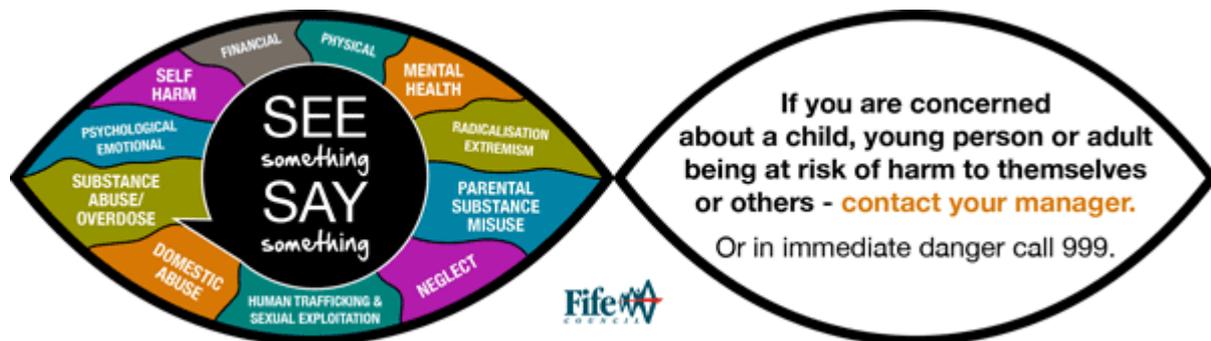


The Adult Protection Phone Line is available on 01383 602200 if you or someone you know is at risk of harm or neglect. In an emergency or if you are in danger call 999. All Adult Protection information is online at: www.fife.gov.uk/adultprotection If you have concerns about a child, please call 03451 551503. Find out more in our [Sway publication](#) here.



On Monday 29th March Fife ASPC received formal notification of inspection from the Care Inspectorate. We have been advised that the formal inspection process will commence on 21st April and will run until 13th July when we receive our draft report. Preparations are ongoing to ensure we share the many positive pieces of working undertaken by Fife ASPC and highlight out improvement plans going forward.



The Adult Support and Protection Committee (ASPC) would like to take this opportunity to share with you a series of communications relating to the ongoing work of the ASPC and how this work influences key process in frontline practice.

- ASP - What we have achieved over the last two years
- <https://sway.office.com/QnqzpkAgBzzq9AtI?ref=Link>



- The structure, governance and communication flow within the Committee.
<https://sway.office.com/zexDk9cg1uVZHIEem?ref=Link>

- Frontline ASP Practice for all partners.
<https://sway.office.com/K1LYQrOTwEbOg4VN?ref=Link>



- ASP & COVID and some of the additional actions that were taken to ensure support and protection continued to be offered to adults at risk of harm.
<https://sway.office.com/lkY7iLo7QbfbGodd?ref=Link>



KINGDOM FM CAMPAIGN Listen out on [Kingdom FM](#) during May for the Adult Support and Protection Committee infomercials supporting our next radio campaign. This campaign will support the identification and reporting of sexual harm. To support conversations about this difficult subject, please look at information in our [Easy Read sexual abuse booklet](#). You can also find information on the [Sexual Violence](#) page of the Violence Against Women Partnership.



STAYING SAFE AND KEEPING WELL BOOKLET Copies of the '[Staying Safe and Keeping Well](#)' booklet are still available. Email shona.mcewan@fife.gov.uk for further details. For anyone who is finding life difficult at the moment, 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.



FINANCIAL HARM The Financial Harm Working Group is pleased to share with you month two of our Year of Financial Harm Awareness Raising documents. This month's theme is 'Securing your data'. The below SWAY contains some simple information to raise awareness of the need to secure your data and protect yourself from online scams and financial harm. There are helpful links to appropriate websites which will provide a more guidance. <https://sway.office.com/6NllazsE5cC1dzCY?ref=Link> An Easy Read version is attached to this newsletter. Our May awareness raising document will focus on 'How to Avoid Rogue Traders'.



SCAM PARTNERSHIP A new national partnership will be established to tackle the significant on-going threat of scams, amid concerns of a rise in this criminal activity among fraudsters during the coronavirus (COVID-19) pandemic. Find out more [here](#).

- [Friends Against Scams booklet](#) - Help to manage finances and avoid scams for people at risk and those who support them
- Action Fraud provides the [latest fraud news and alerts](#).
- The latest 'CyberScotland Bulletin' is available to view [here](#). The CyberScotland Bulletin is designed to provide you with information about the latest threats, scams, news and updates covering cyber security and cyber resilience topics.
- Trading Standards Scotland warn of Covid-19 related scams in their latest edition of [Scam Share](#).
- <https://havebeenpwned.com/> - check if your phone has been in a data breach.



ROYAL MAIL POSTAGE SCAM Millions of people have been sent text messages from scammers posing as Royal Mail claiming a parcel is awaiting delivery but a "settlement" must first be paid. The messages include a link to a fraudulent Royal Mail website which asks the recipient to enter their bank details to release their parcel. Royal Mail will only ever contact you via text or email if a customs fee is due, not for domestic parcel delivery. If you have any suspicions, contact Royal Mail to verify before you click any links or share details. These types of scams come in many forms, not just via text but also in emails and through the phone. People are encouraged to report scams to Action Fraud, or for email scams contact the National Cyber Security Centre by emailing report@phishing.gov.uk.

- Don't assume anyone is who they say they are – either by email, text, on the phone, or voicemail.
- Be cautious if a phone call or voicemail, email or text message asks you to make a payment, log in to an online account or offers you a deal.
- If in doubt, check it's genuine by asking the company itself. Never call numbers or follow links provided in suspicious emails; find the official website or customer support number using a separate browser and search engine.



NEED HELP WITH MONEY AND BENEFITS? More and more people are finding things tough financially, especially as a result of Covid-19, and for anyone facing a change to benefits or income, it can be even harder. Fife Council, in partnership with other organisations including Citizens Advice and Rights Fife (CARF) and Cosy Kingdom, are on hand to help. Find out more [here](#) or call CARF on 0345 1400 095.



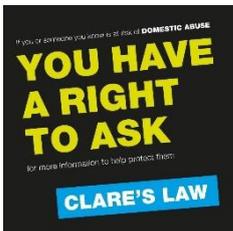
LAUNCH OF NATIONAL HATE CRIME CHARTER

The Hate Crime charter was developed by [Disability Equality Scotland](#) in partnership with [Transport Scotland](#), the [South-East Scotland Transport Partnership](#), [People First \(Scotland\)](#), [Police Scotland](#) and [British Transport Police](#). It aims to encourage transport providers, members of the public and other services to support a zero-tolerance approach to hate crime on Scotland’s public transport network. The Charter is supported by a short, animated video and a

campaign poster, which incorporates a series of easy read images to highlight the key messages of the Charter. You can find out more and sign up to support the Charter [here](#).

A new Hate Crime Bill was passed by the Scottish Government in March. The [latest official statistics](#) show Police Scotland recorded 6,448 hate crimes in 2019-20. Find out more about the Bill [here](#).

Fife Adult Support and Protection Committee has information on Disability Hate Crime [here](#).



DOMESTIC ABUSE A study has found that disabled people are nearly 3 times as likely to experience domestic abuse as non-disabled people. Find out more [here](#).

The Disclosure Scheme for Domestic Abuse Scotland (sometimes called Clare’s Law) lets you check with the police if your partner or someone you know (in a professional or personal capacity) is in a relationship with someone with a history of domestic abuse. Click [HERE](#) to access the Police Scotland form. There are other specialist agencies who can help:



- Fife Women’s Aid are available on 0808 802 5555, 24/7. Click [HERE](#) for further information
- Shakti Women's Aid (Fife) is available on 0808 802 5555, 24/7. Click [HERE](#) for more information



- Domestic Abuse Investigation Unit/Child Protection can be contacted on 101
- ‘Safe, Secure and Supported at Home’ can help arrange a home safety visit. Click [HERE](#) for information
- Saje Scotland are available on 07909 482279 or 07887 248354 or you can email info@sajescotland.org. Click [HERE](#) to contact Saje



If you think you or your children are in immediate danger of being hurt, phone the police on 999. Staff training information from Fife Violence Against Women Partnership is available [HERE](#).



NATIONAL STALKING AWARENESS WEEK National Stalking Awareness Week 2021 will focus on changes in perpetrator behaviour since the outbreak of Covid-19, notably a rise in cyber stalking. You can follow this campaign using the hashtags #NSAW2021 #UnmaskingStalking. Find out more including reports and podcasts [here](#). Find more information on stalking on the [Police Scotland website](#). If you think you are being stalked or are suffering harassment, please report it to Police Scotland. You can do this at your local police station, by phoning 101, reporting online or calling 999 if it is an emergency.

Advice if you think you might be a victim of stalking.

- Report it to the police
- Do not interact with the person stalking you
- Take a mobile telephone with you when you go out
- Have your keys ready for when you reach your front door
- Fit a home alarm system or carry a personal attack alarm
- Change your online passwords regularly and look after your privacy settings. Do not share personal information with a stranger
- Set a pin or password on your mobile devices
- Turn off GPS and locating tagging on your mobile devices
- If you think you are being followed, head to a public place, a shop or your nearest police station.

[National Stalking Helpline](#) 0808 802 0300 advice@stalkinghelpline.org

[Action Against Stalking](#)

[Scottish Women's Rights Centre](#) (free legal advice) 08088 010 789 (Open every Wednesday 1330 – 1630)

[Protection Against Stalking \(PAS\)](#) - info@protectionagainststalking.org



FIRE AND RESCUE SERVICE ADVICE ON USE OF EMOLLIENT PRODUCTS Attached to this newsletter is guidance on the safe use of emollient products which also includes details for householders to request a home fire safety visit (HFSV) from the Fire Service. If Partners wish to refer for a HFSV, the Partner referral guidance is also attached.



FENTANYL ALERT Fife Alcohol and Drug Partnership has received an alert about the possibility of fentanyl contaminated pills, sold as street Valium, circulating in the Cardenden area of Fife. Fentanyl is a synthetic opioid drug that is far more potent than heroin. Due to the strength of fentanyl and the increased likelihood of overdose and death, all services are asked to be vigilant and report any intelligence to the ADP using the attached template. Like other opioids, fentanyl overdose can be reversed by using naloxone. Naloxone kits are free, and a list of services who offer them is attached. Kits can also be acquired by phoning We Are With You on 01333 433636. Common signs of opioid overdose are outlined here: <https://harmreduction.org/issues/overdose-prevention/overview/overdose-basics/recognizing-opioid-overdose/>



THE WELL Please find attached information relating to the services currently being offered by The Well. The Well allows people to speak to Health and Social Care professionals and discuss any enquiries in relation to their health and wellbeing. People can speak to social work staff, local area coordinators, self-directed support advisors, and benefits advisors. For further information in relation to The Well, please email: Aleksandra.Atanasova@fife.gov.uk



MENTAL HEALTH Women's Wellbeing Club provides a safe community space for women in Fife who are struggling with mental health issues. The club, which usually operates out of Collydean Community Centre, has moved online due to the pandemic. The club offers support and friendship to any woman, whether they needed a safe place to chat, or just the support of being with like-minded people in the local area. Find out more at: <https://www.facebook.com/womenswellbeingclubglenrothes> or email: info@womenswellbeingclub.co.uk



AGE SCOTLAND has [produced guides](#) covering different aspects of mental health and keeping well. You can call the Age Scotland helpline free on 0800 12 44 222 Monday to Friday 9am-5pm to ask for copies to be posted to you for free.



SAMARITANS ADVICE The coronavirus pandemic is affecting the way many of us live our lives, and it's normal that this will affect people's mental health. [The Samaritans](#) have some tips and resources that might be helpful.

SUICIDE PREVENTION IN FIFE Scotland's national suicide prevention action plan 'Every Life Matters' works towards a vision where suicide is preventable in Scotland. The plan aims to make help and support available to anyone contemplating suicide and for those who have lost a loved one to suicide. In Fife, we are also working towards this vision. Find out more [here](#).



NEW WEBSITE FROM SCOTTISH RECOVERY NETWORK Full of [free resources, ideas and insights](#), their new website has been created to help groups, organisations, communities and services develop recovery focused mental health support powered by lived experience.

INTERNET SAFETY

ACCESSIBLE CYBER SECURITY INFORMATION Lead Scotland is working with a range of partners to commission and develop 16 new alternative formats of online safety and security messaging for people who might find current messaging inaccessible. In line with the goals of the Scottish Government's new [Strategic Framework](#) for a Cyber Resilient Scotland, this work will translate the National Cyber Security Centre's [6 ways to improve your online security](#) messaging into these alternative formats. The alternative formats will be available on the [new CyberScotland portal](#).

DIGITAL BUDDIES [Outside The Box](#) started the Digital Buddies project during the coronavirus pandemic to enable older people to connect digitally with friends, family, groups & the wider world. Check out their information for [useful advice on using a tablet device](#).

To catch up on previous adult protection news, read previous editions

- [Adult Protection Newsletter - January 2021](#)
- [Adult Protection Newsletter - February 2021](#)
- [Adult Protection Newsletter - March 2021](#)

And find all information online at: www.fife.gov.uk/adultprotection



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 |