

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](http://www.fife.gov.uk/adultprotection) If you have concerns about a child, please call 03451 551503.



**SEE SOMETHING, SAY SOMETHING** Fife has adult protection guidance and child protection guidance to keep children and adults safe from harm. We all have a duty to help keep people safe from harm and to report harm if we see or hear it. 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 have created a handy guide to help people cope over the festive period. The [‘Staying Safe and Keeping Well’](#) booklet contains useful tips and information which anyone in Fife can use when trying to cope with difficult times. The booklet is another step by the Adult Support and Protection Committee in their continuing effort to raise awareness of support available in the Kingdom and ensure people stay safe and well, now and throughout the rest of the year. Additional festive period information is attached to this newsletter.

**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.**



**KINGDOM ACTION CAMPAIGN** Listen out for the Adult Protection Committee’s Kingdom Action campaign on [Kingdom FM 95.2 or 96.1](#) during December. It focusses on financial harm, freeloading and mate crime – when someone pretends to be your friend to take advantage of you. If you or someone you know has made a new friend but they make you feel scared, call the Police or tell someone you trust. You can find more information in the [‘Mate Crime and Cuckooing’](#) easy read booklet.



**BEREAVEMENT INFORMATION FROM CRUSE SCOTLAND** Grieving the death of a loved one is difficult at any time of year, but there are some dates and seasons where it can feel even more painful. Special dates like anniversaries, birthdays or festivals, like Christmas, can feel daunting, and perhaps overwhelming, to prepare for. 2020 has been a year like no other. With so many areas of life disrupted, alongside the complications which the COVID-19 restrictions bring, we know that grief may feel very difficult to navigate over this festive period.

Connecting with friends, family and support networks may become difficult to plan for as areas of Scotland move through different tiers at different times. Some of the traditions and routines that we may find comfort and solace in may not be available to us in the same way this year. This can all reinforce the loneliness and isolation that grief already brings.

Here are some practical things that you might find helpful to cope with grief at Christmas:

**Be prepared** Think about what is best for you and your family. Things that you want to do and things that you want to avoid!

**Remember a loved one** You may want to make time to look at letters or photographs – perhaps by yourself or sharing some of that with others.

**Look after yourself** Overindulgence can be a Christmas norm but take care of yourself – although you may feel that alcohol helps you feel good for a short period, it is a mood depressant.

**Take time for you** Emotions can be overwhelming so try to take some time for yourself. Be kind to yourself and ask for help if you need it.

Find a list of organisations that offer bereavement support, in Fife and throughout Scotland on p25 of the [Staying Safe and Keeping Well](#) booklet.



**SUICIDE PREVENTION** The Christmas and New Year period will feel different this year because of the ongoing restrictions to suppress Coronavirus. Fife's Health Promotion service has developed a Festive social media campaign based on Mental Health Foundations' ['Celebrating Festivals & Occasions during the COVID19 restrictions'](#). The campaign focuses on things we can do to enjoy the festivities and signposts to support services who can assist those finding this time of year difficult. View the Festive Period Social Media campaign content here <https://www.healthyfife.net/wpcontent/uploads/sites/55/2020/11/SP-Festive-Social-Media-Campaign.pdf>. This campaign will run to 29th December and will be on Twitter: @FifeHpservice or @hwlfife and Facebook: @FifeHSCP



**CARERS SUPPORT** Fife Carers Centre support unpaid and family carers with information and practical help. Just before Lockdown, at the end of March, the Localities Carer Support Worker Team was established to link with the 7 Health and Social Care locality areas. Their contact emails are as follows:

Cowdenbeath: [janet.love@fifecarers.co.uk](mailto:janet.love@fifecarers.co.uk)      Dunfermine: [cindy.souter@fifecarers.co.uk](mailto:cindy.souter@fifecarers.co.uk)  
Glenrothes: [sharon.sullivan@fifecarers.co.uk](mailto:sharon.sullivan@fifecarers.co.uk)      Kirkcaldy: [grant.kidd@fifecarers.co.uk](mailto:grant.kidd@fifecarers.co.uk)  
Levenmouth: [bogumila.doyle@fifecarers.co.uk](mailto:bogumila.doyle@fifecarers.co.uk)      North East Fife: [claire.chuehong@fifecarers.co.uk](mailto:claire.chuehong@fifecarers.co.uk)  
South West Fife: [carol.reddick@fifecarers.co.uk](mailto:carol.reddick@fifecarers.co.uk)

There is a Carers WhatsApp group, a Facebook group, a book club, a male carers group, a group for parent carers and three online meet up groups. The Befriending Project and Carer Support Workers have also been supporting carers with phone calls. Carers can email the Carer Support Worker for their locality, who will help you to join or call: 01592 205472. For further information visit <https://www.fifecarerscentre.org/>

If you are an unpaid carer you can also find information at: [NHS Inform](#) or phone 0800 011 3200 to find out about support available. Phone lines are open Monday to Friday 9.00am to 5.00pm.



Fife Forum

Making Community Connections

**FIFE FORUM RESOURCE AND SUPPORT LIST** is downloadable from [www.fifeforum.org.uk](http://www.fifeforum.org.uk) and is updated weekly on a Thursday. Contact Wayne at Fife Forum [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk) should you wish to include or amend information.



**CHRISTMAS TOGETHER CAMPAIGN** Find out more about the [Christmas Together](http://www.chss.org.uk/together) national campaign to tackle loneliness and isolation in Scotland this Christmas. In Scotland volunteers can sign up at [www.chss.org.uk/together](http://www.chss.org.uk/together). Those in need of support can ask for help online via [www.chss.org.uk/together](http://www.chss.org.uk/together) or can request a kindness call by calling freephone 0808 8010 899, with lines open 9am to 4pm Monday to Friday.



**THE WELL** A reminder that you can access health and wellbeing information and resources on [The Well](http://www.thewell.org.uk) wellbeing website, including support for mental health, carers, addictions and employment.



**COVID AND SOCIAL CARE** The [SCIE Covid Hub](http://www.scie.org.uk) provides advice for social care providers as the Government works to slow down the spread and ease the restrictions of lockdown. It includes a [COVID-19 directory of resources and best practice](http://www.scie.org.uk) from across the social care sector and the report [Beyond COVID: new thinking on the future of adult social care](http://www.scie.org.uk).



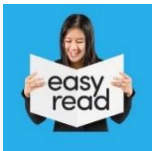
**FIRE SAFETY** The Scottish Fire & Rescue Service has started our Winter Safety campaign. House fires and casualties increase during winter, with a high risk over the festive period. Please visit SFRS website <https://www.firescotland.gov.uk/your-safety/winter-safety>. SFRS leaflets are attached to this newsletter. **To arrange a home fire safety visit:**



- Call us on [0800 0731 999](tel:08000731999)
- text 'FIRE' to 80800
- call your [local fire station](#)
- complete the [online form](#)
- or use the online home fire safety checker at <https://www.firescotland.gov.uk/your-safety/online-hfsv-checker.aspx>



**HOLLIE GUARD PERSONAL SAFETY APP** Find out more about the new [Hollie Guard app](#) providing protection to people working alone, travelling to an unknown area or commuting around town. With a simple shake or tap it activates Hollie Guard, immediately notifying your chosen contacts, pinpointing your location and sending audio and video evidence directly to their mobile phones.



**ACCESSIBLE INFORMATION** SCLD have updated the [Covid Guided Self-help resources](#) which we featured in a previous newsletter. They have also created a Coronavirus Easy Read bank of resources, which you can access [here](#). Please check the [Scottish Government](#) website and [NHS Inform](#) regularly for all the latest information and guidance on Coronavirus (COVID-19) in Scotland.



**INTERNET SAFETY** Check out internet safety and financial harm easy read information at [www.fife.gov.uk/adultprotectioneasyread](http://www.fife.gov.uk/adultprotectioneasyread) Improve your cyber-security this festive period with advice from: [www.cyberaware.gov.uk](http://www.cyberaware.gov.uk)



**SCOTGOV CYBER RESILIENCE BRIEFING** The Scottish Government's Cyber Resilience Unit is produces a regular '[CyberScotland Bulletin](#)'.



**FINANCIAL HARM AND SCAMS PREVENTION** Fraud continues to be on the rise and the festive period can unfortunately see criminals take advantage of the increase in online shopping. Find some valuable sources of information about how to keep yourself safe with these links:



- Action Fraud provides the [latest fraud news and alerts](#).
- Trading Standards Scotland warn of Covid-19 related scams in their latest edition of [Scam Share](#).
- [Take Five to Stop Fraud](#) campaign website.
- [Staying Safe from Romance Fraud](#), A practical guide highlighting common tactics used in romance fraud. Safeguarding through knowledge and empowerment.
- Police Scotland [Identify Theft, Fraud and Scams](#) information.
- You have an unpaid parking ticket' scam: [GOV UK parking penalty charge email](#).
- [Why rogue roofers are an ongoing concern](#).
- Which have launched a new area on their website for you to view all their news, advice and real-life stories about people who have experienced being scammed. It can be viewed [here](#).
- Scam watch: [fake Microsoft 'covid relief fund' email](#).

If you fall victim to a scam you should contact Police Scotland as quickly as possible by calling 101. Local information can be found at [Fife Council Trading Standards webpage](#).

All Adult Protection information is available at: [www.fife.gov.uk/adultprotection](http://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