



PRACTITIONER FORUM The Adult Support and Protection Committee Practitioner Forum in Cowdenbeath has been running over the past year. Cheryl Whyte provides an insight: "Attendance at the Adult Support and Protection forum has been really beneficial to date. I have been afforded an additional, informal networking arrangement with professionals from key partnership agencies. This has offered me the opportunity to develop and enhance effective working relationships with others whom I am required to liaise with on a regular basis.



Working collaboratively with professionals from key partnership agencies has also afforded me the opportunity to explore ASP dilemmas from a wider perspective promoting good practice. In addition to the above the forum has enhanced my overall knowledge of Adult and Support and Protection Legislation and offered periods of reflection about real life cases and best approach to managing risks whilst balancing the underpinning principles of ASP legislation."



If you wish to attend the next Forum please email: melanie.durowse@fife.gov.uk



MAKING OUR INFORMATION ACCESSIBLE Fife Adult Support and Protection Committee have worked to improve the accessibility of adult protection information. Take a look at the webpages at: www.fife.gov.uk/adultprotection where you can find audio files in the 'listen to our adult protection stories' section and a wide selection of easy read booklets at: www.fife.gov.uk/adultprotectioneasyread. We also have information on the Fife Deaf Communication Service [BSL channel on YouTube](#). Go to the 'created playlists' section where you'll find an Adult Protection section with short clips introducing some of our easy read information.



UPSTREAM: PROTECTING THE NEXT CHILD Child Protection Charity [Stop It Now! Scotland](#) launched their new 'Upstream' website at the event 'Why preventing child sexual abuse is a public health issue.' Upstream provides information to help adults prevent child sexual abuse and protect the next child. It is for everyone: whether you are a member of the public uneasy about how an adult behaves around children; someone who works directly with children; or a parent that wants to protect your children online.



Fife Adult Support and Protection Committee worked with Stop it Now to produce [easy read information on grooming, and what to do if you are looking at inappropriate content online](#). To request copies email: shona.mcewan@fife.gov.uk. The Stop It Now confidential helpline is: 0808 1000 900



SURVIVING CHRISTMAS The Adult Support and Protection Committee 'Staying safe and keeping well – Surviving Christmas and New Year' booklet is available as a [foldout](#), [easy read](#), [plain text booklet](#) and [plain text foldout](#). Please add the booklet to your website and social media so it can reach as wide an audience as possible.



We are also highlighting [Home-Start](#) as they missed entry in this year's information. They provide support for families with young children and run Family Support Groups where children and families are involved in a range of activities together. Call Home-Start East Fife on 01334 477548 for details of Fife groups.



FESTIVE MEALS

- Collydean Community Centre, Torphins Avenue, Glenrothes KY7 6UL have a free 3 course Christmas Day Lunch from 12.-2pm. Places must be pre-booked and transport may be available. For details call Lauren Jones on: 01592 742913 or email:

lauren@collydeancommunitycentre.co.uk



- Hosting Hope have a free Christmas Day lunch from 12.30-2pm at Linton Lane Community Centre, Linton Lane, Kirkcaldy KY2 6LF. Places must be booked in advance. Call 01592 643816 or email: support@hostinghope.uk



- Raith Rovers "[Festive Friends](#)" Christmas Lunch. Tuesday 17th December 2019, Stark's Park, Raith Suite, 12pm – 3pm. For information and to book a place email: community@raithrovers.net

FESTIVE ADVICE

Here is some useful advice for over the festive period: AgeUK have [Five ways to get ready for winter](#). Citizens Advice and Barclaycard [Ten top tips to avoid a Christmas hangover](#) Top tips for [supporting people with autism](#) this Christmas. Cruse Bereavement Care '[coping at Christmas](#)' advice. Scottish Fire and Rescue Service [Festive safety](#) advice. Police Scotland [Keep Christmas safe leaflet](#). Citizens Advice [scams advice](#)



MENTAL HEALTH SUPPORT

Sam's café is a free drop in service offering mental health, crisis and peer support for people aged 16yrs plus. Sam's team support people who may be experiencing challenging thoughts and offers a safe space to access support. Sam's Café, is at Linton Lane Centre, Kirkcaldy KY2 6LF. Call 07971892886, email: sams.cafe@samh.org.uk or visit the website <http://www.samsafe.org.uk/> Sam's is open Wed, Fri, Sat, Sun 2-10pm.



The café is open from 2-10pm on 13/18/20/21/22/27/28/29 December and from 12-8pm on Christmas Day, New Year's Day and 3rd January.



ERASE THE GREY This year to mark [16 Days of Activism against gender-based violence](#), Police Scotland joined with Glasgow Caledonian University to promote the University's #EraseTheGrey campaign across Scotland. The campaign gave the message that there are no grey areas when it comes to gender-based violence. It ran on Police Scotland's social media channels from 25 November to 10 December, and included a [YouTube video](#) and large posters on the University campus.



Domestic abuse (including homicide), rape and sexual crime, honour-based abuse including forced marriage, stalking and Female Genital Mutilation are all forms of gender-based violence. Find out more at [Police Scotland](#) and in the [Domestic Abuse section of Fife Council's website](#).



HERSTORY REWRITTEN [Saje Scotland](#) launched their book Her-story Rewritten, at a packed event in Rothes Halls, Glenrothes last month. It is an anthology of 22 stories and poems written by women and girls who have survived partner abuse and been supported by Saje Scotland.

Her-Story Rewritten is available [here](#) with all proceeds going to Saje. You can follow their stories and voice yours on Instagram [@herstoryrewritten](#) and on Twitter [@Saje_Scotland](#) and [#herstoryrewritten](#)



E-LEARNING: TRAUMA SKILLED PRACTICE The new NHS Education for Scotland 'Developing your trauma skilled practice' elearning module will increase learners' understanding of traumatic events, the different ways that people can be affected, and recognise where the impact of trauma might influence their work. It should take 1-2 hours to complete. If you are registered with Turas Learn access the module [here](#) or register for an account [here](#).



ADULT SURVIVORS OF CHILDHOOD ABUSE Police Scotland's '[Information for Adult Survivors of Childhood Abuse](#)' animation raises awareness amongst adult survivors of how to report childhood abuse to police, the criminal justice process and the existence of survivor support services. The animation complements an [information leaflet for adult survivors of childhood abuse](#) and information on [Police Scotland's website](#) and the [MyGov website](#).



CARERS Carers have the right to request an adult support plan. It must cover what personal outcomes matter to you to help with your caring responsibilities, have a life alongside caring & improve your own health & wellbeing. The Coalition of Carers in Scotland have produced a leaflet explaining what to expect when you make a carers support plan which you can [download here](#). Contact your Social Worker or [Fife Carers Centre](#) for more information.



The Carers Trust Scotland have a new guide on the [Triangle of Care focusing on Child and Adolescent Mental Health Services](#) (CAMHS). It explains what Carers can expect when supporting someone using CAMHS and how to best work in partnership to reach the outcomes of the young person accessing CAMHS. The guide also helps professionals to better identify, understand and support carers.



HOME CARE MANAGERS The Social Care Institute for Excellence short guide '[Helping to prevent winter deaths and illnesses associated with cold homes](#)' helps home care managers need to ensure that care staff can recognise people at risk and that they know how to document and share concerns appropriately. The guide covers recognising a hard-to-heat home, identifying those most at risk and arranging successful discharge home from hospital.



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

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|-----------|---|
| 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 |