

Food Support

Shielding for 12 weeks

If you receive a "shielding" letter from the Government asking you to stay in for 12 weeks please read it very carefully, there is information on the letter (pg 9), that explains you need to text in your CHI number to start getting direct food supplies every 7 days. However if you or someone you know needs an urgent food delivery in the meantime they should contact the Fife Covid Community Helpline on 0800 952 0330.

Self isolating

If you are self isolating and can't get out for shopping or prescriptions, and have no-one else

(friends or family) who can do this for you, please contact contact the Fife Covid Community Helpline on 0800 952 0330 and they will be able to coordinate help for you.

Its really important to only use this service if you have no one else who can help with shopping/collecting from the food bank/collecting prescriptions for you.

If you can still go out but have no funds please visit a local food bank:

Local Food Banks

New Volunteer House- 10-12.30 pm - Mon/Wed/Fri

Viewforth Hub 10-.3.00 pm Mon & Thurs/10-12.00 pm Tues/10-1.00 pm Wed

Linton lane 10-12.30 Mon-Fri

Fuel poverty

Problems with accessing gas or elecricity top ups if shielding/self isolating and no access to funds

Text COSY then YOUR NAME to 88440

Call 01592 807930 Email info@cosykingdom.org.uk

If you are able to go out, have funds or have family who can shop for you or top up electricity and gas keys, please shop as normal and please don't call the support lines, we need to keep these free for those most in need.

If you or someone you know needs help and are not sure where to go, phone the Fife Covid Community Helpline 0800 952 0330 and we'll be able to direct you to the right person or service.