



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



FIFE ADULT SUPPORT AND PROTECTION COMMITTEE met on 6 May using video conferencing to ensure the work of the Committee continues. The minutes will be available at www.fife.gov.uk/adultprotection in due course.



ADDITIONAL GUIDANCE TO THE ADULT SUPPORT AND PROTECTION CODE OF PRACTICE This [additional guidance](#) has been published in relation to the current Covid-19 outbreak. It supports local decisions and the development of local guidance around safe, effective and proportionate adult support and protection activity at this time. The guidance will be kept under review and updated as the pandemic develops.



STAYING SAFE AND KEEPING WELL is a [leaflet created by Fife Adult Support and Protection Committee](#) reminding people of vital sources of support during this difficult time, particularly people. The leaflet is being distributed by Fife Voluntary Action's Helping Hands volunteers, Meals on Wheels, Home Care and Community Learning and Development. To request paper copies please email: shona.mcewan@fife.gov.uk



It is also available in [British Sign Language](#). Find more BSL info on [Fife Deaf Communication Service YouTube channel](#) subscribe for regular updates and check out their [Adult Protection playlist](#).



SHUT OUT THE SCAMMERS While public services, community groups and volunteers are providing incredible support for those who need it, we ask everyone to stay alert and protect yourself from fraud and scams. We know that criminals are using the Coronavirus outbreak as an opportunity to target vulnerable people but you can help yourself to stay safe by [following this advice from Fife Adult Support and Protection Committee](#). The information is available in BSL [here](#).



You can find additional advice from <http://nationwide.co.uk/fraudawareness> and follow the [Scam Share information](#) at Trading Standards Scotland. Sign up for the Scam Share newsletter [here](#). The Scottish Government Cyber Resilience Unit has information and tips [here](#).



NATIONAL ADULT PROTECTION WEBSITE The National Adult Protection Coordinator has launched a [website](#) on which all adult protection related documents distributed to the network regarding Covid-19 have been uploaded. This will be updated as new information is available.



DOMESTIC ABUSE AND CHILD WELFARE [Guidance on how to tackle domestic abuse](#) and protect children has been published as the risk continues to intensify in lockdown. The Scottish Association of Social Work has published the guidance in collaboration with Scottish Women's Aid and Safer Families Edinburgh.



SCOTTISH LEARNING DISABILITY WEEK is 18-24th May and we'd like to take the opportunity to remind you of the vast array of adult protection easy read information available at: www.fife.gov.uk/adultprotectioneasyread. Find out more about Learning Disability Week on the [SCLD website](#). You can also find a wide range of easy read information on the [People First Scotland website](#) including their new booklets on [furloughing](#), and [coronavirus and social care support](#).



SCOTTISH COMMISSION FOR LEARNING DISABILITY have updated their [Coronavirus information hub](#) to include a [series of guided self-help booklets](#), an easy read version of the [First Minister's recent letter and information leaflet](#), a link to the [Clinical Guide](#) for all staff supporting patients with a learning disability and/or autism, a printable [postcard for people and their family/carers](#) on their rights if they need to go to hospital. You can also access their [Google Drive](#) for more information.



THE RIGHTS OF PEOPLE WITH A LEARNING DISABILITY Enable Scotland has worked with the police and Scottish Government to reassure its members about their rights during the coronavirus lockdown. The charity has a [downloadable digital image](#) which can be saved to a smartphone, and clearly states the right of people who have a learning disability to exercise outwith their local area if they need to.



VOLUNTEER SHOPPING CARDS Volunteer shoppers have become essential for many elderly and vulnerable people staying at home under lockdown guidelines. Which? [has useful information about the different ways to pay volunteers](#) and has tips to help you stay safe from scammers. Also check with your bank to see if they can provide a 'Companion card'.



FREEDOM PROGRAMME ONLINE The 12 week course is for any woman interested in learning more about the effects of domestic abuse and for women who experience or have experienced domestic abuse. Courses are taking place online via Zoom video conferencing and support can be provided to set Zoom up. For more information or to refer call: **07909 482279** or **07887 248354**, email: info@sajescotland.org or go online to: www.SajeScotland.org



GIVE YOUR VIEWS TO POLICE SCOTLAND During the Coronavirus period, Police Scotland are using survey feedback to shape how they do things to provide an appropriate response for communities across Scotland. The survey is confidential. Fill out the online survey [here](#) where there is also an easy read version at the bottom of the webpage.



FIRE SAFETY The [Scottish Fire and Rescue Service](#) have a useful '[Supporting Fire Safety in the home](#)' leaflet for carers. Many of us know a friend, relative, neighbour or client, often living alone, who could be vulnerable from fire. Refer them for a [Home Fire Safety Visit](#) by calling call 0800 0731 999 or text 'FIRE' to 80800. Advice will be provided by phone or email until home visits can safely recommence. For advice in BSL go online [here](#).



VIDEO CONFERENCING If you have concerns about using video conferencing get advice and information about the most popular services from [this guide from the UK Safer Internet Centre](#) so you can see what would work best for you or your children.



MENTAL HEALTH AWARENESS WEEK is 18-24 May with the theme of 'kindness'. Find more information on the [See Me Scotland webpage](#) and remember it's ok not to be ok. **SAMARITANS SELF-HELP APP** [Samaritans Scotland](#) have launched a new app that offers people practical ways to cope and stay safe if they're going through a difficult time. Find out how to download the app [here](#). Samaritans also have information [if you're worried about your mental health](#) during the Coronavirus outbreak, or need advice on [how to reach out to someone](#) and help them feel less isolated.



Mental health services are still available by telephone, e-mail and on-line

Fife Employment Access Trust telephone and on-line support info@fear.org.uk https://fifeemploymentaccesstrust.com https://www.facebook.com/fifeemployementaccesstrust	SAMS CAFE telephone support Wednesday, Friday, Saturday and Sunday 2 – 10pm 07971892886 or 07725214012 www.samscafe.org.uk	SUPPORT IN MIND SCOTLAND telephone and on-line support 01592 268388 fifeservices@supportinmindscotland.org.uk www.supportinmindscotland.org.uk
ACCESS THERAPY on-line support https://www.accesstherapiesfife.scot.nhs.uk	PENUMBRA telephone support Self-Harm Project 01383 747 788 Supported Housing 01383 728 46	Lead Scotland Fife Befriending Project telephone support 07950 771875 landree@lead.org.uk

Coronavirus information and updates 

MENTAL HEALTH RESOURCES

- British Sign Language [resources](#).
- [National Wellbeing Hub](#) for people working in Health and Social Care - information, resources and support to help you at work and at home.
- Healthier Scotland have created the [Clear Your Head website](#) to explain that it's ok to not feel yourself right now, and to provide tips to help get you through it. Fife Health Promotion have developed [a Resource Pack to support the campaign across Fife](#).
- Fife Child and Adolescent Mental Health services have created the online [Hands On Scotland](#) resource with resources that may be helpful for young people at this time.
- Outside the Box resources include information for [supporting people with mental health issues](#), [community resources for keeping well and finding support](#), and [tips and tricks for working from home](#).
- Access NHS Fife's Moodcafe site, at <https://www.moodcafe.co.uk/>
- Search 'NHS Fife Psychology' in the search bar of YouTube, then subscribe to the channel, to find helpful videos on how to manage stress.
- [Bloom Resource Library](#) - tools and resources to help you confidently engage in conversations about mental health, emotional wellbeing and resilience.
- Using [Talking Mats remotely](#).



SAMARITANS A new report from [Samaritans](#) about [less well-off middle-aged men and suicide](#) focuses on the lived experiences of men, the challenges they face, and what they need from support services when they're struggling to cope. It is the first of two connected reports. The second will be released later this year and will set out recommendations of how services can engage and support men earlier, before they reach crisis.



SUICIDE PREVENTION TRAINING The Zero Suicide Alliance have a [free online training module](#) which shows how you can help people who might be contemplating suicide by bringing up the subject and offering support. The course is available to everyone and is accessible without any kind of registration or login. It takes around 20 minutes to complete.



If you are feeling suicidal, the best thing you can do is talk. Call Breathing Space on: 0800 838587 (www.breathingspace.scot) or the Samaritans on: 116 123 (or email: jo@samaritans.org) or speak to someone you trust. If you need help now, call 999. Don't try to cope alone.

For advice in British Sign Language go online [here](#).



HOURLASS SCOTLAND have a Telephone Befriending service for isolated older people during the current COVID-19 crisis. Volunteers can also deliver a shopping bag of food, toiletries and other essentials to older people in isolation, in Dunfermline and West Fife. There is no charge for the food or the delivery. If you, or someone you know, would benefit from either of these services call: 07496323801 or email: colin.scott@wearehourglass.org.



Addiction services are still available by telephone, e-mail and on-line

<p>ADAPT telephone and on-line support</p> <p>☎ 01592 321321 ✉ enquiries@fife-alcohol-support.org.uk 🌐 www.fassaction.org.uk/index.php/adapt</p>	<p>FASS telephone and on-line support</p> <p>☎ 01592 585960 ✉ enquiries@fassaction.org.uk 🌐 www.fassaction.org.uk</p>	<p>NHS ADDICTIONS telephone support</p> <p>☎ 01592 716446</p>
<p>DAPL telephone and on-line support</p> <p>☎ 01333 422277 ✉ enquiries@dapl.net 🌐 www.dapl.net</p>	<p>FIRST telephone and on-line support</p> <p>☎ 01592 585960 ✉ enquiries@firstforfife.co.uk 🌐 www.firstforfife.co.uk</p>	<p>CLUED-UP telephone and on-line support</p> <p>☎ 01592 858 248 ✉ info@cluedup-rpoejct.org.uk 🌐 www.cluedup-project.org.uk</p>

Coronavirus information and updates 



Alcoholics Anonymous online meetings. [Fife Intergroup](#).

Narcotics Anonymous [Online Meetings](#)

Cocaine Anonymous Scotland Online Meetings: <https://casotland.org.uk/covid19>



SMART Recovery Online Meetings: <https://smartrecovery.org.uk/online-meetings/>



FINANCIAL WORRIES If you have worries about how Coronavirus will affect your finances, take a look at the [StepChange](#) website for advice and support.



ONLINE BULLYING The [respectme](#) team has responded to concerns about the potential for increased online bullying and developed resources for children, young people and adults at risk of harm. This includes [a hints and tips sheet](#), a [YouTube video playlist](#) and [guidance](#).



EQUALITIES AND HUMAN RIGHTS The Equalities and Human Rights Committee has launched an inquiry into the impact of the COVID-19 pandemic on equalities and human rights. Find out more [here](#) and submit your response [here](#).



THE SCOTTISH COMMISSION ON LEARNING DISABILITY have a [statement](#) about refocusing their work to best support the human rights of people with learning disabilities in line with Inclusion Europe's '[5 Steps to Prevent Harm to People with Intellectual Disabilities and their Families in the Coronavirus Emergency](#)'.



CHILD SEXUAL ABUSE ONLINE The [Pixels from a crime scene podcast](#) from the Internet Watch Foundation gives information from victims, police, charities, experts, and even the criminals at the frontline of the global battle to combat the online spread of images and videos of child sexual abuse. Fife Adult Support and Protection Committee have a range of internet safety easy read materials available at



[www.fife.gov.uk/adultprotection](#) easy read including booklets created in partnership with [Stop It Now! Scotland](#) about [grooming, sexting and sharing images](#), and '[What am I looking at online?](#)' gives advice to adults at risk of internet offending as a consequence of accessing and distributing child abuse imagery, when their understanding of the implications of their actions is limited or absent due to a learning disability or problem with cognition.

If you've seen something, say something.

Call the Adult Protection Phone Line on 01383 602200.

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