Financial Harm

Fife Adult Protection Committee had two conferences about financial harm. One conference was for service users. The other one was for staff.

Police Scotland, Trading Standards, and the Scottish Business Resilience Centre spoke at the conferences. There was also drama by local writers Suit and Pace.

Information is at: www.fifedirect.org.uk/adultprotection

If financial harm is happening to you or someone you know, please call:

- the Adult Protection Phone Line on 01383 602200
- Action Fraud on 0300 123 2040
- or Police Scotland on 101.

Websites and Phone numbers that give help and advice:

Mailing Preference Service  www.mpsonline.org.uk  0845 703 4599

Telephone Preference Service  www.tpsonline.org.uk  0845 070 0707

Internet Safety
Fifedirect.org.uk/internetsafety  www.getsafeonline.org
Cyberstreetwise.com  www.saferinternet.org
Safer Internet Helpline:  0844 381 4772

Shopping & Banking
Adviceguide.org.uk/scotland  www.fifedirect.org.uk/e-crime
Banksafeonline.org.uk

Citizens Advice Consumer Helpline: 08454 04 05 06
Citizens Advice: www.carfweb.org/

Trusted Trader:  01592 583141
Money workshops

Find out more about money workshops from the organisation ‘Plan B’ at:
www.theplanbpartnership.co.uk and
www.pensionplans4charities.co.uk

Surviving Christmas

Christmas and New Year can be a difficult time for many people. The Adult Protection Committee and the Alcohol and Drug Partnership have sent out a guide to help.

The ‘Surviving Christmas and New Year’ leaflet has useful tips and information.

You can get a leaflet from NHS buildings, Doctors surgeries, Drug and Alcohol Partnership organisations, the Street Pastors, Citizens Advice and Rights Fife, Women’s Aid and mental health organisations.

Ready for Winter

Get advice from Fife Council and the Scottish Government on how to get ready for bad weather.

Visit: www.fifedirect.org.uk/winter or www.readyscotland.org

A visit from the Fire and Rescue Service will help make sure your home is as safe as it can be.

They can install smoke alarms free. It only takes about 20 minutes.

Their advice and help could save your life.

To get a free Home Fire Safety Visit, call 0800 0731 999 or visit www.firescotland.gov.uk

Age Scotland have a Factsheet called ‘Fire Safety and Older People in Scotland’

Call the Age Scotland helpline on 0845 125 9732 or visit www.agescotland.org.uk
Accessible information

A new website has information and advice about alternative communication.

This is sometimes called AAC and stands for ‘augmentative and alternative communication.’

People who use AAC will have difficulty speaking, or cannot speak at all.

The campaign is called ‘Now hear me: It’s my right to speak’ Visit www.nowhearme.co.uk for more information.

Easy Read

‘Easy read’ means writing is clear and uses simple language. It is written in short sentences and does not use hard words.

The Adult Protection Committee have an Easy Read page at: www.fifedirect.org.uk/adultprotection.

The Communication for Health Project has lots of easy read information at : www.nhsfife.scot.nhs.uk/easyread

Facebook have information about making it easier to use at: www.facebook.com/accessibility

www.easychirp.com is a version of Twitter which is easier to use and is adapted for people who use assistive technology.

The Scottish Accessible Information Forum (SAIF) has launched a new course called ‘Accessible Information Awareness.’ For details email Susan Burn at: sburn@saifscotland.org.uk.
or visit:  http://www.adviceguide.org.uk/scotland.htm.
Sign Language

The British Sign Language (Scotland) Bill, has been talked about at the Scottish Parliament.

It wants a BSL National Plan for Scotland, and for certain organisations to have their own BSL plan.

Staff information

The King's Fund have resources to help organisation be more dementia-friendly. Visit: www.kingsfund.org.uk

NICE have resources to help staff look after the mental health of older people in care homes. Visit: www.nice.org.uk

Young Carers

The Time To Be Heard (TTBH) group are looking for people to join the group.

The group is for young adult carers aged 16-25 in Scotland.

They will be asked about important issues and help TTBH to decide what the campaign should be about.

Complete the registration form at: https://carerstrustscotland.wufoo.com/forms//eyac-consultation-group-scotland-registration/
Carers Working Group

As part of making services better for people with Learning Disability and Autistic Spectrum Disorder, the Carers Working Group was set up in 2007.

The Carers Working Group lets carers:
- share information and experience
- help improve Fife services for people with learning disability and autism
- share their skills and knowledge.

The Carers Working Group had a conference.

It gave carers information to help them plan the future for a family member when they are not able to care for them.

NHS Fife and Social Work staff come to the working group meetings and listen to the important issues that are raised.

‘The Keys to Life’ is the new 10 year national plan to make services better for people with learning disability.

The Carers Working Group have ideas about how to make the Keys to Life plan work in Fife.

Meetings are held every three months. The next meeting is on 24th February 2015.

Call Peter Hibberd, Chair of the Carers Working Group on 01592 742729 for more information.
Mental Health information

A free online tool has been set up by the Scottish Government to help people improve their mental wellbeing. Ginsberg is a free website which allows people to take note of their mood and find out how it changes when doing physical things. Sign up at: http://www.ginsberg.io

A new website helps young people find local mental health services quickly and easily. The Find Get Give website is at: www.findgetgive.com.

The Scottish Association for Mental Health have a new campaign called ‘Standing Together for Mental Health.’ It is about three things:

- Lots of people are going to their doctor about their mental health
- The number of people in Scotland who kill themselves
- The number of people with mental health issues who do not have a job

Visit: http://standtogether.org.uk/

See Me Scotland have a new campaign to stop people with mental ill-health being treated differently. It asks people to take action and change lives.

Visit: seemescotland.org/

A new online project wants people with mental ill-health to blog about their lives. A ‘blog’ is writing which is published online.

People signing up to ‘A Day in the Life’ will be asked to share what makes their mental health better and what makes it worse by emailing 700 words on set days.

The project will last for a year. It will help people to understand what having mental ill-health is like, and make policies and projects better.
**Playlist for Life**

If people with dementia listen to music which reminds them of their past, it makes them feel better and happier.

The charity ‘Playlist for Life’ want families and carers of a person with dementia to put music that is important to the person with dementia, on an iPod and help them listen at any time.

It helps them to understand things more easily and feel more positive.

Playlist is working with eight of Scotland’s 14 NHS trusts.

For further information contact: info@playlistforlife.org.uk or visit: www.playlistforlife.org.uk

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**FGM**

Free online training for staff to help them help girls at risk of female genital mutilation (FGM) at: www.fgmelearning.co.uk/

321 people have phoned the NSPCC 24 hour FGM helpline since it was set up last June. The helpline number is: 0800 028 3550.

Fife Domestic and Sexual Abuse Partnership are having a staff workshop about Female Genital Mutilation on 19 March 2015 in Auchterderran Centre, Cardenden.

To book a place email: fdasap@fife.gov.uk. Fife Council employees can book a place through CLMS/CPD Online.
Child Protection

Fife Child Protection Committee had a staff conference about child sexual exploitation, on 25 November at The Rothes Halls, Glenrothes.

The conference had speakers from the Scottish Government, Police Scotland and Barnardo's.

If you are worried about a child, let someone know: call Social Work on 01383 441177.

Forced Marriage

From 30 September 2014, forcing someone into marriage is against the law in Scotland. Updated information about the law and the new guidance is at:

http://www.scotland.gov.uk/Topics/People/Equality/violence-women/forcedmarriage

http://www.scotland.gov.uk/Topics/People/Equality/violence-women/forcedmarriage/Guidance

MAPPA

The Care Inspectorate and HM Inspectorate of Constabulary in Scotland are reviewing how well the public is protected by arrangements for managing sex offenders.

They will be looking at the Multi Agency Public Protection Arrangements (MAPPA) to see if everything is working well. They will then write a report.

The Care Inspectorate wrote a report about how adult protection is working in Scotland.

For more info visit: www.careinspectorate.com
“Adult Protection and the prevention of Harm is a priority for People First and all its members. As someone who has experienced harm in the past, I feel very strongly about the importance of advocacy and the rights and safety of adults with learning difficulties.

“As the nominated representative from the Fife Wide Group to the Adult Protection Committee (APC), I put forward reports on the work of People First and raise any concerns from members across Fife.

“In 2009 and 2010 People First members delivered training on the Adult Support and Protection Act to people with learning difficulties across Fife.

Over the last year I have talked with all the People First Groups in Fife about Harm, the different types of harm, how to avoid harm and how to report harm and how to stay safe.

It is something that all People First groups talk about regularly and members continue to be involved in many Adult Protection Conferences and consultations.”

Brian Rosie—People First member and Service User representative on the APC.
White Ribbon

White Ribbon Fife is a campaign which wants to end violence against women.

White Ribbon Fife have given lessons to third year pupils at Glenwood High School and hope to be working with three more Fife High Schools in the New Year.

There was a White Ribbon workshop with teenagers in Kirkcaldy. The campaign wants to work with more young people in the community.

White Ribbon Fife were at youth events during Fife Youth Work Week including a Youth 1st event at Carnegie Conference Centre, the Fife Youth Forum and the ‘That’s So Gay’ Conference at Rothes Halls in November.

Fife is now a White Ribbon region.

Training Group

Helen King, the Co-ordinator of the Adult Support and Protection Team went to the WithScotland Adult Protection conference on 19 November at Stirling University.

One of the presentations was a film clip by Steve Robertson, Chair of People First who talked about how service users want to be included and involved with the adult protection process.

Helen thought that more needs to be done to support adults at risk to get more involved in the development of their protection plan and to help them take part in their case conference.

The resources from the conference are online at: http://withscotland.org/withscotland-events/withscotland-annual-conference-2014
Equalities Centre

Fife Council and Fife Voluntary Action have worked together to create Fife Centre for Equalities (FCE).

They want to talk to people and groups from all protected characteristics groups and the voluntary groups that support them.

Protected characteristics are: age, disability, race, religion or belief, gender/sex, gender reassignment, pregnancy and maternity, sexual orientation, and marriage and civil partnership.

If you are interested in being part of this new exciting development, or want to learn more about FCE, they want to hear from you.

Contact: Fife Centre for Equalities, Fife Voluntary Action, Craig Mitchell House, Flemington Road, Glenrothes, KY7 5QF.

Tel: 08456 006 046
Email: info@centreforequalities.org.uk

Text Helpline

UPDATE have a new text helpline on 07624 806 116.

Their team give information on lots of things, from disability benefits to finding equipment.

They can give information on help and support in your own area.

Visit: www.update.org.uk
Disability Survey

The Scottish Disability Equality Forum and Independent Living for Scotland have a national survey called ‘Your Say on Disability’.

It is about disability issues and independent living.

Visit:  http://your-say-on-disability.org.uk/survey/

I do it Mi way

Mi (More Independent) is a UK Government scheme that offers a wide range of ways to make you more independent.

The gadgets offered can help you look after your health, make life simpler, and help you stay in touch with your family or carers. They help to keep you safe, and give you the chance to take control.

Visit: http://www.moreindependent.co.uk/

Over the Fence

Over the Fence is a new website which offers the type of support you might hope to get while chatting to a friend or neighbour.

It is based on stories from people who have already asked for help.

It has been funded by the Scottish Government to help people make good use of the Social Care (Self Directed Support) (Scotland) Act 2013.

Visit: overthefence.org.uk

STOP HARM. SPEAK UP!

If you or someone you know is being harmed or is not being looked after call the Adult Protection Phone Line on: 01383 602200