

# Help with...

## the cost of living



**Everyone is feeling the impact of the cost of living crisis but a huge range of support is available**

**For useful information, advice, help with benefits, energy bills and food go to: [our.fife.scot/gethelp](https://our.fife.scot/gethelp)**

Use the free and confidential benefits calculator to receive an estimate of the entitlements you could be getting. Don't miss out - claim what's yours.

**Unable to access information online?**

Call our **Community Support Line**

**0800 952 0330 (Mon-Fri, 9am-5pm)**

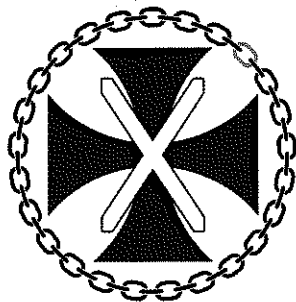
SCAN ME



VETERANS, HOMELESS & COMMUNITY HUB

# COMMUNITY HUB

## WE ARE HERE TO SUPPORT YOU



Community Hub Sponsored by  
Colin Sneddon Funeral Directors

VETERANS, HOMELESS & COMMUNITY HUB COWDENBEATH

### KTGC SCOTLAND

KNIGHTS TEMPLAR GOODWILL CHARITY OF SCOTLAND

Tel: 0800 193 1307 | Email: [ktgcsotland@gmail.com](mailto:ktgcsotland@gmail.com) | Web: [www.ktgcsotland.com](http://www.ktgcsotland.com)  
HELP & SUPPORT FOR OUR VETERANS, OUR HOMELESS & THOSE LIVING IN POVERTY

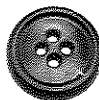
Registered Charity SC051727

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## ACCESS TO



FRESH NUTRITIONAL  
**FOOD**



CLOTHING  
**BANK**



CARE  
**PACKS**

Relaxed environment to get support & see a friendly face!

- Food Support
- Care Packages
- Clothing Bank
- Wellbeing Support
- Access to Services
- Referrals
- Computer/Internet Access
- Volunteer Opportunities

Unit 12, Thistle Innovation Park, Cowdenbeath, KY4 8LP

“Never look down  
on someone  
unless you're  
helping them up”

OPENING DAYS & TIMES

Monday's: 9:30am - 2:30pm

Wednesday's: 9:30am - 2:30pm

Saturday's: 10am - 3pm

**Address**

Unit 12 KY4 8LP

**Contact**

0800 193 1307

**E-Mail**

[ktgcsotland@gmail.com](mailto:ktgcsotland@gmail.com)

**Website**

[www.ktgcsotland.com](http://www.ktgcsotland.com)

# SUPPORT US TODAY

We rely on voluntary income to keep our foodbank operating. Every donation we receive helps us continue to be there for people in crisis. Please return this form to the address on the back of this leaflet. Thank you!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

I enclose a gift of  £ \_\_\_\_\_

(Please make cheques payable to Dunfermline Foodbank)

*giftaid it* BOOST YOUR DONATION BY 25P OF GIFT AID FOR EVERY £1 YOU DONATE.

I want to Gift Aid my donation and any donations I make in the future or have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Date: \_\_\_\_\_

You can also donate online at:  
[dunfermline.foodbank.org.uk/donate](http://dunfermline.foodbank.org.uk/donate)

We'd love to tell you about the amazing difference you make. How would you like to hear from us?

by email  by post

**Data protection**  
Dunfermline Foodbank is committed to protecting your privacy and will process your personal data in accordance with current Data Protection legislation. Dunfermline Foodbank collects information to keep in touch with you and supply you with information relating to our work. To unsubscribe from our newsletter, send a message to the email address overleaf with the word unsubscribe in the subject line. A full data privacy statement for financial donors is available from the foodbank on request.

# CONTACT US

## Dunfermline Foodbank

Liberty Centre, Pitreavie Business Park  
Dunfermline, Fife  
KY11 8QS

### General enquiries

T 07580 231286  
E [info@dunfermline.foodbank.org.uk](mailto:info@dunfermline.foodbank.org.uk)

[dunfermline.foodbank.org.uk](http://dunfermline.foodbank.org.uk)

 /dunfermlinefoodbank

Registered Charity in Scotland (SC043216)



We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Learn more: [www.trusselltrust.org](http://www.trusselltrust.org)

**EMERGENCY FOOD AND SUPPORT FOR LOCAL PEOPLE IN CRISIS**

**FIVE CORE VALUES:**

**The sacredness and sanctity of human life.**

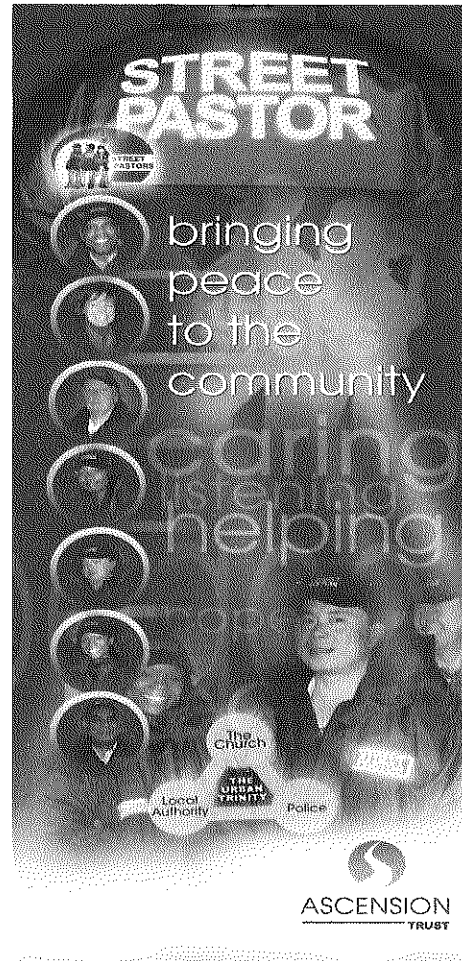
**Valuing and honouring the community.**

**Being a person of integrity.**

**Taking personal responsibility.**

**The growth and development of the individual to their fullest potential.**

**C.L.O.C.K STREET PASTORS**

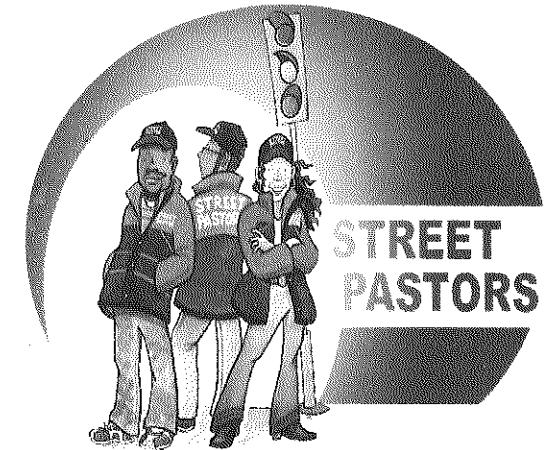


**We are part of a national network of street pastors, part of Ascension Trust.**

[www.streetpastors.org.uk](http://www.streetpastors.org.uk)  
[scotland@ascensiontrust.org.uk](mailto:scotland@ascensiontrust.org.uk)

# **C.L.O.C.K. STREET PASTORS**

**Engaging with people on the streets to care, listen and dialogue and offer practical help.**

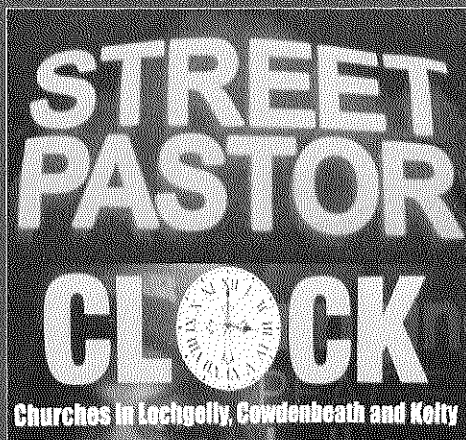


**Dunfermline, Cowdenbeath and Kirkcaldy**



[fife@streetpastors.org.uk](mailto:fife@streetpastors.org.uk)  
*caring, listening, helping*

**C.L.O.C.K. STREET PASTORS**



## Be part of a team:

Our team includes the street pastors, supporters, fund-raisers, street pastor's buddies, and those who pray for us.

We have links with many local churches, e.g. BCNC (North Parish), St Serf's and Trinity and Kelty Kirk, the Salvation Army, Kelty Evangelical Church, St Finians Church, and the Baptist Churches.

## Thank you!

We are grateful to the local churches, the Cinnamon Network, Four Winds Trust, Foundation Scotland, the Coal Industry Welfare Fund, Supermarkets and local shops, and a number of individuals who have encouraged us, helped us and provided funding.

We are also grateful to the Police and the Community Wardens, and the Local Community Councils and local politicians who have encouraged and advised us.

## What is a street pastor?

Street Pastors are trained volunteers from the local churches. They give up their time to help people in towns and cities who might need assistance at some point in the evening.

They wear high visibility jackets and carry rucksacks containing their kit, and provide a range of assistance. For example, tending to grazed knees, finding taxis to get people home safely if they have lost their friends or have become disorientated, providing slippers where shoes have been lost or broken, and offering genuine kindness and support to everyone and anyone who needs it. They spot the lost and lonely and distressed; they listen to them, comfort them and help them.

The team patrols the streets in the evenings, usually at the weekends, and visit pubs, nightclubs etc.  
We do it because we care about people.

**We make a difference to the safety and well-being of individuals in our own communities.**

**"I welcome the shared belief that we must all take responsibility for looking after vulnerable people."**

**Rev Les Isaac, OBE, Chief Executive Ascension Trust.**

"My sister died of cancer, and her daughter has the same kind of cancer. Where is God?"  
-A man in Kelty.

"My boyfriend's been attacked and I'm really scared the gang will come back."

A teenager in Lochgelly. (We walked her home.)

"I've lost my wallet and haven't any money to get home to Kelty"  
- a 14 year old lad at 11pm

## Like to be a Street Pastor?

**Contact our coordinator: Wilma Aitchison:**  
[cowdenbeathandlochgelly@streetpastors.org.uk](mailto:cowdenbeathandlochgelly@streetpastors.org.uk)  
or phone: 07802 414418