

People First (Fife) Newsletter



**People First
(Scotland)**

Winter 2022

**Fife Health
& Social Care
Partnership**
Supporting the people of Fife together

**People First (Fife) is funded by the Fife
Health and Social Care Partnership**

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Community Groups—Across Fife

Kirkcaldy Group



The Kirkcaldy Group continues to meet at St Bryce Kirk. The group have been busy over the last 6 months. We have recently talked about Health and Social Care's Strategic Plan in Fife (the way services and support is run). We have been looking at transport surveys from Stagecoach and written to them about some of the issues on Fife buses. Recently we also asked Citizen's Advice to come and talk with us to give more information about the Cost of Living and have an Easy Read document about what support is available.

St Andrew's Group



The St Andrew's Group meet once a month at the Cosmo Centre in St Andrews. In the last six months we have had a visit from Clare who works for the Health and Social Care Partnership to discuss the Fife Wide strategy. It has been great to be involved in this work. We also spoke about transport surveys released by Stagecoach and looked at the timetables. We have looked at the plans for the Levenmouth rail link to see if they are accessible and had lots of discussion about the cost of living, including looking at resources available in the local areas.

Community Groups—Across Fife

Dunfermline Group



The Dunfermline group has been meeting at the Dunfermline Business Centre once a month. We are looking forward to a new venue at the Dell Farquharson Centre in the new year as it's much more accessible for our members. We enjoyed our consultation work with Clare Rogers from the Fife Health and Social Care Partnership recently and helped her to design accessible survey questions. We have supported each other through the cost of living crisis and our mental health.

Leven Group



We have been busy at Leven in the last few months and continue to meet once a month in The Centre. We took part in the consultation process for the new Levenmouth rail link and expressed our opinions to the rail designers. Some of our members have been happy to see their services opening back up and we continue to discuss how to stay healthy. It has been a popular group and we always welcome new members.

Mayfield Group



Mayfield group has seen some changes over the last 6 months. Some of the members have been discharged from hospital which has been good and they have stayed in touch. Maggie (the Chair of People First) came to meet us through Zoom to talk about her experience of living in a hospital. We have done lots of work about advocacy and what it means to speak up for yourself.

Other Groups



Women's Group

We meet once a month at St Bryce Kirk in Kirkcaldy. Recently we have been discussing the cost of living crisis, the new Adult Disability Payments and supporting each other with our mental health.

We are a very active group and we always welcome new members.

Connect Groups



Connect groups meet online regularly throughout the month on a Monday, Wednesday and Friday. Everyone is welcome and we enjoy reconnecting with those who maybe cannot attend groups in person. We have been talking about many different topics that affect us and always support each other.

Men's Group



Until we get a new male volunteer we are meeting with the National Men's Group once a month online. We support one another and talk about issues that are important to us.

Fife College



At the beginning of October, Michael and Vicki went into Glenrothes College. They did a presentation about Collective Advocacy and speaking up for yourself.



Over 50 Students came to these events, over 3 different sessions. All the students really took part and there were lots of good discussions. After the presentation we split into groups and did some workshops. There was really great feedback from the College and students.

We have been invited to go back to the College to work with a monthly group. We start this regular group in January.



Vicki and Michael enjoyed being back in the College. They did a great job of explaining what People First is all about and how to get involved.

Health and Social Care Partnership



We have been working together with The Health and Social Care Partnership in Fife. Every 3 years the Partnership renews their strategy.



Strategy means the way the Partnership engage with the public and the plans they have. People First have been involved right from the very start. We were able to design the questions for the community groups involved. We looked at the questionnaires and suggested easier language.



We then took part in the questionnaire and had lots of discussion about what we think of services. These questionnaires informed the new strategy.

A draft version of the Strategy has just been launched, and we look forward to working with other advocacy providers to look at what is next in Fife.

MSP Visit—Adult Disability Payments



In July we were invited to meet the MSP for Equalities - Ben MacPherson. This was to launch the new Adult Disability Payment system in Fife. It will be run by Social Security Scotland. Michael, David, Vicki and Susan went along to ask him questions from our members.



We told him about our concerns and worries. He told People First that things will be better than the DWP. He promised the process will be easier and more compassionate. There will also be longer award periods such as 10 year reviews.



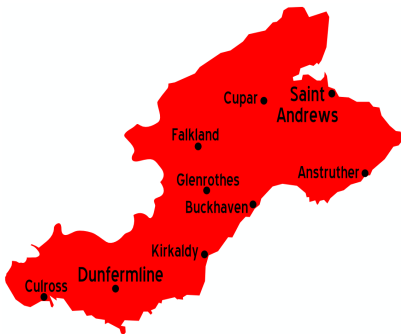
Everyone on PIP and DLA will be transferred over to this new benefit. Members were pleased to learn that this is done automatically. The application forms for new applicants are much easier to understand and they have case workers to help you fill it in.

We hope that Parliament will keep it's promise to make the benefit system more accessible for people with a learning disability.

Adult Support and Protection Update



Susan Burt who is an elected Director of People First in Fife continues to represent the voice of those with lived experience of services on the Adult Support and Protection Committee.



There have been further meetings over the last 6 months and additional work that she has needed to be involved with. We are supporting the committee to write a new Easy Read document on hoarding and a student visited one of the groups for some feedback.



Susan also spoke recently at the Adult Support and Protection Conference in Glasgow. She works hard to ensure that those involved in Adult Support and Protection procedures remember the personal impact of their work and reminded delegates at the conference that the repercussions of using legislation can last for years and years. It was a very powerful speech and she received thanks from those who attended.

Cost of Living



The cost of living is going up. It is hard to pay for things like food and energy.

Electricity and gas prices are going up. You may be worried about how to pay for heating your home.

You will get £400 to help pay for energy costs. This means you will get £66 or £67 each month from October 2022 to March 2023.



- If you pay by Direct Debit the money will go straight to your energy provider.
- If you use a prepayment meter with a key or Smart card - then you will get a voucher by text, email or post. Take your voucher and key to the Post Office. They will add the money to your key.

**Citizens
Advice &
Rights
Fife**

Independent advice for our community



New Volunteer House
16 East Fergus Place
Kirkcaldy
KY1 1XT

The Citizens Advice Bureau (also known as CARF) can help you too. If you are on a low income CARF can help you apply for a Warm Home Discount of £150.

They can also help you if you owe money for electricity or gas.

You can call them on - 0345 140 0095

Equally Safe Project



People First (Scotland) is working with the Scottish Commission for People with Learning Disabilities (SCLD) on the Delivering Equally Safe Project. This is the Scottish Government's plan to stop violence against women and girls.

We want to hear from women with learning disabilities who have experienced violence. We want to make sure they get the right support and justice. You can help us learn how to make things better for women with learning disabilities.



If you decide to share your experience, you can choose how to take part.

You can:

- bring someone to your interview for support
- choose where to have your interview (online or in person)



If you would like to take part or find out more information please call Development Worker **Catriona - 07553 050682.**



New Fife Directors



In August we held a really successful election event in Kirkcaldy. We listened to speeches made by each candidate and voted in person. Many members also completed postal votes to decide who they would like to represent them in Fife.

The 4 Fife Directors are now:



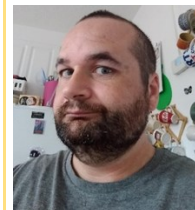
Susan
Burt



Vicki
Chalmers



Michael
Sterling



David
Scott

Directors are elected for a 3 year long term. After this they either need to be voted in again or decide to stand down. David Scott is still one of our Directors as he is within his 3 year term.



Well done to those who were successful and a huge thank you to all the candidates who stood for a position. We also thank Joan Irons for all her work as a Director over the last 3 years.

Stay Connected



We can give advice about devices, internet connections and how to use Zoom. We can help with any problems you have and answer any questions.



We would also love to see you at a face to face group! If you would like to meet other members this way please let us know. We can support you to get back to groups. Just get in touch with Katie or Laura .



You can also find us on Facebook as **Katie Peoplefirst** and **Laura Peoplefirst** if you would like to use Facebook Messenger instead.



Katie Cook

Telephone: **07834 328 821**

Katie.cook@peoplefirstscotland.org



Laura Graham

Telephone: **07912 307 158**

Laura.graham@peoplefirstscotland.org

Quick Guide –What’s On?

Connect groups



Online Zoom meetings. Everyone is welcome. Connecting people across Fife. Let Development Worker’s know your email address to join.

Monday at 1pm to 2.30pm

16th January

13th February

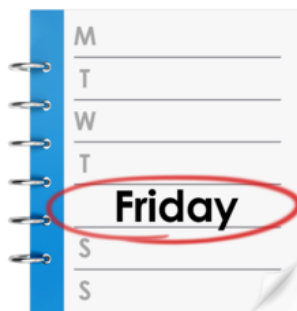
10th March

10th April

8th May

5th June

3rd July



Friday at 11am to 12.30pm

27th January

24th February

24th March

21st April

19th May

16th June

14th July

Quick Guide –What's On?

Face to Face Groups



St Andrews

2.30pm - 4pm at The Cosmo Centre

Tuesdays: 10th January

14th February

14th March

11th April

9th May

13th June



Kirkcaldy

1pm - 2.30pm at St Brycedale Kirk

Thursdays: 2nd February

2nd March

6th April

4th May

1st June

6th July

Quick Guide –What’s On?

Dunfermline



11 - 12.30pm at the Dell Farquharson Centre

Wednesdays: 1st February

1st March

5th April

3rd May

7th June

5th July

Leven



2 to 3.30pm at The Centre, Leven

Wednesdays: 25th January

22nd February

22nd March

26th April

24th May

28th June

Mayfield



11 to 12pm at Lynbank Hospital

Mondays: Every two weeks from

January 16th

Quick Guide –What's On?



Women's Group

1pm - 2.30pm at St Bryce Kirk, Kirkcaldy

Thursdays:

12th January

9th February

9th March

13th April

11th May

8th June



People First (Scotland) also have a:

Fife Directors Group

We meet with our Directors regularly to support their work with People First

Newsletter Group

Please Contact Laura or Katie for more details about joining this group. We would welcome more members to help us plan and design future Newsletters .



Self-advocacy groups run by and for Adults with Learning Disabilities in Fife



This means we meet up in groups to talk about things that matter to us like health, relationships, our support and human rights.



We have groups in Dunfermline, Kirkcaldy, Leven and St Andrews. We also run a women's group and host online Zoom meetings.

If you know anyone who would like to come along to a meeting, please just get in touch with us:



Katie Cook

Telephone: 07834 328 821

Email: Katie.cook@peoplefirstscotland.org



Laura Graham

Telephone: 07912 307 158

Email: Laura.graham@peoplefirstscotland.org