

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.

ADULT SUPPORT AND PROTECTION COMMITTEE - VISION AND PRIORITIES



The ASPC Strategic Improvement Plan for 2021-2023 has been endorsed by the Chief Officers of Public Safety group. It sets out our vision and principles, five priority areas for development and subsequent aims and objectives for each. Shared core values of kindness, dignity and compassion guide us on our long-term collective outcomes. We need to think differently in how we measure outcomes and move away from a focus on numbers and performance indicators to a more qualitative, deeper understanding of the complexities of people's lives. You will find attached the Strategic Improvement Plan attached with a link to the full document. The ASPC wishes to thank all who participated in the consultation process.



ADULT PROTECTION TRAINING While we work to ensure that all previously available training course are available virtually, please feel free to access a number of [E-learning courses](#) that may support practitioners learning and development during this time. There is training here that focuses on Adult and Child Protection.



GET CONSENT CAMPAIGN In nearly half of all rapes reported to Police Scotland, the perpetrator was the partner or ex-partner of the victim. This means that from April 1 2020 to January 31 2021, 46 per cent of rapes reported were linked to existing or former relationships. Launching its 2021 [Get Consent campaign](#), Police Scotland is warning that sex without consent is rape – and that includes within a relationship. The Get Consent campaign is perpetrator-focused, aimed at men aged between 18 and 35 – the peak age for offending. Rape Crisis Scotland's national rape crisis helpline is available 08088 01 03 02 every day from 6pm until midnight for anyone affected by sexual violence.

WALK LIKE A WOMAN

With recent events highlighting women's safety we bring your attention to a 2019 campaign from [Plan International Australia](#) which gives 7 tips on how men can help.



1. **Keep your distance.** When walking behind a girl or woman at night, remember that the closer you are, the more threatening you seem. Make sure to leave a good amount of distance between yourself and her.
2. **Don't run up from behind.** Next time you're out for an evening jog and see a woman walking ahead... cross the road or make sure to leave a good amount of space while passing.
3. **Don't stare.** Taking out your phone and focusing on something else can go a long way to showing you're not a threat. Look out the window to focus on something else or call a friend to have a chat.
4. **Keep comments to yourself.** What you might see as just a bit of fun, or even flattering, is actually harassment and can be terrifying to lone women and girls.
5. **Keep your mates in line.** You may not harass women, but if you stay quiet while your mates do then you will be considered as part of the problem.
6. **Be an active bystander.** If you notice a woman is uncomfortable with someone's behaviour, show your support by being an active bystander. It can be as simple as standing between a woman and her harasser to block their line of sight. Ask her if she is OK and back up anyone else who is intervening.
7. **Share the walk.** Keep the conversation going by sharing these tips and helping girls and women feel safer at night.



DOMESTIC ABUSE [For Baby's Sake](#) is a programme of therapeutic support which is an evidence based response to domestic abuse, trauma and what babies need from conception to age two. It empowers expectant parents to make changes that last, for themselves and their baby.

CLARE'S LAW Police Scotland have created a [short video](#) about the Disclosure Scheme for Domestic Abuse Scotland commonly known as DSDAS (also known as Clare's Law).

EQUALITY OUTCOMES Fife Centre for Equalities is supporting Fife Council in gathering your views on their proposed Equality Outcomes as part of their new Equality & Diversity Scheme 2021 to 2025. This is a great opportunity to share your views and help the Council revise their scheme. Be part of an inclusive Fife and take part in the consultation today at: bit.ly/FifeCouncilEqOutcomes

SIGN LANGUAGE WEEK from 13-19 March is organised by the British Deaf Association to promote awareness of issues affecting sign-language users and the welfare of deaf people in the UK. Sign language was officially recognised as a language in the UK on March 18th 2003. [Find out more here](#). The Adult Support and Protection Committee supported the week by working with Fife Deaf Communication Service to promote their work on social media and to direct people to the [BSL Adult Protection Playlist on YouTube](#). The Adult Protection Biennial Report has been translated into BSL and is included on the [AP playlist](#).

INTERNET SAFETY LEAD Scotland have a new Easy Read booklet about the main aspects of staying safe online- creating and remembering strong passwords, identifying scams and what to do in the event of a cyberattacks. [You can download a copy of the booklet or request a copy by post by clicking here](#). The Adult Support and Protection Committee have a wide range of Easy Read information which can be downloaded from: www.fife.gov.uk/adultprotectioneasyread.



MENTAL HEALTH April marks the start of [Stress Awareness Month](#). According to the Mental Health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope. If you are in a crisis, or are worried about someone you know, help is available. You're not alone. The best thing you can do is talk to someone. Call 'Breathing Space' on 0800 838587 or the 'Samaritans' on 116 123. If it is an emergency, or you are in immediate danger, call 999. Don't try to cope on your own.



You can also find advice on the [Clear Your Head](#) website, [SAMH - Coronavirus Mental Health Information Hub](#) or [Mind - Coronavirus and Your Wellbeing](#). [These short videos from Cope Scotland](#) offer ideas on relaxation using all our senses.



HOURGLASS SCOTLAND COMMUNITY HUB provides advice and support remotely to older people across Scotland. They can support with casework skilled assistance and advice to resolve problems or achieve positive outcomes; advocacy; telephone check-ins and a range of free information resources, including an online Knowledge Bank, the UK's first ever specialist knowledge bank specifically relating to the abuse of older people and safer ageing. Get in touch by calling: 0808 808 8141 or text: 07860 052906



PVG CHECKS CAN BE MADE ONLINE Disclosure Scotland is launching a new digital channel to apply for PVG level disclosures. Taking a digital first approach, [the new online PVG service](#) will become the main application process for most PVG applications. You can access the service [from Disclosure Scotland's website](#). Organisations enrolled with Volunteer Scotland Disclosure Services (VSDS) can access PVG Online through VSDS. To find out more, please contact Disclosure Scotland via response@disclosurescotland.gov.scot



RIGHTS MADE REAL IN CARE HOMES The Life Changes Trust has worked with Scottish Care and My Home Life on stories to showcase good practice in care homes, particularly in relation to observing and promoting people's human rights. Find out [more here](#).



CARE SERVICES – PLANNING WITH PEOPLE GUIDANCE Scottish Government and COSLA have new guidance on community engagement and participation for Health and Social Care Partnerships across Scotland. ['Planning with People'](#) is intended to strengthen and improve the way NHS Boards, Integration Joint Boards and Local Authorities plan and commission health and care services by involving people and communities in their decision making.



ADULT SOCIAL CARE REVIEW The [Independent Review of Adult Social Care](#) concluded at the end of January 2021 and its [report](#), together with an accompanying [short film](#), was published on 3 February 2021.

FINANCIAL HARM AND SCAMS PREVENTION

The ASPC Financial Harm Working Group have 'A Year of Financial Harm Awareness Raising'. Each month the Working Group will offer a 'How to' information leaflet in relation to identifying, reporting and preventing a different type of financial harm. The campaign launches with 'The latest Scams and how to avoid them'. Please check the [SWAY document](#). An easy read version is attached to this newsletter.





Our thanks to colleagues in Trading Standards for their support in the creation of this guide. In April 2021 the

Financial Harm Working Group will bring you a how to guide looking at 'Why securing your data is important'.



- Action Fraud provides the [latest fraud news and alerts](#).
- The Scottish Government '[Cyber Scotland Bulletin](#)'.
- Trading Standards Scotland warn of Covid-19 related scams in [Scam Share](#).
- [Romance fraud on rise in coronavirus lockdown](#)
- [Scottish SPCA issues warning over bogus inspectors](#)
- [Barclays issues advice as farmers at 'high risk of fraud'](#)

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

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

[November/December 2020 edition](#) [January 2021 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	Polskojęzyczna linia telefoniczna: 03451 55 55 44
Urdu	اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66