pressured into donating money, and never make donations by cash or gift card, or send money through transfer agents such as Western Union or Moneygram.

To report a crime call **101** or in an emergency **999**

Report scams to Advice Direct Scotland on **0808 164 6000**

Online scam checker visit: tsscot.co.uk