



**ALTERNATIVE FORMATS** We start this edition with a reminder that you can ask for any Fife Council information, including this newsletter, in alternative formats as detailed below. Adult Support and Protection information is available in [Arabic](#), [Bengali](#), [Chinese](#), [Polish](#) and [Urdu](#).

People with a hearing loss can text Fife Council SMS number to report harm if it is not an emergency. There is a national emergency SMS number for people with a hearing loss, and details of this information is included in all Adult Support and Protection Committee easy read booklets at [www.fifedirect.org.uk/adultprotectioneasyread](http://www.fifedirect.org.uk/adultprotectioneasyread). Details of how to register for the SMS emergency service are available [here](#).

The [Communication for Health website](#) contains a wealth of easy read information. The next accessible Information training for staff is in February. For details and booking email: [laura.turnbull2@nhs.net](mailto:laura.turnbull2@nhs.net) or call 01383 627017.

## 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

**STAFF LEARNING EVENT: 20 November** This event which took place at the Dean Park Hotel, Kirkcaldy on 20 November saw 100 delegates from statutory and care provider services exploring research-based best practice in supporting adults experiencing self-neglect and self-harm and the dilemmas and challenges facing practitioners working with adults living with a self-neglectful lifestyle. Speakers were Professor Emeritus Michael Preston-Shoot from the University of Bedfordshire and Pearse McCusker, Senior Lecturer in Social Work at Glasgow Caledonian University. Feedback on the day was very positive and we'll let you know evaluation comments in our next newsletter.





**PUBLIC PROTECTION IN FIFE** Public Protection in Fife is overseen by the Chief Officers for Public Protection Group (COPS). COPS members include the Chief Executive of the Council, the Chief Executive of NHS Fife, the Divisional Commander of Police Scotland P Division, the Executive Director of Education, the Chief Social Work Officer, the Director of the Health and Social Care Partnership and the Children’s Reporter.



The COPS group are committed to ensuring not only that they provide rigorous scrutiny of the activities of the 3 protection committees; the Adult Support and Protection Committee, the Child Protection Committee and the Multi-agency Public Protection Arrangements Strategic Oversight Group, but that they are a listening group who are accessible to frontline staff and are attuned to the challenges faced by them.



To this end throughout 2018 the Chief Officers went “on the road” and held their meetings in different settings and changed the format so that part of each meeting was led by frontline staff who had the opportunity to showcase their inter-agency work supporting and protecting children, young people, at-risk adults and wider Fife communities, discuss challenges and engage with Chief Officers. Feedback from staff groups involved and Chief Officers was very positive, so much so, that the approach is to be pursued again in 2019.



**7 MINUTE BRIEFINGS** Fife Adult Support and Protection Committee and their CPC and MAPPA SOG colleagues have been using an approach to share learning from events which may have resonance beyond the incident itself so that other staff can be made aware of the key learning points from, for example a Significant Case Review. A 7 minute briefing provides a relatively quick means of raising awareness, generating discussion and providing the opportunity to consider action to take account of any learning needs or changes to local guidance which the briefing highlights.



The 7 minute briefing cycle has within it the means to have any frontline feedback and actions proposed to be shared with agency leads, who summarise the comments and key learning points from their agency, which are then shared with and collated by the committee. This feedback cycle gives the ASPC assurance that key learning points have been shared, discussed, understood and acted upon by all relevant staff. There have been ASPC 7 minute briefings on- The Duty to Report Harm, The Duty to Inquire as reminders of these key aspects of the adult protection process. Additionally there have been 7 minute briefings on Significant Case Reviews from elsewhere in Scotland that the ASPC consider are useful for staff in Fife to be aware of; a joint ASPC/MAPPA SCR and The Ellen Ash SCR.



**SURVIVING CHRISTMAS** Find the Festive Season a bit stressful? Check out the Surviving Christmas information created by the Adult Support and Protection Committee with Communities & Neighbourhoods. A few foldout copies remain - email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) or call 03451 55 55 55 ext 442134. Add to social media using the [booklet](#) link. Please note [Al-Anon](#) have a new Freephone helpline:





0800 0086 811. You can also visit the [Fife Direct Winter minisite](#) which includes the 'Helping older people and people with a disability in winter' booklet.

All Surviving Christmas information is available at:

[www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)



**DOMESTIC ABUSE** November 25 was the International Day for the Elimination of Violence Against Women. The [White Ribbon Campaign](#) encourages men to speak up as allies of women and act to prevent violence. Watch the campaign video '[If Love Hurts](#)'. [Equally Safe](#) is Scotland's strategy to prevent and eradicate violence against women and girls. This [report](#) gives an overview of progress. Find advice and support at [Fife Violence Against Women Partnership](#), [Women's Aid](#) and [mygov.scot](http://mygov.scot).



Training began in December for Police Scotland officers and staff ahead of the introduction of the new controlling behaviours domestic abuse offence which will come into force in 2019. More than 14,000 officers and staff will be trained by [SafeLives](#) and specialist trainers, to help them recognise and effectively respond to the signs of coercive and controlling behaviours. Find out more [here](#).



The Police Scotland #Every9minutes Domestic Abuse Campaign aims to deter perpetrators from committing domestic abuse. The Police respond to a domestic abuse call every nine minutes and often see an increase in calls over the festive season. For more information click [here](#) or watch the [campaign video](#).



Saje Scotland will run small groups in January for women with learning disabilities, on the subject of domestic abuse. The groups will run once a week over 6 weeks lasting 1.5hrs. The content will be similar to the [Freedom Programme](#). To take part email Stefanie Heath on: [sajescotland@yahoo.co.uk](mailto:sajescotland@yahoo.co.uk) or call 01592 786701. For details on the main Freedom Programme download the [leaflet](#) and [referral form](#).



**SUICIDE SUPPORT** [SSAFA](#) (Soldiers, Sailors, Airmen and Families Association) has a new support service in response to reports of increased suicide rates amongst members of the Armed Forces. Find out more [here](#). The SSAFA Forcesline 0800 731 4880 provides support for serving and ex-service men and women and their families. Combat Stress has two helplines: Veterans and their families can call 0800 138 1619. Serving personnel and their families can call 0800 323 4444.



**NIGHTWATCH HELPLINE** Barnardo's Scotland and Crimestoppers have launched a phone line for reporting child sexual exploitation. They aim to highlight the issue to some of the key industries, especially those working through the night. Watch their [short film](#) for more information. Call the Nightwatch Hotline 0800 389 0131 or [report online here](#). Concerns can be reported anonymously. If someone is in immediate danger call 999.



**ACTION ON ELDER ABUSE (AEA) SCOTLAND** recently held an event in North Queensferry to get older people's priorities on safety and wellbeing. These issues will guide the work of AEA and inform the Scottish Government's Older People's Framework. The most common concern was loneliness and isolation, and the impact this had on older people's likelihood of being harmed or abused, and on their recovery. The second most common issue was how to report issues of concern, and worry about the outcome of reporting. Find out more about [AEA's Recovery Project](#) which is unique to Fife.



**MENTAL HEALTH** Fife Health and Social Care Partnership have a new website called [Access Therapies Fife](#) to provide information to help people deal with mental health problems and access a range of local services. It includes a range of [self-help guides](#). Find out more about the Mental Health Foundation's focus on [men's mental health](#) and their film for [World Mental Health Day](#).



**TIME TO TALK DAY** See Me Scotland's Time to Talk Day will be on February 7<sup>th</sup> next year, promoting conversations about mental health. Find out more [here](#) including details of their Conversation Packs for communities and employers.



**NEED ADULT PROTECTION TRAINING?** For details of Adult Support and Protection Training, see our [Training Flyer for Fife Council/NHS staff](#), or [Training Flyer for agencies external to Fife Council/NHS](#), or click below for further information. Fife Council employees should apply through CLMS. For all other applicants, use the [ASPC Online Training Application Form](#).



**ADVOCACY** [Fife Advocacy Strategy 2018-21](#) sets out how independent advocacy services will be provided in Fife. Find more information from [Fife Advocacy Forum](#). Advocacy support at Adult Protection meetings is provided by [Circles Advocacy](#). Find out more in this [easy read booklet](#).



**FINANCIAL HARM** In the weeks leading up to Christmas it can be difficult to keep track of what you are spending and scammers are ever ready to trick the unwary or distracted. The Adult Support and Protection Committee booklets '[Looking after your money](#)' and '[Financial harm – bogus callers, scams and banks](#)' provide advice. [Conduit Scotland](#) have produce a [short animation](#) about APR (Annual Percentage Rate) to help people understand this complex and confusing issue.



**ACTION FRAUD** Find the latest updates on frauds and scams on the [Action Fraud website](#) including their [A-Z of fraud](#). The [Take Five – Stop Fraud](#) website provides scam prevention [advice](#) and [videos](#).



**CARERS INFORMATION** Carers Scotland have updated their '[Looking After Someone](#)' guide which outlines carer's rights and gives an overview of the practical and financial support available. Carers can get a free printed copy of the guide by calling 0141 445 3070 or email: [info@carerscotland.org](mailto:info@carerscotland.org) The '[Caring for Your Future](#)' report gives details of the long-term financial impact of caring and Carers UK have created a short e-learning on '[Thinking Ahead: the cost of care and support](#)'.



**DEMENTIA** A new monthly group for carers of people living with dementia has started in the upstairs room at Watts Bar in Cupar. The group is run by carers and aims to be a place for those to escape and chat to others coping with their loved ones illness. The group is for family carers only, not the person living with the dementia. No need to book a place just come along to Watts. The next meeting is on 23 January at 7.30pm.



**LEARNING DISABILITY WEEK 2019** will be from 13-19 May. The theme is 'Community: Active, Connected and Included'. Get involved [here](#). [The Scottish Consortium for Learning Disability](#) will have a 'Get Involved Pack' available in January 2019. To order a pack email: [admin@sclcd.co.uk](mailto:admin@sclcd.co.uk) or call 0141 248 3733.



**HEALTH AND WELLBEING OF ADULTS WITH LEARNING DISABILITIES** The Learning Disability Managed Care Network is offering a free 8 session course at Forth Valley Sensory Centre, Camelon for support workers of adults with learning disabilities who work in health and social care settings. For more information email: [claire.smyth@nhslothian.scot.nhs.uk](mailto:claire.smyth@nhslothian.scot.nhs.uk)



**COMING HOME** The Scottish Government report '[Coming home: complex care needs and out of area placements](#)' contains recommendations for Health and Social Care Partnerships to ensure better lives for people with learning disabilities and complex needs who are delayed in hospital settings or who are in out-of-area placements, so they can return to live in their local communities again.



**DOES YOUR COMMUNITY GROUP WANT TO KNOW MORE ABOUT ADULT PROTECTION?** If you are looking for a speaker for your group, or your groups 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 or email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) to book a date for 2019.

**IF YOU OR SOMEONE YOU KNOW IS AT RISK OF HARM OR IS BEING NEGLECTED,  
CALL THE ADULT PROTECTION PHONE LINE ON 01383 602200.**

Social Work Contact Centre email: [sw.contactctr@fife.gov.uk](mailto:sw.contactctr@fife.gov.uk)

People with a hearing loss – SMS 07781 480 185

All Adult Protection information is online at: [www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection).