

WHAT'S NEW IN ADULT SUPPORT & PROTECTION? - APRIL 2019



PRACTITIONER FORUM Fife Adult Protection Committee held its first inter-agency Practitioner Forum in Cowdenbeath on 6th March, which was attended by fifteen staff from across a range of services operating in the Cowdenbeath area. The first session was spent considering learning from a short case scenario and there was also an opportunity to outline what those in attendance wanted from future fora. The next meeting is on 12 June, 2-4pm in the Maxwell Centre, Stenhouse Street, Cowdenbeath. It's open to staff from any agency working in the Cowdenbeath area with an interest in learning and sharing experience related to the support and protection of adults at risk of harm. It's informal and lively. Why not join us? Contact helen.king@fife.gov.uk



Controlling Behaviour
in Relationships
Taking to young people about healthy relationships
AVON research of
relationships

COERCIVE CONTROL On 1st April, the new Domestic Abuse (Scotland) Act comes into force. The new Act will make coercive and controlling behaviour a criminal offence in Scotland for the first time. Coercive control is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim. Find out more [here](#) and on the [Scottish Women's Rights Centre site](#). If you think your teenager is in a coercive relationship, read the [Women's Aid Toolkit](#). To seek help for domestic abuse, call Scotland's Domestic Abuse Helpline on: 0800 027 1234 or if you are in danger call 999.



DOMESTIC ABUSE SUPPORT [The Freedom Programme](#) has groups for any woman who recognises they are or have been in an abusive relationship or who is not fully aware that their relationship is abusive and harmful. Groups run for 2 hours a week for 12 weeks. New groups begin in April and May in Dunfermline, Kirkcaldy, Glenrothes, Leven, Lochgelly, & Cupar. Saje can visit women in their home if needed. For more details or to refer visit: www.sajescotland.org, call: 01592 786701 or use the [referral form](#). SAJE also run [What About Us?](#) Freedom Programme groups for lesbian/bisexual women in same sex relationships; and [Saje First](#) - a six week group for women with learning disabilities. [Saje Freedom Hub Cafes](#) provide an opportunity for women to meet other women who have experienced domestic abuse or controlling relationships in a relaxed and casual setting.



DOGS TRUST FREEDOM PROJECT Police Scotland have partnered with the Dogs Trust to support dogs targeted as a result of domestic abuse. Pets are often threatened or hurt as a way for an abuser to control their partner. The [Dogs Trust Freedom Project](#) provides temporary foster care for dogs belonging to people escaping domestic violence. Email: freedomproject@dogstrust.org.uk or call: 0808 169 4315 for details. Similar services are run by the [Cats Protection League](#) and [other agencies](#).



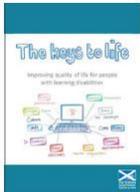
FORCED MARRIAGE AND PEOPLE WITH LEARNING DISABILITIES Forced marriage is can be difficult for practitioners to recognise when an adult with learning disabilities is at risk. Find out more in this [Community Care article](#). Fife Violence Against Women Partnership has information on its [webpage](#) including the [Practitioner's Guide](#) and Adult Protection easy read information is available in Fife community Languages: [Arabic](#), [Bengali](#), [Cantonese](#), [English](#), [Indian Punjabi](#), [Pakistani Punjabi](#), [Polish](#) and [Urdu](#).



ANY WOMAN ANYWHERE Zero Tolerance, Amina: The Muslim Women's Resource Centre, The Church of Scotland, and Summerhall created the [#Any Woman, Anywhere](#) campaign to raise awareness of violence against women, the different forms this violence takes, and the extent to which it can affect all kinds of women.



GENDER BASED VIOLENCE AND LEARNING DISABILITIES NHS Health Scotland held a 'Gender Based Violence and Learning Disabilities' Conference which covered topics on capacity and consent; domestic abuse; parents' rights; and relationship, sexual health and parenthood information. Fife Adult Protection Committee created easy read resources on Domestic Abuse and Sexual Abuse which can be downloaded from our easy read pages at: www.fifedirect.org.uk/adultprotectioneasyread or copies requested from: shona.mcewan@fife.gov.uk



THE KEYS TO LIFE The Scottish Government have launched the new Implementation Framework for The Keys To Life 2019-21, Scotland's learning disability strategy. It promotes a 'whole system, whole population and whole person' approach to improving the lives of people with learning disabilities in Scotland. View the [strategy](#) and easy read version.



SEXUAL BEHAVIOUR STUDY Glasgow Caledonian University are researching sex and sexual health experiences of men with mild to moderate learning disabilities who have sex with other men. To take part in the study, or to request an easy read version of this information call Alan Middleton, Senior Lecturer in the Department of Nursing & Community Health on 0141 331 3811 email: alan.middleton@gcu.ac.uk.



HEALTHY HEARING Do you know someone living with a hearing loss? Meet the Health and Social Care Partnership Healthy Hearing team at pop up sessions across Fife. They can offer advice and information about services in Fife that support hearing loss. The next sessions are from 10am-12noon on 7 May at Rosyth Library, and on 4 June at Rothies Hall Library, Glenrothes.



SHARE YOUR LIFE STORY? Fife Centre for Equalities wants to interview people over 55 who have lived, worked or studied in Fife, about their experiences of moving through life as people with protected characteristics which are: age; disability; gender reassignment; marriage and civil partnership; pregnancy and maternity; race ; religion or belief; and sexual orientation. For more information click [here](#), email: info@centreforequalities.org.uk, call 01592 645310 or text 07800 005 834.



REAL PEOPLE, REAL STORIES The Samaritans campaign shares real stories from men who have been through tough times to encourage other men to seek help. Their survey showed that two in five men aged 20-59 don't seek support when they need to, because they don't want to feel like a burden or that their problems won't be understood. Anyone who is feeling low or is struggling to cope can call Samaritans at any time on 116 123. [Read the real stories](#) and watch the [campaign video](#).



LOOKING FOR ADULT PROTECTION TRAINING? New dates for Adult Protection courses up to April 2020 are available on our [Training Flyer for Fife Council/NHS staff](#), or [Training Flyer for agencies external to Fife Council/NHS](#). Both flyers include details of the newest courses ‘Harm in the Home’ and ‘Harm in Care Settings’ which are principally for Care at Home managers and Care Home managers respectively. Fife Council employees should apply through CLMS. For all other applicants, use the [ASPC Online Training Application Form](#).



HAVE YOUR SAY Fife’s Strategic Plan details health and social care priorities. A [draft plan](#) has been developed and now needs your input on the five priorities. Complete the [short online survey](#) before 12 May. To request paper copies or alternative formats of the survey call 01592 583136.

ARE YOU TRAUMA INFORMED? Organised by the Fife Trauma Steering Group the free conference: ‘We’re all in this together: building trauma informed organisations to create a fairer Fife’ is on 12 June at The Bay Hotel in Kinghorn. Register [here](#).



SAM’S CAFÉ A new initiative by the Scottish Association of Mental Health offer a safe space providing mental health crisis support to people in Fife. SAM’s Café, supported and run by health professionals, will be based at Linton Lane Centre in Kirkcaldy (access by the disabled entrance) and if successful will be expanded across Fife. It will be open Wednesday, Friday, Saturday and Sundays between 2-10pm. Anyone aged 16 years or over that is experiencing a mental health crisis can access the service.



SUPPORT FOR OLDER PEOPLE IN KIRKCALDY Care and Share Companionship is a new voluntary support service for older people in the Kirkcaldy area. They will provide free flexible support tailored by their clients to their needs. For more details please email careandsharecompanionship@gmail.com



SILENT 999 CALLS If you’re in an emergency situation and you’ve called 999 on your mobile, but can’t speak, or making a sound would put you in danger, press 55 to let the 999 operator know your call is genuine. Find out more [here](#).



SUICIDE SUPPORT Scottish support website [Brothers In Arms](#) have launched a new app ‘[Brothers Feel Stress Free](#)’ which has a live mental health coaching service, enabling men to access guidance and advice via online interaction with professionals, before their health reaches crisis point. It is hoped the app will enable men who may be reluctant to confide in a relative, friend or GP, to discreetly contact a trained professional. The chat service can be accessed from 8am-8pm Monday to Friday.



PLAYLIST FOR LIFE The [Playlist for Life](#) project supports people with dementia to create personal music playlists, gain benefits from listening to the music they enjoy, and help to manage their symptoms. To support this, Playlist For Life need to establish 300 Help Points where people can pick up information on how to start using playlists. If your organisation is interested in becoming a Help Point, email: info@playlistforlife.org.uk, call 0141 404 0683 or find more information [here](#).



WHAT DO YOU THINK OF PRIMARY CARE? The Scottish Parliament’s Health and Sport Committee is interested in hearing your views on primary care in Scotland. Primary care includes GPs, dentists, opticians, podiatrists, physios, community nurses, midwives and pharmacies. Complete the [online survey](#) to have your views heard.

FINANCIAL HARM:



ROMANCE SCAMS A Fife woman recently lost £60,000 to a romance scam. Only a few weeks after meeting on a dating website the man had started stealing from her, which continued for 4 years. Victims of romance fraud often don't report it as they feel it might have been their fault, or they are embarrassed. Police Scotland have provided the following tips, and advise anyone who thinks they are a victim of fraud to report this to Police by calling 101.

- Never share or exchange personal information. Fraudsters can use this to obtain credit in your name.
- Never share or exchange explicit photographs. Fraudsters can use this to exploit individuals.
- Remain on the website you met them on and do not be tempted to communicate off-line. This is where scam artists operate more effectively.
- If someone threatens you to share money with them - don't make any payments. Stop all communication and keep all evidence of the communications you have had. This information is needed urgently to help the police tackle it.
- Never send money or your bank details to someone you've met online, no matter how convincing the reason they give for needing it, nor how long you've been speaking to them.
- If someone asks you for money, report it immediately to the dating platform you are using.

Find out more at the Police Scotland [Keep Secure Online site](#) including [romance fraud information](#).



There has been a big increase in criminals tricking bank customers into paying them money. From July-December last year £135m was transferred out of personal bank accounts to fraudsters with the customer's permission. The average lost is over £4000. The ASPC resources '[Keeping Your Money Safe](#)' and '[Financial Harm – Scams](#)' give details of how to protect yourself from financial harm and provide links to other sources of information. The booklets are being updated as part of the work of the ASPC Financial Harm Working Group.



ACTION FRAUD Find the latest updates on frauds and scams on the [Action Fraud website](#) To report fraud call Police on 101 or Action Fraud on 0300 123 2040.



DOES YOUR COMMUNITY GROUP WANT TO KNOW MORE ABOUT ADULT PROTECTION? If you are looking for a speaker for your group, or your group members would benefit from an informal talk/chat about adult protection please get in touch with our Engagement & Participation Coordinator on 03451 55 55 55 ext 442134



MENTAL HEALTH FESTIVAL The Scottish Mental Health Arts Festival will explore the theme of 'Connected' with events across Scotland from 3-26 May. Find out more [here](#) or check out the [programme](#).



SCOTLAND'S DAY OF CONVERSATION The Scottish Mental Health Arts Festival are teaming up with Voluntary Arts Scotland and A Year of Conversation 2019 to call on the country to take time out to talk on Saturday 11th May. Read more [here](#) or download the [toolkit](#) for tips to start a conversation in your community.

IF YOU OR SOMEONE YOU KNOW IS AT RISK OF HARM OR IS BEING NEGLECTED, CALL THE ADULT PROTECTION PHONE LINE ON 01383 602200. People with a hearing loss – SMS 07781 480 185

Social Work Contact Centre email: sw.contactctr@fife.gov.uk

All Adult Protection information is online at: www.fifedirect.org.uk/adultprotection.

Alternative Formats

Information about Fife Council can be made available in large print, braille, audio CD/tape and Gaelic on request by calling **03451 55 55 00**



British Sign Language
please text (SMS) 07781 480 185



BT Text Direct:
18001 01592 55 11 91

Language lines

Arabic	خط هاتف اللغة العربية: 03451 55 55 77
Bengali	বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99
Cantonese	中文語言熱線電話: 03451 55 55 88
Polish	Polskojęzyczna linia telefoniczna: 03451 55 55 44
Urdu	اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66