

COVERED!

Fife Society for the Blind Newsletter Autumn/Winter 2007

Hello everyone; a very warm welcome to the autumn/winter edition of Covered!

This issue of the newsletter contains a real mixed bag of news and information, a comprehensive round-up from regular contributors, and the addition of some new and popular features that make a welcome return.

As your regular editor, I am very keen to ensure that Covered! strives to develop in frequency and content. This is your newsletter, an opportunity to offer your feedback, make suggestions for future items, and share your stories with everyone. I want Covered! to be something you can all look forward to receiving, so please get in touch with me.

I have already received lots of suggestions for new features that could be added to the newsletter in future issues, so keep them coming! but we are looking for sponsorship so that the frequency of Covered! can be increased to four issues a year instead of two. If any of you have suggestions for how the newsletter could be sponsored so we might include more content more regularly, please again let me have your ideas.

The next copy deadline for Covered! is 1 May 2008. You can leave a message for me about anything to do with the newsletter at FSB. You may also send an Email to

Jackie.Cairns@fsbinsight.co.uk

In the meantime, enjoy this issue, and have a healthy and happy 2008.

Jackie Cairns
Editor

NEWS FROM OUR CHIEF EXECUTIVE,
ALAN SUTTIE

Hello everyone. This is a busy but exciting time for all of us at the Society. Sadly, Maggie Gray, our Client Services Manager, retires at the end of the year. We all know she will be missed by so many of you who have benefited from her care and support.

We are using this opportunity to create a new team at the top, which we hope will deliver more cost effective services to those most in need. It is essential that we are efficient and well run. But equally we need to ensure that the majority of our resources are spent directly on services.

We have just completed an excellent joint exercise between our staff team and the board of directors to consider our priorities for future work. By the year-end, we will have turned these in to actions. In our next issue of Covered!, we will bring you news of these new initiatives. In particular, we will be announcing new programmes to help us support those who are socially isolated, bring you access to new technology, to new types of rehabilitation and training, as well as access to information and services in your locality.

Exciting debates are also taking place at a national level to agree a new agenda for the future. For the first time across the UK, agencies and professional bodies have come together with those who use the services to agree a common agenda. We know that there are many pressing demands on local and national government, and this initiative is working towards a common agenda so that we can all speak with a single voice to

prioritise the needs to those who have a serious sight loss.

There are many ways to keep in touch with what is going on and to have your say. And we all look forward to hearing from you.

GOOD LUCK, BUT NOT GOODBYE JACKIE CAIRNS TALKS TO MAGGIE GRAY, CLIENT SERVICES MANAGER

The friendly face and quietly spoken voice of Maggie Gray are familiar to many. But FSB's Client Services Manager is leaving at the end of the year. I caught up with her recently to talk about her happy 10 years with the Society, and what she plans to do in the future ...

Maggie joined FSB in the summer of 1997, first in a temporary capacity, then in her permanent post as Social Worker. Later, she took up an added senior position as Client Services Manager. Maggie, who is married with two grown-up daughters, began to work with clients in central Fife, helping the very young through to elderly people.

Maggie spoke warmly and with great enthusiasm about the work she has done with FSB. "I have enjoyed meeting a wide variety of people," she told me. "I've worked with people of all ages, from all walks of life, and I've been amazed and humbled by the approach that so many individuals have taken towards their sight loss and additional difficulties," she said. "Far from sitting down and feeling miserable about losing their sight, they have adopted the approach that they have to get on with it, and find new ways to live and deal with such issues. I've found that particularly inspiring".

When she took on the added responsibilities of being Client Services Manager, Maggie explained that it meant she was still able to visit all the people she had been working with in her role as FSB Social Worker. "I was still able to

do all the same things with my clients," Maggie explained: "But the difference for me back at the office was that I was also managing a team, and had over all responsibility for the services people were receiving. In taking on such a managerial role, yet be able to keep my caseload as well made me feel very privileged," she enthused.

Maggie explained that she has decided to leave FSB to pursue other interests and ventures that she has not been able to devote time to in the past. "I would like to do a lot more sailing," she smiled. "We have our own boat which is moored on the West coast of Scotland. For a number of years, I have also been involved as a tribunal member, sitting on disability appeal tribunals. My husband Bill and I want to continue doing that, and some training work as well. We just want to do some things together that maybe won't be possible to achieve later, or we won't be fit enough to do in the future," she said.

When asked if she would ever return to FSB in any capacity, Maggie beamed. "It is possible I could do some work for FSB and perhaps volunteer too. Who knows? I might need the money, or I might get bored, or Bill and I might even get fed up with each other," she laughed flippantly.

Finally, Maggie paid tribute to the team she has worked with at FSB. "I'm going to miss my colleagues very much," she admitted. "They have always been there for me, and supported me, even though I've always been there for them as their Line Manager. We've supported each other, and have worked very closely together as a real team. I'm going to miss them enormously," she concluded.

(Ed's note: on behalf of FSB clients Fife-wide, I'd like to thank Maggie for all her hard work and loyal support of everyone. We all wish her and Bill the very best of luck for the future).

HUMAN INTEREST SECTION

By popular demand, this section makes a warm and welcome return. Please keep your stories coming.

KIRSTY AND CRAIG GO BACK IN TIME TO MEDIEVAL DUNFERMLINE JACQUELINE BAIN

My name is Jacqueline Bain, and I am partially sighted. I live in Dunfermline, where I work as a Customer Services Advisor for Sky's Disability Team. But in my spare time, I am a guide for the Abbot House Heritage Trust because I am very interested in the town's steep history.

My love of history recently gave me an idea for a short children's story called Kirsty and Craig Go Back In Time To Medieval Dunfermline. This has just been published by the Dunfermline Burgh Survey, and costs 99p. The book, with illustrations by my friend, Mary Johnston, is available from the Abbot House Heritage Trust, Carnegie Library, and the Escape Book Shop.

If you would like to know more about Abbot House Heritage Centre, Maygate, Dunfermline, please call 01383 733266, or visit www.abbothouse.co.uk for details of opening times, prices and events.

(Ed's note: this is a lovely short story with pictures to colour in that is well worth a read.)

ANOTHER TROPHY FOR BOB

Bob Blair, of Coaltown of Balgonie, has won another "Best Garden" trophy, believed to be his tenth in succession. Bob grows all his own vegetables including potatoes, onions, cabbages, beetroots, cauliflowers and garlic. The gardening enthusiast picked up his latest trophy in the summer when his garden was nominated for the areas of Coaltown of Balgonie, Milton of Balgonie, and

Windygates. But Bob said: "I don't know if I'll enter next year though. It's an awful lot of hard work, and my eyesight makes it difficult. My wife and I are not getting any younger now either".

(Ed's note: we'd all like to offer Bob our congratulations on his fine achievement).

SOCIAL AND RECREATIONAL ROUND-UP AMANDA GRAHAM

SOCIAL GROUPS

The summer activities are over for another year, but our social groups across the Kingdom are meeting again with lots of interesting activities planned.

This is a good way to get out and meet new friends. The groups meet in Anstruther, Dunfermline, Glenrothes, Kirkcaldy, Lochgelly, Leven, and St Andrews. We rely on our very valued and hard-working volunteers and VIPs to run, plan and organise the programme.

SOCIETY HOLIDAY

This year, the Society's holiday was a trip to Lytham-St-Anne's, a great time was had by all. I'd like to extend a big "thank you" to all the volunteers who worked so hard and looked after everyone so well. We have received several letters of appreciation from some of the holidaymakers.

GET YOUR BOOTS ON

We have now completed another successful season of rambles. Unfortunately, due to inclement weather, we had to cancel some of the walks. Thanks to our dedicated team of volunteers and drivers. We couldn't do so much of what is now on offer without you.

BOWLING

The bowling season is over for another year. But groups meet in Cowdenbeath, Dunfermline, Leven, Kirkcaldy, and St Andrews. Two of our very active bowlers have been out of action, but we'd like to wish both Marie and Jim a speedy recovery.

CURLING

Curling is very popular. Dottie, Ena and Maureen continue to pass on their coaching skills, while Bob and Bill strive to sweep you off your feet! Curling costs £4.00 plus £2.50 for transport.

SWIMMING

Every Tuesday at the Fife Institute, a splashing time is had by all. The group like to go out for the odd meal as well. Thanks to all who make this happen.

UNDER 60s

The under 60s meet once a month. They have had a trip to the Tattoo, met for a meal, and been bowling. New members are always welcome.

SOCCERSITE

Don't forget to support the Pars (Dunfermline Athletic). Free commentary is available from our expert, David Henderson, at all Dunfermline home games.

TELECARE

We offer a telephone service which provides opportunities for visually impaired people to continue to socialise, learn, and share information and to support each other. The service is delivered by volunteers who are trained as facilitators. It is particularly aimed at those who may find it hard to get out, and for those who feel isolated. Please let me know if this interests you.

If you would like more information about any of the above groups, or want to take part in some of these activities, I would be delighted to hear from you. Just give me a call at the office.

VOLUNTEER CORNER

Liz Reid, Volunteer Co-ordinator

IMPORTANT VOLUNTEER ANNOUNCEMENT

I would like to start with an important announcement. Would all Fife Society for the Blind Volunteer Car Drivers, including Befriender Volunteers, and Minibus Drivers, please call into the office on either Monday 3 or Tuesday 4 December 2007 with their Driver's License (both paper and photo version if appropriate), and Car Insurance documents. This is so I can complete their annual check. I have set aside these two days between 10.00 am and 4.00 pm as a "drop in" session, and hope that this is a better way to keep on top of such an important procedure. Thank you for your co-operation.

On a sunny day in July, the Royal Garden Party at Holyrood Palace took place. In recognition of their work with the Low Vision Clinic, Visually Impaired Volunteers, their Sighted Guides, Staff from FSB and NHS attended this most prestigious event. Invites came courtesy of HM the Queen's representative - the Lord Lieutenant of Fife, Mrs Margaret Dean. Mrs Dean has campaigned tirelessly over the years, ensuring that the work and, in particular, the Voluntary services of the Society, maintains a high profile in the community.

Visually Impaired Volunteer (VIV) Helen Buchanan, with her guide dog Remy and former FSB VIV Isobel McLeay, were two of the luckiest, proudest and shocked people to be chosen to speak to Her Majesty. Everyone was so proud. The day was rounded off with a lovely meal in South Queensferry.

Also at the mercy of a wet summer were our Fundraising Volunteers who take the FSB Stand to Fairs and Fetes throughout Fife. A big "thank you" to Barbara, John, Geoff and Alan, who were soaked to the skin at a few of the venues, but like real troopers, kept the crowds entertained with their funny fancy-dress themes and sense of fun.

If you could help out for an hour or two at our final fundraising event of the year at Leven Co-op on Friday 21 and Saturday 22 December, please let me know.

I'd like to thank FSB staff Kirsty and Robbie and their families, Evelyn and Vanessa, for their voluntary contribution to our Fundraising programme this year.

Congratulations to registered Blind Client and VIV, Helen Buchanan, who successfully did a sponsored tandem parachute jump with Skydive, St Andrews. All money raised will be split between FSB and the NHS Diabetic Clinic.

The mobile bus from Action for the Blind's visit to FSB was a success, and many people appreciated the advice they were given on a range of equipment, both from the bus's staff and FSB's Hazel White.

A big "thank you" is also due to Volunteer Irene Brannan. Though not retiring completely from volunteering, she has hung up her swimsuit and towel after 18 years of helping out with the Blind Swimming Group. Irene's contribution to this group was immense, she will be sorely missed by everyone.

Befriending Volunteers are still needed to help blind and partially sighted people be a part of the community they live in. If you have an hour or two a week, or even a month, please get in touch.

Volunteering Opportunities and tasks are an ongoing process. So let 2008 be the year you make a difference to others.

FUNDRAISING DATES FOR YOUR DIARY

FORTH RAIL BRIDGE ABSEIL,
SUNDAY 20 APRIL 2008

Fancy throwing yourself off the Forth Rail Bridge? Not in the path of a train, but to help us raise funds for the Society?

In conjunction with Chest, Heart and Stroke Scotland, (CHSS), we are looking for the brave among you to take part in a sponsored abseil on Sunday 20 April 2008.

There is a minimum sponsorship fee of £95.00 per participant, of which £40.00 goes to CHSS to cover the costs of organising the event.

If you or any of your friends are interested, please give the office a call, and leave your name, or send an Email to ron.oliphant@fsbinsight.co.uk

GRAND PRIZE DRAW

Enclosed with your copy of Covered!, you will have received two books of raffle tickets to sell, in aid of the Society.

Each book contains five tickets, and each ticket costs £1.00. The prizes are as follows: -

First prize: £500.00

Second prize: £250.00

Third prize: £100.00

In addition, there are four consolation prizes of a bottle of whisky.

The draw will take place at FSB on Friday 18 January 2008 at noon

The fundraising group hope that you will be able to sell these tickets amongst your family and friends. However, we fully appreciate that some of you, for a variety of very good reasons, will be unable to do so. Please do not worry about this. As long as those of us who are able, make every effort to sell our

tickets, I am sure we will have a successful raffle.

HEALTHY LIVING AND SENSORY AWARENESS PROJECT UPDATE Liz Mitchell, Project Co-Ordinator

As you read this update, the Project is nearing the end of its Lottery funding after five years in operation. The Project has shown that people with a sensory loss are keen to take control of their own health and well-being. We have demonstrated how to make health and leisure services accessible to people with a sensory loss; been proactive in promoting health for people with a sensory loss and participation in our courses, events and activities has led to people feeling more confident.

The Project is actively seeking funds to continue and develop its work but, simultaneously has to prepare for possible closure at the end of March if funding is not forthcoming.

To celebrate everybody's achievements, thank the people who have participated in our events and activities, and contributed to and supported our work, the project held a St Andrew's night Ceilidh on 30 November.

We are also holding a conference on 11 December to showcase the project's successes in front of an audience of senior people from the Health Service and Council, as well as people from organisations involved in health and leisure activities. We will be presenting a celebration report and the findings of our independent evaluation at this conference. But the highlight will be a DVD of people talking about their achievements with the project.

We hope that, as a result of the Project's work, NHS Fife and Fife Council will continue to work in partnership with organisations supporting people with a sensory loss to sustain and develop the Project's achievements. We expect

health and leisure services to comply with the guidelines we have developed, and we urge them to ensure that sensory awareness training forms part of the induction training of all their frontline staff.

If you would like copies of the Celebration or Evaluation reports, let us know and we will send them to you in your preferred format.

The project has left its office in Hunter House, Kirkcaldy, but may be contacted through the Fife Sensory Impairment Centre.

THE BUMS OFF SEATS PROJECT Gillian Kelly

The Bums off Seats project is a general led walk programme encouraging more people to walk regularly in their local area. This is for the associated physical health benefits, mental health benefits and social and community benefits.

Targeted groups include older people, socially isolated adults, adults with sensory impairment or health conditions which would benefit from increased activity and adults from low income households. Walkers participate for a variety of reasons, including improving health, to recuperate after illness, and because they want company to walk with.

The walks are led by teams of volunteer walks leaders working in groups of three to six. These volunteers are fully trained through the Paths to Health system.

For further information, please contact the Bums off Seats office on 01592 583343 or e-mail bumsoffseats.project@fife.gov.uk

FIFE EMPLOYABILITY NETWORK Sandra Wilson

Are you thinking of looking for work, training, or trying to stay in work, but finding it hard going because of disability or ill health? Then why not give Fife Employability Network a call.

We are a partnership of statutory and voluntary agencies in Fife working with and for people with disabilities. We aim to raise awareness of the skills people with disabilities can bring to the workplace to make it easier for them to find and keep jobs or take part in learning.

How can we help?

- FenLink, our information and signposting service, puts you in touch with the person or agency who can best help you.
- Our free Directory provides an overview and contacts for over 100 agencies in Fife.
- Kit for work, our assistive technology loan scheme, can help you if you're starting or trying to stay in work by lending assistive technology until a more permanent arrangement can be made.
- You can register for our Email Vacancy Circulation Service and job vacancies notified to the network will be emailed to you each week.

Need more information?

Give us a call at FenLink on 01592 583378 or email info@fenlink.org.uk.

INSIGHT TEAM ROUND-UP Maggie Gray, Client Services Manager

I would like to start by introducing a new member of the Insight Team. Claudia Genest joined FSB in August this year to serve the North-East Fife area as a part-time Social Worker.

Claudia previously worked for six years with visually impaired clients in the Moray area. She grew up in Canada, and has also worked extensively in Germany. Claudia says: "I am looking forward to serving our community in the North-East, and being part of the changes that are presently shaping our Society."

On 13 September, the Insight Team held a Pampered Chefs afternoon, which raised £300.00 that went to FSB funds. The team would like to take this opportunity to thank everyone for their hard work in ensuring the afternoon went smoothly, and to all those who attended and contributed in whatever way.

FIFE FORUM FOCUS Claire Chue Hong

The Fife Forum meets approximately bi-monthly to discuss issues that affect those with a visual impairment. There are currently 11 members on the forum, some of whom are on the Board of Directors as representatives of local service users.

We are currently looking for your views on the Taxi Concession Scheme, which is under review by Fife Council, and the Ring and Ride service, available in some areas. Do you use either of these facilities, and are they of any benefit to you?

The Fife Forum is also keen to co-opt two people onto the Board of Directors of Fife Society for the Blind to fill remaining spaces. Do you have knowledge or experience of severe sight loss, awareness of local and national issues affecting those with sight loss, and a desire to make the voice of service users heard? If so, please consider applying for a position on the Board of Directors to represent the Fife Forum.

Successful applicants do not have to join the Fife Forum in order to be considered.

The closing date for applications is 31 December 2007. For more information or to apply, please contact me.

For more information, please call the office and leave a message for Claire Chue Hong. Or you can send an email to claire.chuehong@fsbinsight.co.uk

SNIPPETS SECTION

CHRISTMAS HAMPERS

Yes it's that time again. Following the success of last year's Christmas hamper, which raised funds for FSB of £350.00, tickets are on sale to win more goodies. This time, there are two hampers up for grabs: one containing delicious food and drink, and the other comprising toiletries.

Tickets are now available from FSB reception at 50p each. The draw will be made at noon on 18 December. Good luck!

MOBILE PHONE CLASSES

Blind and visually impaired people are now able to access a mobile phone thanks to speech software that allows them to navigate the screen. The software works on certain Nokia models. Vodafone stores can load the software onto specific handsets free of charge, so it is worthwhile going along to see what deals they have. I run classes at FSB that teach people to use their mobile phones with speech software, covering features such as how to send and receive text messages, and adding contacts to the phone book. If you are interested in mobile phone technology and would like to be able to use one, please get in touch with me, Jackie Cairns, via FSB to discuss your requirements.

RNIB MAGAZINES

If you are looking for something to tease your brain during the winter months, how about doing a crossword puzzle? RNIB

produce two publications that contain crosswords. Conundrum is packed with a variety of logic, trivia, Su Doku and other puzzles to keep you busy. Available in Braille, by Email and on computer disk, this monthly publication costs 57p. Progress is available in the same formats and also costs 57p.

For a full list of publications, contact RNIB on 08457 023153.

GEDDES READING AID

"The Geddes Reader is a simple low cost reading aid for partially sighted people. This device, which plugs into the video or SCART socket of a TV set, projects a variable size black and white image on the TV screen. The device, which clamps to the edge of a table or similar flat surface, has a moveable arm with a tiny camera at its tip. Below this, the item to be screened is placed. It costs £50.00. More information can be found at www.partiallysighted.info/ or, to try it at home, contact Mr George Kay, on 0131 664 3460.

MACULAR DEGENERATION SUPPORT GROUP

The Macular Degeneration Support Group meets at FSB on the last Thursday of each month. If you have MD, and would like to know more information about the group and its programme, please contact the chairperson, Margaret Fletcher, via FSB.

REVAMP FOR FSB WEBSITE

FSB's website has now been revamped, and boasts an impressive range of information. Please visit www.fsbinsight.co.uk and pass on your comments to us so we can add more information you want to see included.

IT CLASSES REMAINING POPULAR
AT FSB
Hazel White, Access Technology Trainer

We are still running IT classes for visually impaired people at the Centre. Emphasis is on using the keyboard instead of the mouse to operate the computer. Class numbers are kept small - three or four clients at a time - ensuring each person receives one-to-one attention with the tutor as required.

Touch typing classes are also provided by FSB. Clients can receive typing tuition in a class or independently at home. An AESOP keyboard can be provided for clients who do not have a PC on which to learn at home. This talking keyboard is extremely easy to operate and does not require any other piece of equipment.

Please contact Hazel White at FSB for more information.

OAKHOUSE FOODS

Oakhouse Foods is a firm who deliver frozen ready prepared meals to your home. They have a great variety and choice, and they also have smaller portions for people who do not have a big appetite.

For more information, please contact Cochran McLeod, Oakhouse Foods, 19 Millfield Drive, ERSKINE, PA8 6JA, Telephone: 0800 9179338
Or visit www.oakhousefoods.co.uk

Opening hours are: 9.00 am to 5.00 pm, Monday to Friday.

SOUNDS OF NORTH EAST FIFE
Angus Peters

We are currently issuing news tapes in cassette format every two weeks, covering North East Fife from the four local newspapers. These are the Courier, St Andrews Citizen, Fife Herald, and East Fife Mail.

If you would like to be added to our mailing list to receive a tape, please contact FSB. At present, we are investigating the practicalities of adding CDs, so if you only have the latter, we would be happy to have some feedback from you.

THE ST ANDREWS ROTARY
RAMBLES

If you are interested in joining a local St Andrews "countryside for all" walking group, please contact Will Aitken on 01334 470066 for more information.

ADVERTISEMENTS SECTION

This new section is an opportunity for you to advertise items you would like to sell or are looking to purchase. Please bear in mind, however, that transactions must be carried out between the individuals concerned, and have nothing to do with FSB unless otherwise stated.

FOR SALE

Three-wheeler scooter in good condition. Only £500.00. Anyone interested should please telephone 01592 593272.

WANTED

Do you have any old vinyl 45 records lying about you no longer need? If so, please contact Ian Cairns on 01592 641859. Willing to pay small amount for them, or make donation to FSB.

GENERAL

INTRODUCING A CANE THAT
SOUNDS OUT YOUR JOURNEY

K-Sonar is an ultrasonic device designed to assist blind and partially sighted people to perceive their surroundings. Headphones provide audio feedback that means you can determine not only the distance and location of an object, but can also learn about its features and achieve object recognition. The K-Sonar unit can be used independently or

attached to the golf grip handle of a cane.

For £475.00, K-Sonar comes complete with headphones, power adapter, instruction audio cassette and quick start instructions. For all enquiries, contact FSB on 01592 583272.

ACCESSIBLE TALKING GAMES

FSB now sell a range of accessible talking games and typing tutorials that can be played on a computer. Simply insert the CD into the drive in a PC and the Azabat games should keep you entertained. The selection includes word games, number puzzles and some favourites like Black Jack and Connect 4.

Please contact FSB Enterprises for more information and prices.

200 CLUB DRAW RESULTS MAY TO OCTOBER 2007

May 07

1st	A Smith	085	£222.50
2nd	J Stevenson	126	£44.50
2nd	S Taylor	030	£44.50
3rd	D Grisenthwaite	051	£26.70
3rd	A Davidson	149	£26.70
3rd	M Aird	008	£26.70

June 07

1st	G Garvie	001	£222.50
2nd	J Smart	015	£44.50
2nd	V Langham	194	£44.50
3rd	C Chalmers	118	£26.70
3rd	J Kelly	035	£26.70
3rd	A Rae	020	£26.70

July 07

1st	E Barlow	131	£223.75
2nd	H Barlow	112	£44.75
2nd	H Blyth	048	£44.75
3rd	M McDonald	136	£26.85
3rd	Wm Paul	117	£26.85
3rd	J McArthur	065	£26.85

August 07

1st	H Barlow	112	£226.25
2nd	I Hardie	009	£45.25
2nd	E Diston	118	£45.25
3rd	F Neilson	040	£27.15
3rd	H Crawford	019	£27.15
3rd	T Houliotis	003	£27.15

September 07

1st	M Thomson	059	£233.75
2nd	R Simpson	024	£46.75
2nd	C Morrison	156	£46.75
3rd	M Dorward	114	£28.05
3rd	W Gourlay	039	£28.05
3rd	J Fraser	032	£28.05

October 07

1st	W Morris	091	£231.25
2nd	K Simpson	143	£46.25
2nd	P Clark	080	£46.25
3rd	P Peplinska	002	£27.75
3rd	M Shepherd	056	£27.75
3rd	M Gray	003	£27.75

HOW TO GET IN TOUCH WITH FSB

Please get in touch with FSB in any of the following ways: -

Write to or visit
Fife Society for the Blind
Fife Sensory Impairment Centre
Wilson Avenue
Kirkcaldy
Fife
KY2 5EF

Telephone: 01592 583272
Fax: 01592 583273
email: info@fsbinsight.co.uk

Office hours are 9.00 am to 5.00 pm, Monday to Friday. You can telephone or visit the centre during these times.

There is an answer phone on the main telephone number outwith normal office hours. Please leave a message and it will be collected as soon as the office next opens.