

The Adult Protection Phone Line is available on 01383 602200 if you or someone you know is at risk of harm or neglect. In an emergency or if you are in danger call 999. All Adult Protection information is online at: www.fife.gov.uk/adultprotection If you have concerns about a child, please call 03451 551503.



FIFE ADULT SUPPORT AND PROTECTION COMMITTEE UPDATE Fife Child Protection Committee and the Adult Support and Protection Committee have increased meeting frequency to discuss emerging issues and respond appropriately. Children and adults will become more visible in the coming weeks as permitted outdoor activities and family meetings increase. We all need to be vigilant and where we suspect a child or adult may be at risk of harm we need to act. Please note the numbers for child and adult protection concerns in Fife are as detailed at the top of this newsletter.



ADULT PROTECTION APP The SSSC have now made their Adult Protection App available for both Android and Apple Devices. The app is a good resource for staff, signposting staff to follow their own organisation's Adult Support and Protection procedures whilst also including the contact centre telephone number. The App is available for smartphones and tablets (Android, iPhone and iPad): [Download this app from iTunes](#) or [Download this app from Google Play](#)



FINANCIAL HARM The [Serious Organised Crime Taskforce has warned](#) that crime groups are now focusing on targeting those most vulnerable at home and in the care sector. Advice on how to shut out scammers is available on the [Police Scotland website](#). There is now a [monthly release of Official Statistics](#) on crimes and offences recorded by the police in Scotland.



TEST AND PROTECT SCAMS Scammers are known to be calling people at home impersonating NHS Test and Protection teams. Remember - you will NEVER be asked for payment or bank details or be asked for remote access to your computer. If you are, hang up immediately.

If you feel any suspicion when you receive a Test and Protect call, ask the Contact Tracer for the switchboard contact number which should be given as 01592 643 355 extension 29121. You can then hang up, dial the number yourself and ask to be reconnected with the Contact Tracer who has been dealing with you. For more advice on Test and Protect scamming, visit Fife Council's [website](#).



ROGUE TRADERS As the lockdown has eased slightly, rogue traders may step up their operations. If you hear an unexpected knock at your door, don't be afraid to say no thanks. Download Trading Standards [Doorstep Scams Signpost factsheet](#) for more information.



NEED A CALL BLOCKER? Call blocking devices can prevent vulnerable people from being duped into losing thousands of pounds to scams. If you know of someone who would benefit from one of these devices, fill out an online application form today: <https://tsscot.co.uk/call-blockers/>



SCAMS PROTECTION AND PREVENTION PROJECT In 2017 the Life Changes Trust funded a three-year pilot project to protect people affected by dementia from financial scams. The [report](#) shows that interventions can support people with dementia to live at home safely without fear of financial harm, as well as providing savings to the public purse.



MENTAL HEALTH STRATEGY [Fife's Mental Health Strategy](#) for 2020 - 2024 - *'Let's really raise the bar!'* - provides an overview of the work currently underway in Fife and lists seven key commitments essential to achieving a mentally healthier Fife. It reflects that our mental health is just as important as our physical health and sets out how the Partnership plan to respond to that need.



DOMESTIC ABUSE Rules on staying at home do not prevent anyone from leaving their home to escape or keep themselves safe from domestic abuse. Further guidance is available here. Scotland's 24 hour Domestic Abuse and Forced Marriage Helpline is available on 0800 027 1234 or visit sdafmh.org.uk to email or webchat. Visit Safer.Scot for further information and support. Rape Crisis Scotland helpline is available on: 08088 01 03 02



SAFE AND TOGETHER The [Safe & Together Institute](#) is a resource for domestic violence-informed trainings, and toolkits. It includes free webinars, podcasts, videos, blogs, and elearning. Using the Safe & Together Model's [COVID-19 Quick Guide and Danger Checklist](#), their website gives details of how to apply the Safe & Together Model in the current context. This requires you to register with the Institute.



PREVENTION OF CHILD SEXUAL ABUSE Child protection charity [Stop It Now! Scotland](#) has launched the [Upstream Prevention pack](#) as part of their range of materials on the [Upstream website](#) for professionals, families and individuals at risk of offending. It also includes information on ['Cyber resilience and internet safety'](#) and an update of the ['What's the Problem?'](#) guidance. For printed copies email: scotland@stopitnow.org.uk. You can follow their campaign on [Facebook](#) and [Twitter](#).



What am I looking at online?



The Adult Support & Protection Committee worked in partnership with Stop It Now! Scotland to produce easy read resources. ['What am I looking at online?'](#) gives advice to adults at risk of internet offending. ['I've made a new friend online. But I'm worried. What do I do?'](#) gives advice about grooming, sexting, sharing images and information. Fife Child Protection information is available [here](#).





INTERNET SAFETY As the world changes to a ‘new normal’ we are all finding ways to do things online, so it’s always good to have a reminder of some internet safety. If you're not confident about using the internet, the Adult Protection Committee booklets [‘Scams and Shopping’](#) and [‘Security and Sharing’](#) give you information about staying safe.



ONLINE SAFETY WEBINARS LEAD Scotland have [Zoom webinars during July](#) covering ways you can help support others to be safe online during the Coronavirus and answer any questions you might have. The [UK Internet Centre guide](#) takes you through the features of the Zoom video conference service and how to stay safe when using it.



DATA AND PRIVACY ONLINE The London School of Economics has a [toolkit for young people](#) to give information about protecting your privacy and data online and advice on what to do if things go wrong.



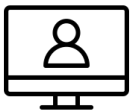
MANAGING INTERNET SETTINGS Parents and carers can learn more about managing internet settings, restricting content and keeping up to date with parental controls on your devices, information on the [Think You Know? website](#).



SHAPE THE FUTURE OF SOCIAL CARE IN SCOTLAND If you work in social care take part in this [short survey](#) from ARC Scotland before 13 July. Replies are confidential and will support work with Scottish Government and other agencies to understand people’s real experience in order to make change for the better.



SUPPORT FOR OLDER PEOPLE [Age Scotland’s friendship campaign](#) aims to help older people stay connected, at a time when many are struggling, by offering a service which will support, comfort and reassure those in need. Anyone calling the Age Scotland Helpline on 0800 12 44 222, which also offers advice and information for older people, can request a friendship call.



SUPPORT WITH GAMBLING ADDICTION The [Gambling Education Hub](#) is offering [free webinars in July](#) for parent and carer practitioners in Scotland, exploring current issues surrounding gambling and young people. Alternatively, they can offer a bespoke webinar for an organisation, to be scheduled on a day/time of your choosing. [Gambling and Young People: a resource for families](#) offers parents and carers practical advice and information to help them have open, positive conversations about gambling with their children.



TRAFFICKING AND EXPLOITATION The Scottish Government has published its Trafficking and Exploitation Strategy – [Third Annual Progress Report and Strategy Review](#) The Strategy sets out three key action areas in which progress needed to be made - Identify victims and support them to safety and recovery; Identify perpetrators and disrupt their activity; and address the conditions, both local and global, that foster trafficking and exploitation.

CARERS INFORMATION



CARING SAFELY AT HOME This Social Care for Excellence [video-based resource](#) aimed at unpaid or informal carers is designed to help people look after someone safely at home. With practical and relevant information to support you day to day. This aims to help you care for people in any situation, although may be particularly useful during the COVID-19 crisis.



YOUNG CARERS £300,000 from the £350 million communities funding to support people and communities affected by COVID-19, is being given to support young carers across Scotland. The Young Scot package is available to all young carers aged 11-18 and can be applied for via the [Young Scot website](#). The Time to Live small grants are available to young carers of any age – find information on local delivery partners on the [Shared Care Scotland website](#). Details of the Young Carer Grant is available via the [Social Security Scotland website](#).



CARERS WEEK REPORT Carers Week carried out polling with YouGov to revisit how many people are caring in the UK today, the challenges they face and what the public's worries would be if they became an unpaid carer. Read the report [here](#).



CARERS SURVEYS Fife Health and Social Care Partnership has its annual anonymous online '[Fife Carers Experience Survey](#)' to ask unpaid carers about the experiences of their caring role and how this affects their lives. The Partnership state that the information collected from the survey will help frame the future choices for improvement and investment into supporting unpaid carers in Fife.



The University of Stirling is inviting adults who are 60+ years, an unpaid carer, or who have a learning disability to fill in this [survey](#) which focuses on the impact of social distancing and self-isolation on social contact, loneliness, wellbeing and physical activity. The [information sheet](#) and [easy read version](#) both have a direct link to the survey. Details of how to request a telephone interview if preferred are also included in the information sheet.



CREATIVE RESOURCES FOR CARERS Luminare, Scotland's creative ageing organisation, has a list of online [creative resources for carers](#), including care homes, care at home providers and unpaid carers. Many of the resources are designed to be dementia friendly, and include visual arts, writing and animation apps, among others.



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 |