

WHAT'S NEW IN ADULT SUPPORT & PROTECTION? - APRIL 18.



DEVELOPMENT DAY The Adult Support & Protection Committee had a Development Day to decide what the Committee should work on for the next two years, from 2018-2020. Everyone gave their views and ideas and then voted for the ones they thought were the most important. The Committee will make an Improvement Plan which says how they will make these things happen.



SUICIDE PREVENTION The Scottish Government is seeking views on themes and actions for possible inclusion in a new Suicide Prevention Action Plan. You can respond until 30 April 2018 [here](#). This will give a better understanding of what could be done better or differently to reduce suicide and the impact it has on people, families and communities in Scotland. **Sources of Support:**

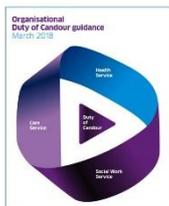
- In an emergency dial 999 and ask for an ambulance.
- If you are in distress or have suicidal feelings please contact your GP for advice and support. Out of GP opening hours, call NHS 24 on 111.
- Breathing Space - Call 0800 83 85 87 <http://breathingspace.scot/>
- Samaritans on 116 123. <http://www.samaritans.org/>



MOVING ON FROM SELF HARM Moving on from self-harm can be difficult. But there are ways to support yourself. Childline counsellor Alex talks through some ways to cope. Watch the video [here](#). Find support and advice for children and young people [here](#).



SEXUAL EXPLOITATION Barnardo's smartphone app 'Wud u?' is designed to educate young people about the behaviours that could put them at risk of being sexually exploited. It uses illustrated, interactive stories to present sensitive issues and offers advice.



DUTY OF CANDOUR The organisational duty of candour underpins the Scottish Government's commitment to openness and learning which is vital to the provision of safe, effective and person-centred health and social care. [This guidance](#) focuses on the implementation of the legal duty of candour procedure for all organisations that provide health services, care services or social work services in Scotland.

IMPROVING CARE AND SUPPORT

- [NICE Guidelines](#) give recommendations on how people's experience in adult social care services can be improved.
- [My Home Life](#) promotes quality of life for those living, visiting and working in care homes for older people through relationship-centred practice. Follow #MHLScotland and find resources [here](#).
- '[Scottish Families Affected by Alcohol and Drugs](#)' have a bereavement service for anyone who has lost someone where drugs may have been a reason for their death. The service is free and they will fund counselling sessions. Find out more [here](#).
- '[Hoarding and mental capacity: key points for social workers](#)' provides details from a guide on [Community Care Inform Adults](#). This is based on English legislation so needs to be understood in this context.
- **Adults with Incapacity consultation** Scottish Ministers have committed to a review of the Adults with Incapacity legislation. The consultation runs til 30 April and can be found [here](#).



FINANCIAL HARM



[The Banking Protocol](#) is an initiative between the police, banking institutions & Trading Standards. It aims to identify vulnerable victims who are in the process of being defrauded of funds from their bank accounts and to intervene to prevent these crimes. For info on financial fraud visit: www.financialfraudaction.org.uk



[‘The Bank Job’](#) is a short film, created by COSLA and Film School, which tells the story of two bogus tradesmen as they explain how they defraud people. The film then gives advice on how to keep yourself safe and secure.



FALSE TELEPHONE PREFERENCE SERVICE CALLS Action Fraud are warning of fraudsters phoning to provide a 'Telephone Preference Service' and asking for bank account details to cover a one-off charge. Victims instead see unauthorised monthly debits deducted from their accounts. There is only one Telephone Preference Service (TPS) and it is FREE. Register at: www.tpsonline.org.uk Report fraud to Action Fraud at: www.actionfraud.police.uk or call 0300 123 2040.



ROMANCE SCAMS Romance scams happen when victims are deceived into 'false' relationships by fraudsters who aim to steal their money or personal information, often by using a fake profile. Victims of all ages can be targeted through online sites, social media or phone calls. To protect yourself:

- Don't share personal information.
- Don't agree to receive money or send money to people you only know online.
- Use trusted dating websites. Use the site's messaging services to communicate. A fraudster will try to convince you early in the 'relationship' to text them or use social media so that the dating website has no proof of them asking you for money.
- Think twice before using your webcam. It could be recorded without your knowledge.
- If you agree to meet them in person, always tell someone you trust what your plans are.

If you think you have been a victim of a romance scam, tell someone you trust, what has happened. To report a scam, call the police on 101 or Citizens Advice Consumer Helpline on 03454 040506



MENTAL HEALTH 14-20 May is Mental Health Awareness Week. This year's theme is 'stress'. Find resources [here](#).



- One in five older people living in the community and two in five people living in care homes experience depression or poor mental health. [‘How to look after your mental health in later life’](#) is a resource from the Mental Health Foundation which gives practical tips to help you stay mentally well, and advice on help and support.
- A new online publication hopes to boost the self esteem and share the stories of young women across the country. [‘Fearless Femme’](#) was set up by Dr Eve Hepburn of the University of Edinburgh.
- Young people struggling with eating disorders are being provided with peer support and advice through new online resources. The [CareED website](#) hosts video tutorials and links for parents and carers, and a database of services across the country. An online peer support tool allows young people to pair with a trained volunteer who has recovered from an eating disorder. To register for the peer review service, email: teced@beateatingdisorders.org.uk





Action Counters Terrorism: Report suspicious activity and behaviour to tackle terrorism. Any piece of information could be important, it is better to be safe and report. Remember, trust your instincts and ACT. For more information watch the [ACT film](#) visit www.gov.uk/ACT, follow #ActionCountersTerrorism or visit Fife Council pages '[Counter terrorism and your safety](#)'



RAPE AND SEXUAL ASSAULT A new study by Glasgow University found that more than 90% of rape and sexual assault victims know their attacker. 2016-17 statistics show conviction rates for rape and attempted rape are lower than any other crime, at 39%. For advice and support call the Rape Crisis Helpline on: 08088 01 03 02



CURNIE CLUBS A new Curnie Club has been set up in Glenrothes at the flat connected to St Luke's church, Ninian Quadrant KY7 4HP. Curnie Clubs work with people between 24-50 years of age to help combat loneliness and isolation. To refer someone email: curnieclubsinfife@gmail.com or call 07748 631 648 or 07748 63 1417.



ELDER ABUSE World Health Organisation [Elder Abuse Factsheet](#) provides details on the scope of the issue following evidence from 52 studies in 28 countries. [Action on Elder Abuse Scotland](#) works to protect older people from harm, abuse and neglect. They support those experiencing (or at risk of) harm, as well as raising awareness and advocating effective prevention.

If you've seen something – say something.

Call the Adult Protection Phone Line on 01383 602200



For information visit: www.fifedirect.org.uk/adultprotection

Easy Read booklets can be downloaded from:

www.fifedirect.org.uk/adultprotectioneasyread