



Service for Children and Young Persons with a Learning Disability Resource Booklet

The information in this booklet can be made available in Braille and other languages if required

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EDUCATION AND LEARNING

Children with a learning disability are likely to require additional support with their learning. This may vary from additional support in a mainstream class environment to attending one of the Departments of Additional Support or Special Schools in Fife. If you have concerns regarding your child accessing education we would firstly recommend you speak with the Head Teacher for your child's school. Each school has a link Educational Psychologist; you may wish to speak with them if your concerns persist. We could then put a link to the educational psychology email address or webpage for Fife Council.



Drake Music Scotland, making music accessible for any age or disability and providing support to enable people to play, learn and compose music independently.

<https://drakemusicscotland.org/>



Education Scotland is a Scottish Government website with a wealth of information on supporting learning within the Education System including those with additional support needs.

<https://education.gov.scot>



Education Law Unit - a useful resource providing information on children's rights in education settings. Includes a variety of helpful leaflets.

www.edlaw.org.uk







Enquire is the Scottish advice service for additional support for learning. They provide information to help parents make the right choices about their children's education by offering impartial advice. They have lots of practical advice, information and fact sheets about the education and additional support needs systems in Scotland.

www.enquire.org.uk










FACST – The Family and Community Support Team. Work with children and young people in schools and also with parents to resolve issues where there is concern re:

- Family Circumstances
- Health and wellbeing
- Behavioural issues
- Accessing education

	Tel: 01383 602456 (West), 01592 583486 (Central), 01334 659493 (East).
	<p>Link Befriending Project in Fife to provide support for young people aged 12 – 18 years experiencing emotional problems.</p> <p>https://www.linkbefriending.org.uk</p>
	<p>Parentzone aims to develop partnerships between parents and schools and offers advice on how parents can support their child's education.</p> <p>https://education.gov.scot/parentzone</p>
	<p>Respect Me – anti bullying organisation to protect young people and offers advice to adults.</p> <p>https://respectme.org.uk</p>
	<p>Scottish Disability Directory – Provides access to thousands of disability organisations and support groups.</p> <p>https://www.disabilityscot.org.uk</p>

FINANCIAL SUPPORT

	<p>Citizens Advice and Rights Fife (CARF) - provides a free, independent and confidential service, providing information and advice on a variety of issues including benefits, maximising and managing your income, debt support and relationship problems. Click on 'General Advice' on their website for information on benefits and other useful information.</p> <p>Telephone helplines are open 10am-3pm for general advice 0345 140 0095.</p> <p>Offices are based in Cowdenbeath, Dunfermline, Kirkcaldy, Cupar, Glenrothes and Leven.</p> <p>https://www.cabfife.org.uk/get-advice</p>
	<p>Enable Scotland - give free advice on self directed support.</p> <p>https://www.enable.org.uk/enable-communities/what-we-do/self-directed-support</p> <p>This page also has access to call the helpline number through Microsoft Teams.</p>

 <p>Department for Work & Pensions</p>	<p>Department of Work and Pensions (DWP) provides further information on benefits and welfare reforms.</p> <p>www.dwp.gov.uk</p>
 <p>Family Fund Helping disabled children</p>	<p>Family fund is the UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people.</p> <p>http://www.familyfund.org.uk/</p>
 <p>GOV.UK</p>	<p>GOV.UK is a website providing general information on current benefits and future changes to the benefits system. It includes a benefits calculator so that personal details can be entered and it will calculate what can be claimed.</p> <p>www.gov.uk</p>
 <p>Making it Work for Families WORKING TOGETHER FOR YOUR FAMILY'S FUTURE</p>	<p>Making it work for families- Making it Work for Families is a partnership project that brings together staff from Fife Gingerbread, Clued Up, Citizens Advice & Rights Fife and Fife Intensive Rehabilitation & Substance Use Team. The team works collaboratively to offer whole family support that includes parental support, youth work, family learning, groups, money advice and community rehabilitation for Kirkcaldy and Levenmouth areas.</p> <p>https://www.fifegingerbread.org.uk/making-it-work-for-families</p>
 <p>MERLIN'S Magic Wand Children's Charity</p>	<p>Merlin's Magic Wand – small grants.</p> <p>www.merlinsmagicwand.org</p>
 <p>Self Directed Support Scotland the organisation of choice</p>	<p>Self Directed Support Scotland is a Scottish Government website which provides information about self directed support (SDS) for people who need social care services.</p> <p>www.selfdirectedsupportscotland.org.uk</p>
 <p>ssafa the Armed Forces charity</p>	<p>SSAFA – “Lifelong support for our Forces and their Families”, includes support for holidays for children with disabilities. Tel: 01592 263714 or email: fife@ssafa.org.uk</p>
 <p>turn 2US</p>	<p>Turn2us is a free service that helps people in financial need to access welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations. http://www.turn2us.org.uk/</p>

TRANSPORT



My Fife C+1 Card Tel – 08451 550066

Must be in receipt of one of the following: DLA, Care component middle or high, Attendance Allowance, Standard or enhanced rate of daily living component of personal independence payment (PIP)

SUPPORT FOR PARENTS AND CARERS



Parents Awareness of Learning Disability Group (PALS)

A group for parents and carers of children and young people diagnosed with a learning disability. The group provides the opportunity to think about what having a Learning Disability means, understand common challenges and think together about support strategies.

Please sign up by typing this link into you search engine -

www.accesstherapiesfife.scot.nhs.uk/pals-parent-awareness-of-learning-disabilities-support-group/

Or Scan QR code



Parent Awareness of Autism Spectrum (PAPAS)

A group for parents and carers of children and young people diagnosed with Autism Spectrum Disorder (ASD) from 3-14 years. Sessions will include Introduction to Autism, Sensory issues, Communication Differences, Interaction, Understanding and managing behaviour.

Please sign up by typing this link into you search engine -

www.accesstherapiesfife.scot.nhs.uk/papas-parent-awareness-programme-for-autism-spectrum/

Or Scan QR code.



Parent Awareness of Developmental Delay (PADDs)

A group for parents and carers of children and young people diagnosed with developmental delay aged 6 years or under. Sessions will include What is a global development delay, Supporting your child's development, Sleep, understanding and managing behaviour.

Please sign up by typing this link into you search engine -

www.accesstherapiesfife.scot.nhs.uk/booking-padds-online-course/








Or Scan QR code






Fife Carers Centre - Dedicated to supporting the unpaid carers of Fife. They work one to one with carers to provide support and advice in their caring role. They provide a carers assessment, information on local services, workshops, quarterly newsletters and benefits advice.




www.fife-carerscentre.org

Telephone - 01592 205472. Email - centre@fifecarers.co.uk

	<p>Capability Scotland – Supporting children and their families who live with disabilities. Early years support, Respite and short breaks, Youth zone (Saturday club for children 10 – 16) with ASD, Childcare 4All, Sycamore Project (supporting children and young people in danger of losing their mainstream placement) See www.capability-scotland.scot Tel: 01313 379876</p>
	<p>Caudwell Children – Family support coordinator. Caudwell children provide family support services, equipment, treatment and therapies for disabled children and their families across the UK. They also run an Enable Support programme for talented disabled athletes. Destination Dream holidays for children fighting life threatening conditions. For more information see www.caudwellchildren.com General enquires Email– charity@caudwellchildren.com Tel: 03453 0001348</p>
	<p>Child Brain Injury Trust – supports children and their families to come to terms with acquired brain injury. See www.childbraininjurytrust.org.uk for fact sheets. Office enquiries 01869 341075 Brain Injury support – 03033032248</p>
	<p>Children First – Supporting Children and Families, Befriending Services, Rights, Advocacy and Mediation, Kinship Care Tel – 08000 28 22 33 Email: cfs@children1st.org.uk</p>
	<p>Contact – Provides information and support to families with a child with a disability re debt, short breaks, equipment, etc. They can set up local support groups and run events in your area Freephone National helpline – 0808 808 3555. Contact Scotland, The Melting Pot, 15 Calton Road, Edinburgh, EH8 8DL. Tel – 07458046071 Email – Scotland.office@contact.org.uk</p>
	<p>Enable Us – Family support services Fife Open referral system. Contact Lynn McKeown Tel – 01592 659295</p>
	<p>Families First – St Andrews, Ross Lane Centre, 2 Rose Lane, St Andrews, KY16 9EW – Provide practical support to families living in St Andrews and NE Fife who care for a child, 5-16 years and experiencing difficulties. They offer holiday activities, a breakfast club, befriending and family support. Tel – 01334 208086 Email – enquiries@familiesfirststandrews.org.uk</p>
	<p>PAMIS – Provide support for people with PMLD, their families and professionals working with them. Contact: Andrew Smart, Tel – 01383 755390 Email – Andrew.smart@pamis.org.uk PAMIS Promoting a more inclusive society</p>

	<p>Nourish – for families with additional support needs. Meet every Thursday (during school terms) in Linton Lane centre, Linton Lane, Kirkcaldy, KY2 6LF, 12.45pm – 2.30pm Email – info@nourishsupportcentre.com</p>
	<p>Self Directed Support Information, Advice and Support Service - Here to help you understand and explore your options, choose your own outcomes and support you to make your own decisions about self directed support (<u>often referred to as SDS</u>). SDS Options (Fife) - Home (sdsoptionsfife.org.uk) Tel: 01592 803280</p>
	<p>Children and Young People’s Occupational Therapy - Occupational Therapy enables people to participate in daily life improving their health and wellbeing, providing advice, reassurance, support, assessment and intervention to help children and young people to develop their skills in everyday activities within their home/school/community environments. Parental Advice line 01592 226699 Children and Young People’s Occupational Therapy NHS Fife</p>

SHORT BREAKS

<u>SHORT BREAKS</u>	
	<p>Crossroads Fife – Buko Tower, Dalton Road, Glenrothes, KY6 2SS. Relieving stress on those who care for people of any age with disabilities by giving their carers a break. Tel – 01592 610540</p>
	<p>Aberlour Respite Services – Provide respite services for children and young people with a learning disability. Social work needs to complete a full assessment and submit an application to the respite panel to access this service.</p>
	<p>Shared Care Scotland – information regarding short breaks and a facility to find a suitable short break for a child. Contact – 01383 622 462 Website – http://www.sharedcarescotland.org.uk</p>
	<p>Homelands Trust Fife – Four luxury fully adapted cottages. The Paxton Centre, 14a Links Road, Lundin Links, Fife, KY8 6AT Tel – 01333 329039 Website – www.homelands-fife.co.uk</p>

	<p>Homestart support is available for any family experiencing difficulties and who has at least one child less than 5 years of age. Here are links for the areas in Fife:- Dunfermline http://www.home-startdunfermline.org.uk Kirkcaldy http://www.homestartkirkcaldy.org.uk East Fife http://www.home-start-eastfife.org.uk</p>
	<p>Newman Holiday Trust Glenalmond (Perthshire) – Children with a disability can be awarded a week’s holiday. Website – www.newmantrust.org</p>
	<p>Homelands Trust Fife – Four luxury fully adapted cottages Tel – 01333 329039 Website – https://www.homelands-fife.co.uk</p>
	<p>Inspired Breaks, Dunollie – respite service for adults 16 years and over with a learning disability in Leven and Fife. Tel – 01333 279203 Website – https://inspiredbreaksltd.co.uk</p>






ADVOCACY




	<p>Kindred Advocacy- offer support to families of children and young people with additional needs. Kindred is based at Unit 11 Dunfermline business centre, Izatt Avenue, Dunfermline, KY11 3BZ Tel – 01383 871844 Email – fifeenquiries@kindred-scotland.org</p>
	<p>Mindroom Salvesen Centre – Support from experienced professionals by phone, email and in person. Improving the lives of those affected by neuro divergence. Tel – 0131 370 6730 Website – www.mindroom.org</p>
	<p>Advocacy in Fife is a booklet with details of eligibility and Advocacy services across Fife http://www.fifevoluntaryaction.org.uk/downloads/Advocacy-in-Fife-A5-booklet.pdf</p>

SENSORY SUPPORT

	<p>Fife Deaf Communication Service, Fife Council Social Work. Email: swinfo.deafcommunications@fife.gov.uk, Tel: 03451 551503 https://www.fife.gov.uk/kb/docs/articles/health-and-social-care2/help-for-adults-and-older-people/deaf-communication-service</p>
	<p>RNIB Pathways – Support for visually impaired youngsters. Contact our RNIB Scotland's Children, Young People and Families team at cypf@rnib.org.uk or by calling our Helpline on 0303 123 9999</p>

SPORT AND RECREATION



	<p>Active Fife – Run sessions for pupils with additional support needs and Learning Disability for the opportunity to develop core motor skills through a range of sports/activities. These groups are for pupils from primary 1 to primary 7 and are based throughout Fife. https://active.fife.scot/about/active-schools/find-your-local-coordinator Active Fife - leisure hub</p>
	<p>Badaguish Outdoor Centre, Aviemore, Inverness-shire, PH22 1QU. Run by Speyside Trust with fully trained instructors on site. Accommodation is fully equipped for young people with physical disabilities. https://badaguish.org</p>
	<p>Disability Sport, Fife – provides a programme of sports activities for children and young people with physical disabilities in Leisure Centres across Fife. For more information: https://www.fifeleisure.org.uk/sports/disability-sport-fife-scio/</p>
	<p>Disabled Riding, Balcurvie Riding School, Windygates, Fife. Tel: 01333 350267, 07752264903 E-mail: info@balcurvieridingschool.co.uk https://www.balcurvieridingschool.co.uk/</p>
	<p>Lochore Meadows Outdoor Education Centre. Sailing and adapted bicycles. Tel: 01592 583388. https://active.fife.scot/activities/activity-pages/adventure-activities/adaptive-equipment</p>
	<p>Nordoff Robbins Music Therapy – support young people on an individual or group basis who have additional support needs, autism, brain injury, and mental health issues and go into schools and hospitals. https://www.nordoff-robbins.org.uk/music-therapy/#scotland</p>
<p>K I R K C A L D Y YMCA</p>	<p>YMCA Kirkcaldy – weekly programme includes music sessions, film projects, senior karate, football etc. Programmes in conjunction with YMCA Scotland, Fife Council and other agencies. https://ymcakirkcaldy.co.uk/activities/</p>
	<p>St Clair Centre, Kirkcaldy – Fitness programmes and more https://www.fife.gov.uk/facilities/resource-centre/st-clair-centre</p>
	<p>Funday Sunday - Dunfermline East Church, Sunday, 2-4pm fortnightly. £2 per person or £5 per family includes snacks and drinks and it's a great environment for parents, carers and additional support needs kids. Dunfermlineeastchurch.org.uk/events/funday-Sunday-3</p>











	<p>The Hyper Club - Based in Lochgelly offering support and services to children and adults with disabilities. Including activities and events. Check out their Facebook page.</p> <p>https://www.facebook.com/hyperclubinverkeithing</p>
	<p>Venture Scotland – Changing young lives</p> <p>To deliver long-term, outdoor-based programmes to create a safe and welcoming environment for participants, volunteers and staff, in which everyone develops an understanding of themselves, has a connection to others and the world we live in, enabling people to find their place in the world and hope in their lives.</p> <p>Who are we? – Venture Scotland</p>
	<p>The Yard Scotland - The Yard provides opportunities for fun, friendship and community building. Support and a sense of belonging. Somewhere to feel safe to take risks. Lots of different groups for children and young people of all ages, up to 25.</p> <p>The Yard charity disabled children and young people adventure play family support Scotland (theyardscotland.org.uk)</p>

EQUIPMENT AND PLAY RESOURCES

	<p>Newlife Foundation for Disabled Children. Offer a lifeline for families, providing life-changing and life-saving specialist equipment when and where it's needed. Free phone nurses helpline: 0800 902 0095. https://newlifecharity.co.uk/</p>
	<p>Fife Play Resource Is a toy and equipment lending service which offers a wide range of toys and equipment to both children and adults with a Learning Disability. They have an online catalogue of equipment including: inclusive sports equipment, games and sensory equipment. For information on membership please email: resource.base@fife.gov.uk</p>

PARENT SUPPORT ORGANISATIONS


	<p>NHS24–Tel: 111 24 hour phone line 111 service is able to provide urgent care advice and mental health support day or night</p>
	<p>Emergency Out of Hours Social Work Services Tel: 03451 550099 Fife Council Social Work Offices: 01334 659323 Health and Social Care Contact Centre: 03451 551503</p>

	<p>Samaritans - Every life lost to suicide is a tragedy Here to listen Tel: 116123 (free phone) Lines open 7 days a week, 24 hours a day www.samaritans.org</p>
	<p>Breathing Space- Breathing Space is a free confidential service for people in Scotland. Open up when you're feeling down Tel: 0800 83 85 87 (free phone) Weekdays: Monday-Thursday 6pm-2am Weekend: Friday 6pm-Monday 6am</p>
	<p>Shout - www.giveusashout.org Text: 85258 Confidential, 24/7 text messaging support if you are struggling to cope</p>
	<p>Campaign Against Living Miserably Get Help - Campaign Against Living Miserably (thecalmzone.net) Tel: 0800 585858 Helpline and Webchat 5pm-midnight, 365 days of the year For people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support</p>
	<p>SAMH Information Service - SAMH Tel: 0344 800 0550 9am-6pm Monday to Friday Whether you are seeking support, are looking for more information for you or someone you love, or if you just want to have a chat about mental health we're here to help</p>
	<p>Hopeline UK - Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org) Tel: 0800 068 4141 Text: 07860 039967 9am-midnight, 7 days a week Suicide prevention for under 35's. For confidential suicide prevention advice. Lots of resources online including free apps to download.</p>
	<p>Fife Women's Aid - (fifewomensaid.org.uk) We provide support for women and children experiencing domestic abuse who are living in the community. Free phone helpline for women Tel: 0808 802 5555 24hr telephone support</p>
	<p>Staying Safe from Suicidal Thoughts - Staying Safe If you're struggling and you're not sure if you want to live or die, can you just for now hold off making this decision and look at the videos on our website about how to get through. There may be things that you and other people can do to make things better.</p>
	<p>Fife Gingerbread provides a wide variety of services to lone parent families and to local communities. http://www.fifegingerbread.org.uk/</p>
	<p>Fife Social Work Services is responsible for arranging social care services for people and communities in Fife. www.fifedirect.org.uk/socialwork</p>

SUPPORT ORGANISATIONS FOR CHILDREN & YOUNG PEOPLE

	<p>Child Clinical Psychology Service /Child and Adolescent Mental Health Service (CAMHS)</p> <p>This is an NHS Fife service providing a wide range of clinical psychology services for children and young people aged up to 18 years. A referral can be made by your GP, health visitor or other NHS staff. CAMHS can see children and young people with a mild Learning Disability.</p> <p>https://www.nhsfife.org/services/all-services/child-and-adolescent-mental-health-service-camhs/</p>
	<p>Moodcafe www.moodcafe.co.uk is a Fife based website providing information and resources relevant to various common psychological problems for children and teenagers as well as adults.</p>
	<p>NSPCC-Bullying is an on-line resource for children and young people across the UK to stop bullying.</p> <p>https://learning.nspcc.org.uk/safeguarding-child-protection/anti-bullying-resources</p>
	<p>Penumbra supports the mental health and wellbeing of children and young people in Fife aged from 12 to 21 years, including Fife short term housing support service and Fife self-harm project.</p> <p>www.penumbra.org.uk</p>
	<p>Sleep Action – Supporting every child to get a good night sleep. They are the leading provider of sleep support, training and resources in the UK. We work with professionals, families and employers to promote healthy sleep for everyone.</p> <p>Children & Families - Sleep Action</p>

DRUG AND ALCOHOL SUPPORT SERVICES

 <p>0800 77 66 00 talktofrank.com Friendly, confidential drugs advice</p>	<p>FRANK - Contact Frank Directly Confidential Advice FRANK (talktofrank.com) Very friendly and accessible advice on drugs and alcohol. Call 0300 123 6600, 24 hours a day, 7 days a week Text 82111, text a question and FRANK will text you back Live chat offline from 2pm-6pm, 7 days a week</p>
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DAPL – Drugs, Alcohol & Psychotherapies Limited
 Offers one to one counselling, support and advice to young people, adults and families
 DAPL Leven, 1-2 Parkdale Avenue, Leven, Fife KY8 5AQ
 Tel: 01333 422277, SMS 07584 233 877, Email: enquiries@dapl.net
 DAPL Kirkcaldy, 13 Wemyssfield, Kirkcaldy, KY1 1XN Tel: 01333 422277, SMS 07584 233 877, Email: enquiries@dapl.net

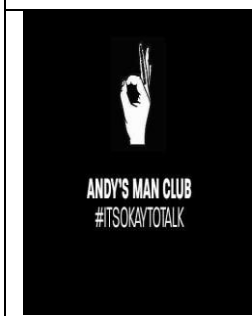
PARENT WELLBEING DROP IN'S AROUND FIFE



Sam's Café – Mental Health Peer Support.
 Sam's Cafe: Sam's is open for one to one support. **Drop in anytime no appointment required**
 Kirkcaldy: Mon-Fri 12pm-8pm, At Sam's, Greener Kirkcaldy, 8 East Fergus Place, Kirkcaldy KY1 1XT, 07971892886
 Leven: Tues, Wed, Sat 12pm-8p, At Sam's, Forth Street Hall, Forth Street, Leven, KY8 4PF, 07568127735
 Dunfermline: Thurs and Sun 12pm-8pm, At Sam's, Going Forth, First House Woodmill Road, Dunfermline, KY11 4SS, 07725214012




Women's Wellbeing Club Home – Women's Wellbeing Club Text 073945221100 for info Women's Wellbeing Club is a peer to peer community support group run for women by volunteers. Clubs are free and anonymous with no booking needed, there's no pressure to share or talk: Whether you want to just come along for a cup of tea and company, or whether you need to talk to likeminded women in a safe environment. Meetings start at between 6pm and 7pm at various venues and run for 2 hours:
 Dunfermline, The Vine Conference Centre, Tuesdays 6.30-8.30pm
 Glenrothes, Gilvenbank Community Sports Hub, Tuesdays 6.30pm-8.30pm
 St Andrews, The Chaplaincy, University of St Andrews, Tuesdays 6.30-8.30pm




Andy's Man Club - Our Club Locations | Andy's Man Club | #ITSOKAYTOTALK
 Community talking groups for men who have either been through a storm, are currently going through a storm or have a storm brewing in life. Nationwide talking groups.
 Dunfermline North, Townhill Bowling Club, Every Mon 7pm
 Dunfermline South, Dunfermline Sports Club, McKane Park
 Limekilns, Every Mon 7pm
 Kirkcaldy, Raith Rovers FC, Starks Park, Pratt Street, Every Mon 7pm
 Glenrothes, Community Sport and Health Hub, Pitcoudie Avenue, Every Mon 7pm





The Well | Fife Health and Social Care - The Well is a place where you can drop-in, both in your community and online and find out information and receive general advice to help you stay well and independent within your local community. Face to face conversation with friendly staff and access to information and support that promotes health and wellbeing.
 Tel: 03451 55 15 03 Text: 07781 480185 Kirkcaldy Well, The Mercat Shopping Centre, every Thursday 10am-12pm
 Glenrothes Well, The Haven, Kingdom Shopping Centre, every Wednesday 10am-12pm


	<p>Express Group Fife - Groups running across Fife in various locations. The aim is to provide a place where people can share experiences and support each other through peer support. Tel: 01592 645331</p>
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SUPPORT RECOVERY FROM CHILDHOOD SEXUAL AND DOMESTIC ABUSE

	<p>The National Association for People Abused in Childhood - Free, confidential support line and various resources online Tel: 0808 801 0331 Mon-Thurs 10am-9pm Friday 10am-6pm If you're an adult survivor of any form of child abuse, we're here for you. Taking a first step is difficult, but we can provide you with support and signposting on your road to recovery</p>
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	<p>Trauma Counselling Line Scotland (health-in-mind.org.uk) A free telephone and video counselling service for adults who experienced abuse in childhood. For anyone 16 or over living in Scotland – check criteria on website. Tel: 08088 02 04 06</p>
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	<p>FRASAC - Fife Rape and Sexual Abuse Centre Tel: 01592 642336 FRASAC offers a range of free and confidential support to anyone 12+, of any gender, who has been raped or sexually assaulted at some point in their lives. Library of resources to access online including further information and support with anxiety and panic: Helpful resources FRASAC</p>
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	<p>Rape Crisis Scotland www.rapecrisisscotland.org.uk Get in touch any day between 5pm – midnight: Call: 08088 01 03 02 (Helpline) Text: 07537 410 027 Email: support@rapecrisisscotland.org.uk Our helpline offers confidential short-term, crisis and initial support by phone, email and text. Our phone and email support is free. We support people of all genders living in Scotland 13+ who have been affected by sexual violence. It doesn't matter what happened or how long ago, and you don't have to talk about anything you don't want to. We support survivors, as well as family, friends and supporters.</p>
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	<p>www.Kasp.org.uk Offer counselling, young people and domestic abuse support for survivors of childhood sexual abuse. Can provide free 1:1 counselling, outreach and advocacy support. Call 01592 644217 Email: info@kasp.org.uk Text: 07501 221 909</p>
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SELF- HELP WEBSITE AND RESOURCE APPS




	<p>Access Therapies Fife Home – Home - Access Therapies Fife NHS (scot.nhs.uk) Provides information to help you to deal with mental health problems and to access a range of local services. Information and self-help guides including online resources and urgent help</p>
	<p>The STOPP app - uses the STOPP techniques to help you handle unhelpful thinking patterns, panic attacks and general feelings of anxiety and stress. Helps you to escape from negative coping strategies such as negative thinking, worry, anger, self-harm etc. FREE Get STOPP app –Google Play/ Apple Store</p>
	<p>CALM – The #1 app for mediation and sleep - Discover a happier, healthier you through meditations, sleep stories, music and more. Some basic features are free, others require a subscription.</p>
	<p>StayAlive - Essential suicide prevention for everyday life This app is a pocket suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.</p>
	<p>Calm Harm - is an app developed for teenage mental health charity in collaboration with young people using principles from DBT – provides immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors. Home - Calm Harm App (stem4.org.uk)</p>

COUNSELLING SERVICES – FREE AND LOW COST


	<p>Safe Space Home – Safe Space (safe-space.co.uk) Free counselling support for survivors of childhood sexual abuse in Dunfermline, Fife and outreach areas Tel: 01383 739084</p>
	<p>The Spark - provides counselling and mental health support services for individuals, couples, families, children and young people in Scotland. This includes a free and confidential helpline on 0808 802 2088. The cost of counselling with The Spark varies depending on the service and location. No client is ever refused access to The Spark’s services for financial reasons The Spark - Igniting Change</p>
	<p>Talk Matters – Counselling Service in Fife Talk Matters Tel:01383 626064 A confidential counselling service for people in Fife. We can help with a wide range of problems. Whether you are suffering from depression, anxiety, stress, anger have recently been bereaved or are simply feeling that you have lost your way, if life is getting on top of you and you are struggling to cope, come and talk to us.</p>

	<p>We are here to help.</p> <p>Cost: we ask for a minimum contribution of £5 per session and ask people to consider giving more if possible. If cost is an issue we may be able to source funds to cover the cost.</p>
	<p>Relationships Scotland - Relationships Scotland network provide counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. We support individuals, couples and families experiencing relationship difficulties.</p> <p>Call our InfoLine: 0345 119 2020 Open Mon - Fri 9:30am - 4:00pm Fife Services - 01592 751095 https://www.relationships-scotland.org.uk/</p>

SUPPORT IN FIFE FOR TRANSGENDER YOUTH

	<p>Flavours of Fife – Kirkcaldy - The group is open to young lesbian, gay, bisexual and transgender people and their friends and supporters. The group is open to 13 -18 year olds.</p> <p>Argos Youth Centre, Appin Crescent, Kirkcaldy KY2 6EJ, Phone: 01315553940 Every Wednesday from 18:30 – 20:30 The Flavours of Fife Trans Unite</p>
	<p>Youth 2 – Youth 2 are a youth group for young people aged between 13 and 25 who are lesbian, Gay, bisexual, transgender or questioning. The Group is based within the Levenmouth Area with young people attending from Leven, Methil, Buckhaven, East Wemyss, Coaltown of Wemyss, Kennoway and Windygates, East Neuk and East Fife .</p> <p>Every Tuesday from 7pm to 9:30pm. Youth 2 Trans Unite Email: colin.mcphail@fife.gov.uk Phone: 07967188361</p>
	<p>Transgender Fife - They provide support for parents and carers as well as for anyone with questions about their gender identity. (Under 16s can attend with a responsible adult)</p> <p>About – Transgender Fife</p>

TRANSITION

	<p>Independent Living Fund Scotland Transition Fund - The Independent Living Fund Scotland (ILF Scotland) is a Non-Departmental Public Body (NDPB) and is governed by a Board of eight non-executive directors (appointed by Scottish Ministers).</p> <p>It provides funding and support to help disabled people in Scotland live independently.</p> <p><u>Please keep an eye on the website as due to the pressure of the unprecedented demand on the Transition Fund, we have had to make the difficult decision to restrict</u></p>
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	<p><u>all new grants to first time applicants for the foreseeable future since January 2024.</u> Transition Fund ILF Scotland</p>
<p>Young Person's Guarantee</p>	<p>Young Person Guarantee - The Young Person's Guarantee is a commitment to bring together employers, partners and young people. It will connect every 16 to 24 year old in Scotland to the opportunity of a job, placement, training or volunteering with employers committed to the Guarantee. Young Person's Guarantee Employability in Scotland</p>