

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. Find out more in our [Sway publication](#) here.



STAYING SAFE AND KEEPING WELL BOOKLET The Adult Support and Protection Committee in partnership with Fife Alcohol and Drug Partnership created the '[Staying Safe and Keeping Well](#)' booklet which contains useful tips and information which anyone in Fife can use when trying to cope with difficult times. **Remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it's ok to reach out for support.**

Copies of the Staying Safe booklet are still available and can be collected from the table outside Fife Council Print Room before 12 noon Monday to Friday. A map of how to get to the Print Unit is attached to this newsletter.



BIENNIAL REPORT Want to know what the Adult Support and Protection Committee have been working on? Check out our Biennial Report and Easy Read version (attached to this newsletter) which will give you full details of work between 2018-2020.

FINANCIAL HARM AND SCAMS PREVENTION

FINANCIAL HARM AWARENESS Fife Adult Support and Protection Committee's Financial Harm Working Group are working on a monthly plan to raise awareness of the types of financial harm and how to keep yourself safe. Information will feature in local press, social media and through distribution by partner agencies. Monthly topics will include avoiding rogue traders, romance scams, COVID scams, keeping your information secure and mate crime. You'll also find information in this newsletter and as in previous editions, we're continuing to provide links to advice that can help you to keep yourself safe.



- Crown Prosecution Service - [Beware of fraud and scams during Covid](#)
- Cold callers and [Covid vitamin pill scam](#)
- Friends Against Scams [scam guide](#) and online learning awareness session, further details available [here](#).
- Action Fraud provides the [latest fraud news and alerts](#).
- The Scottish Government's Cyber Resilience Unit [bulletin](#)
- Trading Standards Scotland warn of [Covid-19 related scams](#) and give details in their latest edition of [Scam Share](#).
- Police Scotland [Shut Out Scammers](#) information
- [Self-Assessment tax returns: scammers posing as HMRC](#),
- Neighbourhood Alert – [tips to keep your property safe](#).



ADULT PROTECTION DAY Fife Adult Support and Protection Committee is supporting National Adult Protection Day on 20th February aimed at raising awareness of harm and abuse and reminding staff about reporting mechanisms. Where you know or believe someone is at risk of harm follow the [Adult Support and Protection Reporting Harm Protocol](#) and complete the [Inter-agency Report of Harm Referral Form](#). You have a duty to report harm, even if the adult does not want you to. All Adult Protection information is online at: www.fife.gov.uk/adultprotection



LOOKING FOR ADULT PROTECTION INFORMATION? Is your community group meeting online? Would it benefit from having some input from our Engagement and Participation Coordinators Shona and Ruth? We can join one of your online meetings or provide a paper briefing which could go out with your own newsletter. Please let us know how we could help you by emailing: shona.mcewan@fife.gov.uk We can give general information about what harm is and how to report it, or if you have questions about a specific type of harm let us know.



ACCESSIBLE INFORMATION If you are looking for resources that can help you to have difficult conversations about harm with the people you support go to: www.fife.gov.uk/adultprotectioneasyread where all resources can be downloaded. The Committee continues work with Fife Deaf Communication Service and you can access adult protection information in British Sign Language on their [YouTube channel](#).



TELL POLICE SCOTLAND WHAT YOU THINK A reminder that the [‘Your Police 2020-2021’](#) closes on 31 March 2021. This page also provides link to an Easy Read version and BSL version. [Police Scotland](#) are also seeking the views on their Equality Outcomes which are revised every 4 years, in line with the [Equality Act 2010](#). [Complete the survey](#) by 29 January or use the [Easy Read](#) or [BSL version](#). To contact Police Scotland to report crime visit: <https://www.scotland.police.uk/contact-us/>



ASK FOR ANI Anyone experiencing domestic abuse can now ask for help in a Boots or Dears Pharmacy in Fife and ask for help. If you say the codeword ‘ANI’ you’ll be taken to a private room & asked if you want to call 999 or the domestic abuse helpline. ANI stands for Action Needed Immediately. The National Domestic Abuse Helpline is 0800 027 1234



COMMUNICATION SUPPORT NEEDS IN CRIMINAL JUSTICE. [ARC Scotland's 'Supporting Offenders with Learning Disabilities' \(SOLD\) Network](#) has compiled a new guide for solicitors representing clients with communication support needs. Download the guide [here](#) and [find out more](#).



ADULTS WITH INCAPACITY Policy Hub Scotland have developed an [Adults with Incapacity online learning course](#) ideal for health & social care professionals, third sector practitioners and family law solicitors. Learners can access over 9 hours of CPD, including 22 on-demand video classes and related activities, case studies and responses.



GENERAL SUPPORT As a result of the current lockdown restrictions Fife Voluntary Action have reopened the Helping Hand service to anyone who requires help and support to get them through this period. Please contact the helpline at 0800 389 6046.

INTERNET SAFETY

Safer Internet Day – 9 February



- The UK Safer Internet Centre has created a [range of resources for those working with children and young people](#) as well as information for parents and carers.
- Childnet have launched the [new and updated STAR SEND Toolkit](#). This is an extensive teaching toolkit to equip, enable and empower educators with the relevant knowledge they need to support young disabled people or young people with Additional Support Needs.
- Inclusive Digital Safety Hub. This new [Advice Hub](#) empowers parents, carers, and professionals with advice to support young people and adults most likely to experience online risks.
- LEAD online safety webinars: These [online safety classes](#) give up-to-date advice and information about important topics like passwords, online scams and cyber attacks so you can feel more confident that you can use the internet while protecting yourself. The classes are especially useful for disabled people but are open to everyone. They are also giving webinars for practitioners and organisations about how to give online safety information in an accessible manner.

MENTAL HEALTH



YOU'RE NOT ALONE – WE'RE HERE TO HELP YOU. This is the clear message from [NHS 24](#), [Police Scotland](#) and the [Scottish Ambulance Service](#). A new campaign brings the three organisations together to support mental health and wellbeing for people across Scotland, more especially during this difficult time. Over the past 18 months, the three organisations have been working together to develop new ways to support people in mental health distress when they contact their services, as part of their joint response to the [Scottish Government Mental Health Strategy 2017-2027](#). Further information and resources for support can be found [here](#).



FINDING THE START OF THE NEW YEAR HARD? Find some [tips and resources](#) from the Samaritans including [ideas for coping over the winter months](#), [if you are worried about finances](#), and [if you have lost a loved one](#).



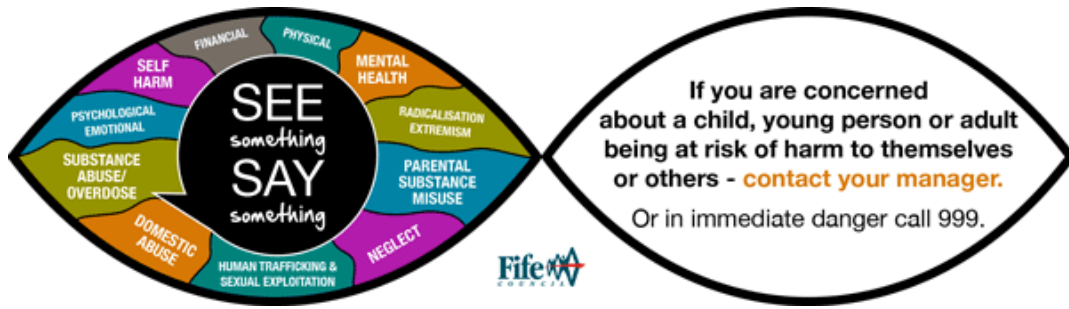
LGBTI SUPPORT Pride and Pixels is an online community developed by LGBT Youth Scotland in response to Covid-19 and the acute mental health and wellbeing implications of lockdown restrictions on young members of the LGBTI community. It offers a safe and inclusive space for young LGBTI people to access vital information and to connect with friends and youth workers. For more information email: info@lgbtyouth.org.uk



TIME TO TALK DAY IS ON 4 FEBRUARY A small conversation about mental health has the power to make a big difference. [@seemescotland](#) have got everything you need promote [Time to Talk Day](#)



HEALTHY FIFE Fife Health Promotion Service are running a #WinterWellbeingFife social media campaign from 1-31 January which is based around the Scottish Government's ongoing Clear Your Head campaign. Follow [@FifeHpservice](#) on Twitter and [@FifeHSCP](#) on Facebook. Check out www.clearyourhead.scot for more winter wellbeing hints, tips & advice.



All Adult Protection information is available at: www.fife.gov.uk/adultprotection

To catch up with information in our previous bulletins go to our:

[November/December 2020 edition](#)

[September/October 2020 edition](#)

[August 2020 edition](#)



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	Polskoj,ezyczna linia telefoniczna: 03451 55 55 44
Urdu	اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66