

NEWSLETTER



A Warm Thank You for a Wonderful Christmas Season

Our Christmas support programme was a huge success thanks to the incredible generosity of carers, volunteers, partners and supporters. Together, we provided festive activities, practical help and emotional support to families across Fife at a time that can feel especially challenging.

More than 400 families visited our Christmas Grotto. We also hosted festive parties and delivered four Sensory Santa sessions, giving children who prefer a quieter environment the chance to enjoy Christmas in a calm, supported way.

Changes to Our Community Hub & Charity Shop

Following a review of how we use our spaces, the Community Hub has now closed. This allows us to focus on the services carers tell us matter the most.

Our Charity Shop remains open (Thursday - Saturday, 11:00 am - 3:00 pm) and continues to offer good-quality new and used clothing, shoes, bedding and household items at affordable prices.

The shop is run by our dedicated volunteer team, and continues to provide opportunities for volunteers to build confidence and develop employability skills.

Carers' Toolbox

Handy Person Service – Help with small home jobs

Carers Cards – Discounts + recognition

Discounts for Carers – Savings on shopping, travel + more

Fifestyle Card – Cheaper leisure + fitness in Fife

Find further information, resources and local help on our website:

<https://www.nourishsupportcentre.com>

Join Our Board of Trustees

Our trustees play a vital role in guiding the organisation, strengthening governance, and helping us make a real difference for carers and families across Fife.

If you're passionate about supporting families, have skills to share, or simply want to give back to your community, we'd love to hear from you.

Find out more and apply via our website: <https://www.nourishsupportcentre.com>

Autumn Survey – You Spoke, We Listened

What you told us:

- More flexible session times
- A balance of practical and wellbeing support
- Clearer information about what's on
- More opportunities to connect with others

Your feedback has directly shaped our 2026 programme. We've updated our timetable, refreshed our activities and strengthened our support pathways based on what you as carers told us you needed most.



Nourish Support Centre
Elizabeth House, Barclay Court, Kirkcaldy, Fife, KY1 3WE



Meet the Team

**Gail
Carstairs**

Our Family Support Service led by Gail brings over 30 years of experience in education, care, and community support. Gail strongly believes in inclusion and dignity. Having studied a Learning Disabilities course at a BA level her work is delivered with warmth, wisdom and a passion for emotionally safe practice. Gail provides a personal service meeting the needs of your family.

"I believe every family deserves to feel heard, supported and empowered no matter what challenges they are facing"
 Whether you need a listening ear, practical impartial advice or help to find community resources we are here to support you. You are not alone.

What's New at Nourish?

We're excited to announce that our brand-new programme launches this March 2026, bringing fresh activities, themed sessions, and new opportunities for carers and their wider families to get involved. This forms part of our updated 2026 development plan, which includes a more structured, theme-based approach to supporting carers throughout the year.

Why not have a look at what's coming up and book into the sessions that suit you and your family?

You can reserve your space easily through our website or by giving us a call, whichever works best for you.

<https://www.nourishsupportcentre.com>

Phone: 01592 653639

**Fife Health
& Social Care
Partnership**
 Supporting the people of Fife together