

## WHAT'S NEW IN ADULT SUPPORT & PROTECTION - NOV 17.

**ADULT SUPPORT & PROTECTION COMMITTEE (ASPC) ANNUAL REPORT** The [ASPC Annual Report](#) and [Easy Read version](#) give details of the work of the Committee between April 2016 and March 2017. It includes information on subjects the Committee is interested in. It also includes key achievements and information on numbers of reports of harm.



**SURVIVING CHRISTMAS AND NEW YEAR** The Adult Support & Protection Committee in partnership with Fife Council Community & Neighbourhoods are distributing the 'Surviving Christmas and New Year' information.

It is downloadable as a [booklet](#), [wallet sized](#), [Easy Read version](#), [plain text booklet](#) and [plain text wallet sized](#) at: [www.fifedirect.org.uk/adultprotection](http://www.fifedirect.org.uk/adultprotection)  
Paper copies may still be available. Email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) or call 03451 55 55 55 ext 42134.



Community Christmas believes that no elderly person in the UK should be alone on Christmas Day unless they want to be. Their website lists events and activities on Christmas Day.

Register details at:

<http://communitychristmas.org.uk/contact-us/register-an-event-or-activity/> In Fife, Linton Lane Centre in Kirkcaldy is open on Christmas Day for a free Community Christmas Dinner. If you can, call 01592 643816 to book. Kirkcaldy Foodbank is open on Christmas Day at Linton Lane. The Community Hub at 8 Aberlour Street, Rosyth is having a Christmas Day meal from 2-4pm or 5-7pm. Places must be booked in advance. Call Karen Dorrat on 07513 313 251.

If your organisation is holding a community Christmas Day or New Year's Day meal, why not email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) and we can include it in the December Adult Support & Protection newsletter.

## FINANCIAL ADVICE



Fife Adult Support & Protection Committee have booklets on [Keeping Your Money Safe](#) and [Financial Harm: bogus callers, scams and banks](#) which provide advice and support.

If you need to borrow money over the festive period, and find it hard to get bank loans or credit cards, affordable options are available from Fife's credit unions. Info at: [www.creditunions.co.uk](http://www.creditunions.co.uk) Conduit Scotland is a not-for-profit social enterprise offering fair, affordable and flexible loans to people on low incomes who cannot access mainstream lending. They provide support and advice at their shops at 31 Chapel Street, Dunfermline and 34 High Street, Kirkcaldy. Call 0300 111 059 or visit: [www.conduitScotland.com](http://www.conduitScotland.com)



## BEAT THE SCAMMERS

Next time you get sent a scam email forward it to: [me@rescam.org](mailto:me@rescam.org). Netsafe have built an artificial intelligence email programme to reply to email scammers. When a scam email is forwarded it adopts one of its many personas and engages them in conversation, so they waste their time talking to a computer instead of targeting real people. Watch here: <https://www.youtube.com/watch?v=jPaiqAJWiNA>



[Alcohol Concern](#) with Adfam, a charity that supports families affected by drugs and alcohol, promoted Alcohol Awareness Week in November through the theme of 'Alcohol and Families'. They hope to prompt conversations about the impact of alcohol, to help break the cycle of silence and stigma that is often experienced by families.

Al-Anon provides support for families and friends of problem drinkers and has groups in Cupar, Dunfermline, Kirkcaldy and St Andrews. Call 020 7403 0888 (10am-10pm) or see: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) To find out about Fife groups of Alcoholics Anonymous call 0131 225 2727 or see: [www.AAife.net](http://www.AAife.net) or [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)



## SMALL TALK SAVES LIVES

The Samaritans have launched the 'Small Talk Saves Lives' campaign with the rail industry to give people the confidence to help prevent suicide on the railways and beyond. It's built on a simple ask: that if you think somebody might need help, trust your instincts and strike up a conversation. **You could help save a life.** Watch their film [here](#).

Where to get help:

- Call Samaritans on 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org).
- Childline (for children and young people) on 0800 11 11.
- PAPYRUS (supporting teenagers and young adults). Call 0800 068 41 41.
- CALM (preventing male suicide) Call 0800 58 58 58

Useful websites include: [www.chooselife.net](http://www.chooselife.net) [www.thecalmzone.net](http://www.thecalmzone.net) and [www.papyrus-uk.org](http://www.papyrus-uk.org)

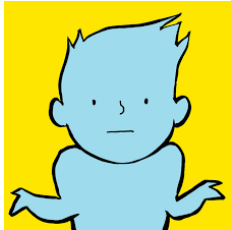


Check [www.fifedirect.org.uk/winter](http://www.fifedirect.org.uk/winter) for information on preparing for Winter and how the council will respond during severe weather. It also includes [consumer advice for shoppers](#) and a [diary of winter events](#). Don't feel isolated

when severe weather hits. There are plenty of ways for you to get the [latest information on council services and disruptions](#). [Winter and severe weather news](#) is also on this site. You can also check the [Ready Scotland website](#)



Talking Mats have worked with Care Opinion to develop the accessibility of their site for people with dementia through picture supported stories. Care Opinion supports feedback on health and care services. To see how Care Opinion works watch this [video](#). To submit your stories go to: <https://www.careopinion.org.uk/youropinion>



Members of the National Involvement Network have used peer advocacy and the 'Charter for Involvement Talking Mat' to improve the lives of people who get support.

See: <https://www.youtube.com/watch?v=1aer7v4fyFU&feature=youtu.be> and visit: <http://arcuk.org.uk/scotland/what-is-charter-for-involvement/>



**Zipit** An anti-sexting app from Childline is using humour to help teenagers deal with unwanted requests for sexual images of themselves. The free Zipit app has been updated, and offers young people a gallery of images and animations called GIFs they can send in response to requests for sexual pictures and to deal with difficult sexting situations. Zipit is available for Android and Apple smartphones via Google Play or the Apple App store. Childline is

available 24/7 on Freephone 0800 1111 or see: [www.childline.org.uk](http://www.childline.org.uk)



We all have mental health, so it's okay to 'Start Talking' about it. The new See Me campaign encourages people to #PassTheBadge on social media.

Get involved at [www.passthebadge.co.uk](http://www.passthebadge.co.uk) and #starttalking



**CONNECTED TOYS** Consumer watchdog 'Which?' has concerns about the security of the new generation of 'connected' toys which connect to the internet. If the device's Bluetooth connection has not been secured a hacker wouldn't need a password, PIN number etc to get access, and share messages with a child. Toys using this type of technology include Furby Connect, the i-Que robot, Cloudpets and Toy-fi Teddy.