



**STAFFING CHANGES** December saw the retirement of Helen King, Adult Support and Protection Coordinator, and Fiona Power, Quality Assurance Officer for the Adult Support and Protection Team. We wish them well in their new lives of leisure! In March we'll be welcoming Danielle Archibald who is the new Adult Support and Protection Coordinator and we'll let you know further staff changes in future editions.



**ACCESSIBLE INFORMATION** The Adult Support and Protection Committee have worked to improve our accessible information in line with Fife's BSL plan and ScotGov's Principles of Inclusive Communication. You can find information in a variety of formats on our webpages [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection) including audio files in the 'listen to our adult protection stories' section; a wide selection of easy read booklets at: [www.fife.gov.uk/adultprotectioneasyread](http://www.fife.gov.uk/adultprotectioneasyread) that can help start conversations on difficult subjects; and information in British Sign Language on the [YouTube channel for the Deaf Communication Service](#) (visit the 'Playlists' section to find the Adult Protection playlist). If you subscribe to the YouTube channel you'll be notified whenever a new BSL video comes out.



**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](#) visit the 'Staff Information and Training' page at [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection). Look out for dates for April 2020 onwards, in our February newsletter.



**E-LEARNING** The Adult Protection e-learning module is available to all and gives an overview of Adult Protection. It should take around an hour to complete. Visit: <http://socialwork.fife.gov.uk> and click on either of the blue sections: 'Do you belong to a Fife Council Partner Organisation' or 'Are you a Fife Council employee' to start.



**DOES YOUR GROUP NEED TO KNOW MORE ABOUT ADULT PROTECTION?** It's the start of a New Year and many of you will be making plans for the year ahead and looking to book speakers to talk to your community groups. If your group would benefit from an informal talk about adult protection, what is harm, how to report it and to find out more about the easy read resources we have available, get in touch with our Engagement & Participation Coordinator by emailing: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) or call 03451 55 55 55 ext 442134.



**NATIONAL ADULT PROTECTION DAY** 20<sup>th</sup> February is Adult Protection Day. Look out for our information in the local press and on Fife Health and Social Care Partnership Facebook and Twitter pages. Please share it on your own social media so we can spread the message across the Kingdom.



**FREEDOM PROGRAMME** [Saje Scotland's](#) Freedom Programme runs for 2 hours a week for 12 weeks and is for any woman interested in learning more about the effects of domestic abuse and in particular for women who experience/ have experienced domestic abuse. Click [here](#) for referral forms. Venues across Fife are not made public. For information call 01592 786 701 or email: [info@sajescotland.org](mailto:info@sajescotland.org)



**IMPROVING NHS SERVICES FOR VICTIMS OF SEXUAL ASSAULT** Victims of rape and sexual assault will be able to refer themselves for forensic examination without having to report a crime to police, as a result of measures outlined in a new Scottish Government Bill. The [Forensic Medical Services \(Victims of Sexual Offences\) Scotland Bill](#) has proposed changes including introducing clear legal responsibilities for health boards to provide direct access to forensic medical services for victims in a process known as ‘self-referral’, and establishing clear rights for victims to know what will happen with evidence taken from them. This evidence may support any future criminal justice process, if a victim does not wish to report the incident they have suffered to the police or is undecided about doing so.



**TIME TO TALK** It’s ‘Time to Talk Day’ on 6 February – a national day that aims to get everyone in the country talking about mental health, to stop people from feeling isolated when they are struggling. Find out more and order an information pack [here](#).



The [See Me](#) campaign aims to challenge mental health discrimination. Their [Communities Can pack](#) has a range of information and resources which can be used by community groups, workplaces and more, to ensure that people aren’t treated differently or unfairly, if they’re struggling with their mental health.



If you need someone to talk to, support and advice are available from Breathing Space on 0800 838587 [www.breathingspace.scot](http://www.breathingspace.scot) and Samaritans on 116 213 [www.samaritans.org](http://www.samaritans.org). For self-help advice on staying mentally healthy look online at: [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk) or [www.moodcafe.co.uk](http://www.moodcafe.co.uk)



**OUT OF HOURS URGENT CARE** When an injury or illness does not improve and you are too ill to wait until your GP, dentist or local pharmacy opens, a range of healthcare professionals are available by calling 111.

NHS inform gives up-to-date facts on health, services and campaigns. Its information is available online, over the telephone or via webchat. Visit [www.nhsinform.scot](http://www.nhsinform.scot) or call 0800 224488. For information on mental health visit [www.nhsinform.scot/illnesses-and-conditions/mental-health](http://www.nhsinform.scot/illnesses-and-conditions/mental-health)



[Fife’s Wellbeing Point](#), is an online signposting tool that can quickly, clearly and easily signpost to local and national health & wellbeing information.



The Wells are venues across Fife where you can have a conversation about your health and wellbeing and are directed to support that best meet your needs. Look online to [find out where your local Well is](#).



**SHARE YOUR VIEWS OF CARE/BEING A CARER** The Scottish Parliament want your views if you have experience of receiving adult care or of being a carer. They inquiry will look at the future of social care in Scotland and what is required to meet future needs. The form closes on 20 February and can be accessed [here](#).



**OUTSIDE THE BOX** [Outside the Box](#) provides independent development support to groups across Scotland who want to make a difference in their communities. They’ve made two new resources: [‘A guide to asking your MSP, Councillor and other people for support’](#) and [‘Human Rights – how to run your own learning session’](#).



**REVENGE PORN** Citizens Advice Scotland have seen a large increase in the number of people accessing their advice page on '[If your intimate photos or videos are shared without your consent](#)'. It gives details about reporting to the Police on 101 and how to report users and content on social media. You can also contact the Revenge Porn Helpline, which offers advice and information on 0845 6000 459. It is open from 10am-4pm, Monday to Friday.



**HATE CRIME** [Iriss](#) is a charity that promotes positive outcomes for the people who use Scotland's social services. They have information on '[Working with people who commit hate crime](#)' which includes implications for social work practice.



**MY SUPPORT, MY CHOICE** Do you use self-directed support for your social care needs? [Self-Directed Support Scotland](#) would like you to share your experience by answering the online survey [here](#) by 14 February. If you have any questions or would like a hard copy of the survey please call 0800 1701 321 (Monday-Friday 9.30am-4.30pm) Self-Directed Support Scotland have produced a number of their most frequently asked questions in [video format with BSL and subtitles](#).



**FINANCIAL HARM AND SCAMS** Get scams advice from [Citizens Advice Scotland](#) and [Take Five, Stop Fraud](#). Always contact your bank or building society as soon as possible if you think you have been a victim of a scam, and report it to Police on 101.

## 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