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Fifelife

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Make the most of Fife this Winter

During the winter months why not take the time to discover what's available on your doorstep?

Fife's towns and villages have lots to do all year round and in the run up to the Festive period and over the winter months there are plenty of choices whether you want to shop, enjoy some seasonal activities or maybe take some time out.

Alongside the usual high street stores you'll find many independent shops and markets selling a great range of goods from locally made arts and crafts to delicious food and drink produced right here in the Kingdom.

See page 2 for more ideas on making the most of Fife.

Falkland is the ideal place for some festive cheer. The Palace is transformed for the Midwinter Lights & Festive Market 17/18 December and there are some lovely shops in the village.

Published by Fife's Community Planning Partners: Fife Council, NHS Fife, Police Scotland, Skills Development Scotland, Fife Voluntary Action, SEStrans, Fife College and St Andrews University. To find out more, visit www.fifedirect.org.uk

Helping to make Fife a great place to live, work and visit!

Fifelife

Enquiries

For any enquiries regarding Fifelife, or if you would like to request a version in an alternative format, please contact us using the following options:

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Contents

HAVING PROBLEMS?

We're continuing to work on improving the digital version of Fifelife for you however there are some interactive features such as video or buttons that may not work on all browsers.

Is your PDF reader up to date? - Pdf readers such as 'Adobe Reader' are constantly changing, check to make sure you have the most current version.

Use a different browser - Not all browsers support some of the features contained within interactive PDF's and using an alternative browser may help.

Save Fifelife to your computer - Saving the PDF to your computer or mobile device means you can open the pdf directly through your PDF reader without going through your browser.

In the meantime, we hope you find Fifelife interesting and informative.

Translation service

Arabic, Bengali, Cantonese, Polish and Urdu translations are available on request.

للأخبار من فايف كومينيتي بلانينج بارتنز بالعربية اتصل 03451 555577 (تكلفة المكالمة من 2 إلى 7 بنس لكل دقيقة من الخطوط الأرضية في المملكة المتحدة, تكلفة الخطوط الجواله متغيرة)

ফাইফ কমিউনিটি প্ল্যানিং পার্টনার্স এর খবরাখবর বাংলায় পেতে চাইলে 03451 555599 এ নাম্বারে ফোন করুন। (কলের জন্য ইউকে ল্যান্ডলাইন থেকে প্রতি মিনিটে ২ থেকে ৭পি খরচ হবে, মোবাইলের রোট ভিন্ন হতে পারে।)

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Najnowsze wiadomości z organizacji stowarzyszonych w ramach planowania na rzecz społeczności Fife można uzyskać w języku polskim pod numerem 03451 555544 (koszt połączenia 2-7p za min z brytyjskich telefonów stacjonarnych, koszty połączeń z telefonów komórkowych mogą być różne).

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contact.centre@fife.gov.uk
or SMS: 07781 480 185



If you are having problems viewing video on your mobile device, click on the YouTube symbol to view the video online.

(continued from page 1)

Make the most of Fife this winter

This winter why not stay local and enjoy everything Fife has to offer?

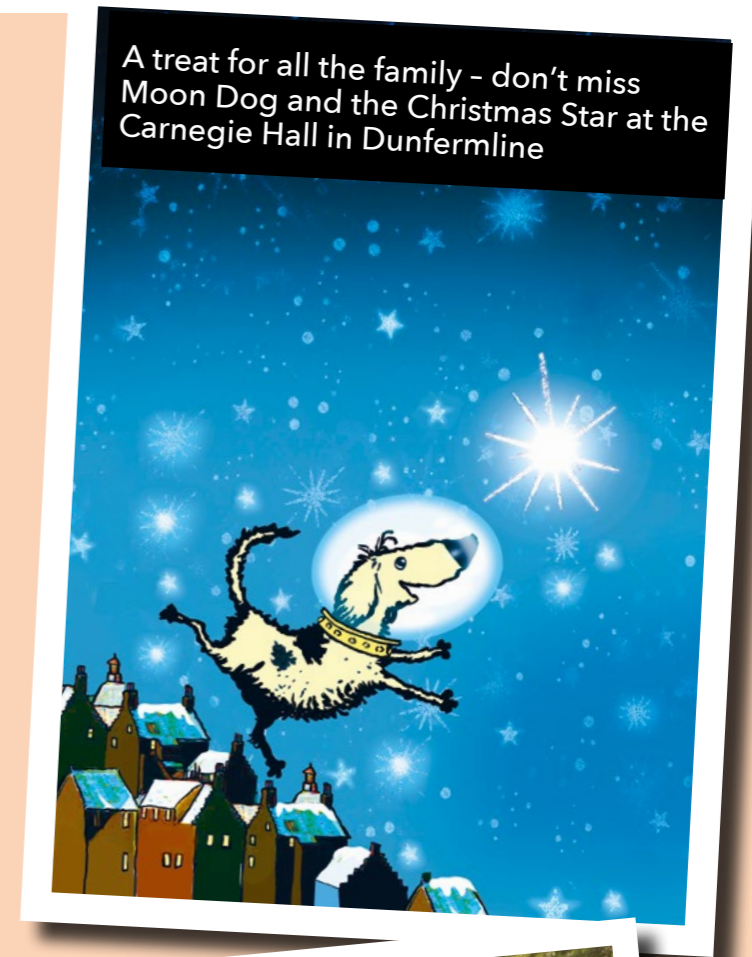
For leisure time there is a thriving arts scene with theatre shows from traditional pantomimes to top comedians, all types of music, and some great galleries and museums, many of which are free. ONfife has a packed programme over the winter (at its theatres, museums and galleries). This year the Carnegie Hall in Dunfermline has a magical show for younger children, Moon Dog and the Christmas Star.

If the weather's fair a walk is a great way to get some fresh air and exercise. We're lucky to have some charming towns and villages which are well worth a visit for a wander and a wee stop for a winter warmer.

Fife is also becoming increasingly known for its food and drink. If you want to prepare your own there are some great suppliers now from local grocers to farm shops and farmers markets. If you prefer to eat out there is a great choice of places for all tastes and budgets.

Fife Farmers' Market, voted as Best Scottish Farmers' Market 2016 at The Scottish Independent Retailers Awards, is on most Saturdays throughout the year in Cupar, Dunfermline, Kirkcaldy and St Andrews.

 For more ideas and information visit www.welcometofife.com



Curtains open on theatre's first dementia and autism friendly pantomime

Festive entertainment

The Adam Smith Theatre in Kirkcaldy is set to present its first ever dementia and autism friendly pantomime performance this winter, with a special showing of *Cinderella* that's been adapted specifically for older people and those with additional needs.

Audiences can expect all the thrills and laughter of a typical pantomime at the special showing on Friday, 6 January, with the added comfort of softened stage action, lighting and sound cues.

The performance is also suitable for children and young adults with additional support needs and can be booked individually or in groups.

This year's show, which promises lots of song and dance, exciting costumes and slapstick comedy, is being performed by Imagine Theatre, whose cast includes two funny dames as the ugly step sisters - both of whom have appeared in BBC TV's *Still Game*.

  Tickets can be booked at www.onfife.com/cinderella or by calling the Box Office on 01592 583302.



Make sure you're prepared for winter weather!

Winter advice

Winter is a busy time for all of us.

But don't forget as well as everything else going on, it's also important to be prepared and ready for winter weather too.

You can plan ahead by staying informed - and there's some really simple ways to do that.

Before any severe weather hits, make sure you do these three things to get the important information you'll need:

Go online to www.fifedirect.org.uk/winter - get the information you need earlier by signing up for personal emails or text alerts to find out about school

or facility closures. There's also plenty of advice on how to prepare whether at home, in the car and in your community.

Follow Fife Council on Facebook and Twitter. All winter updates will appear as they happen, direct to your mobile phone or computer.

Tune in to your local radio stations: Kingdom FM (95.2 & 96.1), Forth One (97.3) and Tay FM (96.4 & 102.8) will have all the latest updates. Individual school closures are broadcast when the decision is made not to open. The head teacher will make the final decision whether or not to open the school during severe weather. This decision will be made with as much notice as possible. You can keep up to date on

what's happening on TV too on Sky channel 539 (press the red button) and Virgin Media channel 233 (press the red button).

If you need to report weather related road issues, speak to an advisor by calling us on 03451 550011 from Mon-Fri, 8am 'til 6pm (Option 3 for Transportation/Road Faults) or 03451 550099 between 6pm-8am on weekdays, at weekends & on public holidays. For all information on winter in Fife go to **www.fifedirect.org.uk/winter**

The council has also been busy planning ahead for winter and is committed to keeping the Kingdom moving despite the weather.

What steps does the council take to keep the Kingdom moving and Fife's roads safe?

The council starts planning ahead for winter in the summer months to ensure that everything is in place.

Key staff will be working 24 hours a day, seven days a week to keep our road network open.

The council's winter fleet includes:

- 52 vehicles ready to treat Fife's roads
- 40 mini-tractors to clear and grit footpaths
- A current total stock of salt of nearly 25,700 tonnes with another 4000 tonnes ordered for delivery in December

When weather is extremely bad, the council also has access to up to 1000 personnel to work on the road network and we also have arrangements for external resources, plant and equipment.



Get ready for winter!

Follow our tips to keep warm and well this winter – a little preparation can make a big difference.

- **Keep Warm** - set your heating to the right temperature (18-21C or 64-70F), to keep your home warm and your bills as low as possible
- **Eat Well** - try to make sure you have hot meals and hot drinks throughout the day. Keep your cupboard stocked with essentials such as tinned soup or longlife milk
- **Get Financial Support** - you may be entitled to grants, benefits, or advice to make your home energy efficient, improve heating or help with bills. Check you are claiming all the benefits you are entitled to
- **Look After Yourself and Others** - look out for older or disabled neighbours or relatives during winter to make sure they are safe and well
- **Stay in touch** - you can find all the latest winter information at www.fifedirect.org.uk/winter as well as updates on service closures, disruption and roads

Looking after yourself

We all hope to avoid coughs, colds, slips and falls and by keeping a well stocked medicine cabinet you'll be able to treat minor illnesses and injuries yourself.

Your medicine cabinet could include:

- **Medicines for pain relief and high temperature**
- **Cough and cold remedies**
- **Plasters and antiseptic for minor cuts and grazes**
- **Medicines for indigestion relief**

Your local pharmacy can also offer expert advice and information on medication and general healthcare.

If you need regular prescriptions ensure you have enough over the festive holiday period. There's no need to over-order - just make sure you have what you need.

 **For further information on choosing the right healthcare service for your needs visit**
www.nhsfife.org/knowwhototurnto



Don't risk it - protect yourself against flu

Health advice

Flu can be more serious than you think. More than just a bad cold, flu can make you feel very unwell and in some cases causes serious complications.

Every year in Scotland, two thirds of people who get severe flu and need intensive care treatment have a health condition such as chronic lung or heart disease.

The best defence against flu is to have this year's flu vaccine - it's the safest and most effective way of protecting yourself.

You are eligible to receive the free flu vaccination if you are:

- Aged 65 or over
- Have a health condition which puts you in the 'at risk' group eg heart or lung problems
- Are a pregnant woman
- Are an unpaid carer of any age
- Work in health care

The seasonal flu vaccination protects against this year's circulating viruses and will protect you from flu for around a year.

Contact your GP practice to book an appointment. The vaccination takes around 10 days to work and should protect you from flu for around a year.

For further information on the flu vaccination visit www.immunisationscotland.org.uk



Flu.
I'm Ready
For You.

Reduce your risk of getting norovirus

Health advice

Norovirus can be caught at any time of the year, though it's more common in the winter.

Also known as 'the winter vomiting bug' it spreads easily and can affect anyone of any age, causing vomiting and diarrhoea. Other symptoms include mild fever, headaches, stomach cramps and aching limbs.

Although unpleasant, it's not usually dangerous. There's no cure, you just have to let the bug run its course and avoid contact with other people until you feel better. That usually takes just a few days.

If you do become unwell with norovirus:

- Stay at home until you no longer have symptoms for 2 - 3 days
- Drink plenty of liquid to prevent dehydration, water is best
- Take plenty of rest
- Avoid preparing food for your family until you no longer have symptoms
- Don't visit friends and relatives if you feel unwell - you can still be infectious up to 48 hours after your symptoms go.

It's especially important to avoid visiting anyone in a hospital or care home, as norovirus is more serious for people who are already ill.

Hospitals and care homes may temporarily suspend visiting in certain areas if norovirus is about. This is to stop the virus spreading - especially to ill or elderly people.

 For further information on norovirus visit www.nhsinform.co.uk

Wash your hands with soap and water.



Don't share towels, flannels or toothbrushes.



Lower your risk of getting norovirus

Keep household surfaces clean.



Rinse fruit and vegetables well before eating them.



Don't spread it. If you get ill, stay at home.
#NoToNorovirus www.nhsinform.co.uk/norovirus

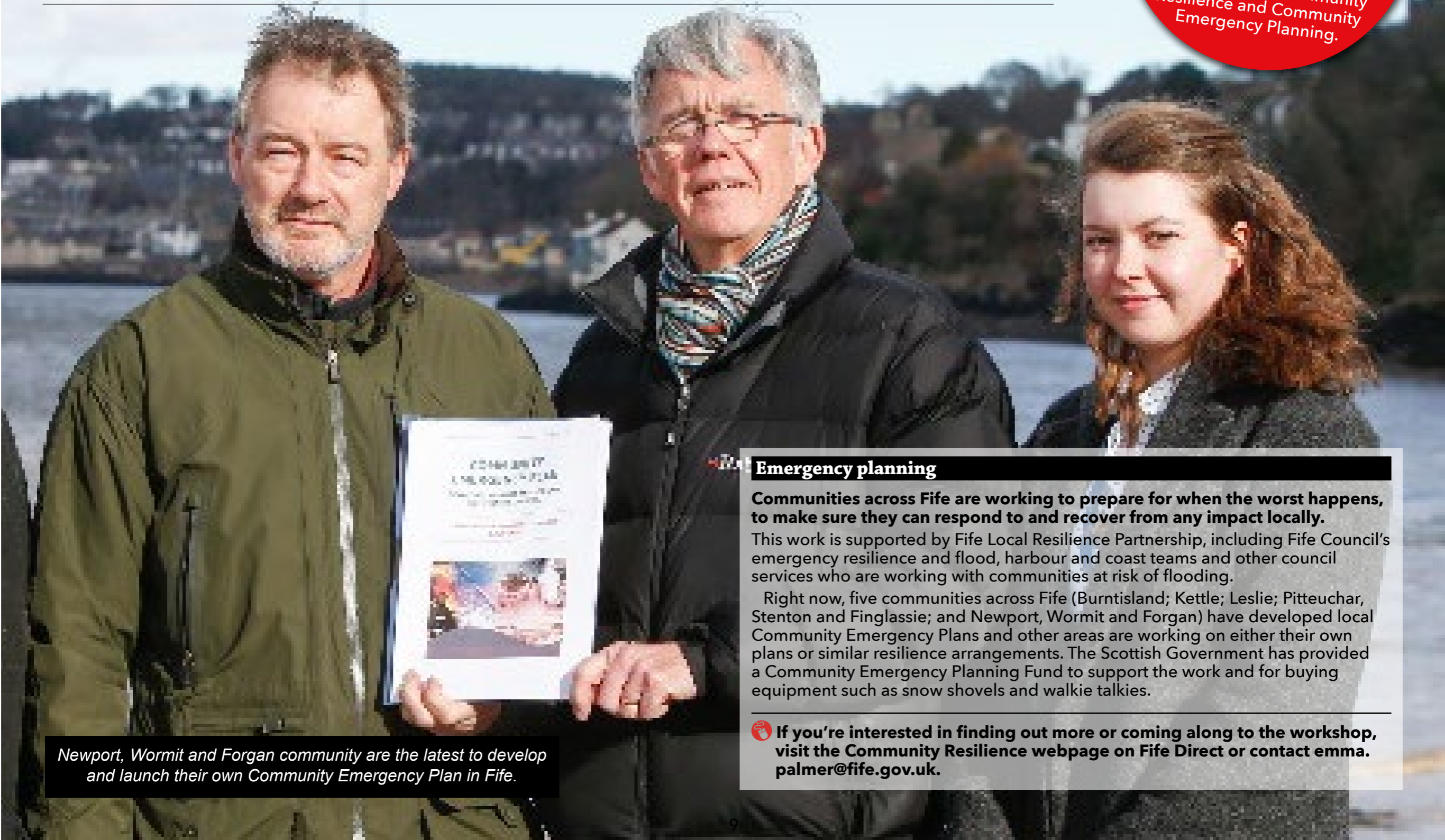


Communities prepare for emergencies

It's a fact of life that emergencies and disruptions happen, and local communities are often the first to be affected.

Get involved!

The Fife Local Resilience Partnership Community Resilience Workshop on January 20, 2017 is a great opportunity to find out more about Community Resilience and Community Emergency Planning.



Emergency planning

Communities across Fife are working to prepare for when the worst happens, to make sure they can respond to and recover from any impact locally.

This work is supported by Fife Local Resilience Partnership, including Fife Council's emergency resilience and flood, harbour and coast teams and other council services who are working with communities at risk of flooding.

Right now, five communities across Fife (Burntisland; Kettle; Leslie; Pitteuchar, Stenton and Finglassie; and Newport, Wormit and Forgan) have developed local Community Emergency Plans and other areas are working on either their own plans or similar resilience arrangements. The Scottish Government has provided a Community Emergency Planning Fund to support the work and for buying equipment such as snow shovels and walkie talkies.

Newport, Wormit and Forgan community are the latest to develop and launch their own Community Emergency Plan in Fife.

If you're interested in finding out more or coming along to the workshop, visit the Community Resilience webpage on Fife Direct or contact emma.palmer@fife.gov.uk.

Ever thought of becoming a councillor?

Local democracy



With the local government (council) elections taking place on 4 May 2017, do you have what it takes to make a difference to people's lives and your local community?

Even if you don't belong to a political party you can become a councillor. 1 in 6 Scottish councillors are independent.

Although being a councillor is a time consuming and responsible job it's also very rewarding. You'll need to balance your time between working in your community and in the council. Also, if you have a 'day job' you'll need to fit being a councillor alongside that but there's plenty of support available.

In May, Fifiers will elect three or four councillors to represent their 'ward'. In total 75 councillors will be elected across Fife. Although most councillors live in Fife, you don't have to live in the ward that you're standing for election in, but you must meet one of the four criteria below to be eligible to stand for election in Fife:

- Registered to vote in Fife
- Lived in Fife for the last 12 months
- Had your main or only place of work in Fife for the last 12 months
- Occupied any land or premises in Fife as either owner or tenant for the last 12 months

  **For more information, please visit www.fifedirect.org.uk/becomingacouncillor or call 01592 583111.**





Are you claiming benefits?

Volunteering and Benefit advice

Volunteering doesn't affect the benefits you receive, and in some cases it can be built into your claimant commitment. There's no limit on the number of hours you can volunteer, as long as you still meet the conditions attached to the benefit(s) you receive.

Jacqueline has been claiming benefits for a number of years and was referred to FVA by her adviser at the Jobcentre. She's now volunteering in retail and is developing skills she never thought she'd have:

"Volunteering has been fantastic for me, I felt isolated before and my health wasn't great. I now have a sense of purpose again and look forward to my days at the shop. The Jobcentre have been incredibly supportive of my volunteering and it hasn't ever affected the benefits I claim."

To find out more, contact Fife Voluntary Action on Freephone 0800 389 6046 (calls to this number are free from UK landlines and mobile phones), text VOL to 60777 (your standard network message rate applies), e-mail info@fifevoluntaryaction.org.uk or visit www.fifevoluntaryaction.org.uk

Get up and do something and help create a fairer Fife

Why not make a New Year's resolution this year to become a volunteer?

Volunteering

Wherever you live in Fife, there's a volunteering opportunity near you. And that doesn't just mean serving tea in a day centre or working in a local charity shop. These are great options, but there is a vast array of other interesting roles available across the Kingdom.

Fife Voluntary Action (FVA) maintains the largest database of volunteering opportunities in Fife and can help you find the perfect one.

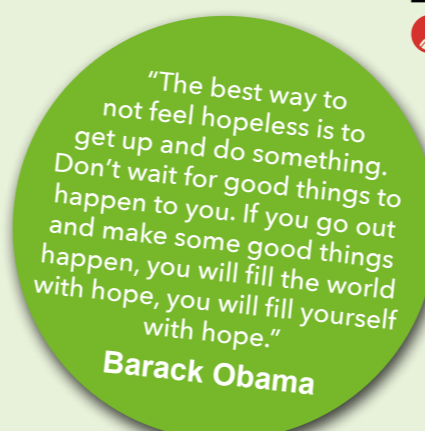
Chief Executive of FVA Kenny Murphy is leading on partnership work to help create a fairer Fife. Increasing the number of volunteers in local communities can help make that happen.

He explains: "In Fife, over 80,000 people have given their time freely to organisations in the past year. While this statistic is impressive, charities, community groups and social enterprises are always looking for extra help from the community to deliver their services.

"Whether you're looking to improve your health, become more active, gain some valuable work experience or simply put a couple of spare hours to good use, we have opportunities for you."

Options include:

- Befriending
- Conservation/gardening
- Health and hospitals
- Sports and outdoor activities
- Youth work
- Admin/office work
- Committee work
- Advice and information
- Social care and many more!



Fifers urged to help reduce medicines waste in Fife

People across Fife are being asked to play their part in reducing medicines waste, which totals around £2million every year.

Reducing wasted medicines

Everyone comes into contact with NHS services at some point - whether through regular dental check-ups, an appointment with the GP or a visit from the family Health Visitor. It's easy to take for granted that we can access the wide variety of healthcare services free at the point of need.



Be Organised this Christmas, but please DO NOT double order your prescription items. Pharmacies are open over the festive period. Medicines Waste costs NHS Fife over £2,000,000 each year

Did you know?

- NHS Fife currently spends around £110,000,000 each year on medicines
- Wasted medicines cost NHS Fife more than £2,000,000 per year - this could help pay for 92 nurses or 70 community midwives
- Prescriptions may be free but medicines are not. We all need to look after our NHS Fife and we can all play a part in helping to reduce medicines waste in Fife.

Providing such services requires considerable resources and it's crucial that this resource is spent as wisely as possible to offer the maximum benefit to the people of Fife.

So, this Christmas please only order the prescription medicines you really need. Pharmacies are open over the festive period and you can find out opening hours by visiting www.nhsfife.org

Remember not to order repeat medicines "just in case". If you run out of medicines, your local pharmacy can arrange a supply in an emergency.

Stockpiling medicines at home is also a safety risk - you can safely return any unused medicines to your local pharmacy. All medicines returned to pharmacies can't be reused - they must be disposed of, even if unopened or unused - which is why it's important to only order what you really need.

Additionally, if you have to go into hospital, take all your medicines with you so that you can use them during your stay.

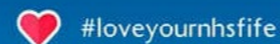
Andrea Smith, Lead Pharmacist at NHS Fife, said: "Everyone needs to think before they order repeat prescriptions and check before ordering any more. If you have any questions or issues about your medicines speak to your local pharmacist or GP - they are happy to help."

 **To view a quick video explaining the service go to: <http://bit.ly/2gpFZTv>**

Remember:

- Only order the medicines you need
- Don't order double prescriptions for Christmas
- If you go into hospital, take your medicines with you

Pharmacists are experts in medicines. With over 80 pharmacies across Fife, and many which have longer opening hours and weekend opening, pharmacies are one of the most convenient and accessible parts of the NHS.



www.nhsfife.org

Produced by the NHS Fife Communications Dept. 2016



Community Connections

Empowering and supporting people locally

Community Support

An initiative which aims to support and empower individuals who are experiencing mild to moderate levels of depression and anxiety, is proving successful across Fife.

Mental health can be a complex area and depending on different factors, medication isn't necessarily the answer.

Community Connections helps to link patients with non-clinical sources of support within the community. This includes opportunities for physical activity, volunteering and self-help, along with support with employment, benefits, housing, debt and parenting.

A key element of the initiative is the provision of a Link Nurse to assist in identifying important influences on an individual's mental health. The Link Nurse works with patients to help combat the challenges they are facing by linking them into local support networks and agencies so their mental health and wellbeing can be improved.

Operating within 9 GP practices across Fife, a Link Nurse is based within each practice. The majority of referrals are from GPs, though people can also self-refer.

The initiative involves partnership working across health, the third sector, social care and local services.

Patient feedback has been positive, with enhanced self-management of stress, improved emotional health and reductions in attendance at GPs.

Amanda (47), from West Fife, was signposted to Community Connections by her GP following the death of her mother.

She said: "When I lost my mum my whole personality changed. I put on a lot of weight, I was very anxious and I just didn't want to leave the house.

"I knew I was depressed, but I didn't want to take any tablets."

Amanda's GP suggested she spoke to Community Connections Link Nurse Linda Mercer to look at alternative support options.

Amanda continued: "It took me three attempts before

I was able to go. However, when I spoke to Linda I felt immediately at ease and knew that things could be different."

As Amanda was keen to become fitter and gain more confidence, Linda suggested a referral to a personal fitness trainer.

The weekly training sessions proved to be the catalyst that Amanda needed.

After three months of personal training, Amanda joined a gym and now goes swimming two to three times a week, swimming 50 lengths at a time.

She has regained much of her confidence and is now feeling much more positive.

Amanda said: "Without being introduced to Linda and Community Connections, I don't know where I'd be. She listened to me, she believed in me, and she encouraged me.

"I still have some way to go, but I now have the confidence to get out of the house and on with my life."

NHS Fife unveils new strategy for delivery of healthcare services

Fife's Clinical Strategy

Fife's population is expected to increase by 32,000 in the next 20 years. We are living longer thanks to advances in medicine and healthcare, but chronic conditions such as diabetes, dementia and heart disease are on the rise.

NHS Fife's Clinical Strategy sets out the plan for healthcare services in the future, responding to the changing needs of the population.

The Strategy will shape the delivery of healthcare in Fife over the next five years and beyond and has been developed following extensive consultation and input from senior clinicians, patients, carers, partner organisations and the general public.

Central to the Strategy are a number of key recommendations, including more treatments taking place as close to home as possible; increased emphasis on prevention and health improvement from a young age; and greater use of new and emerging technologies.

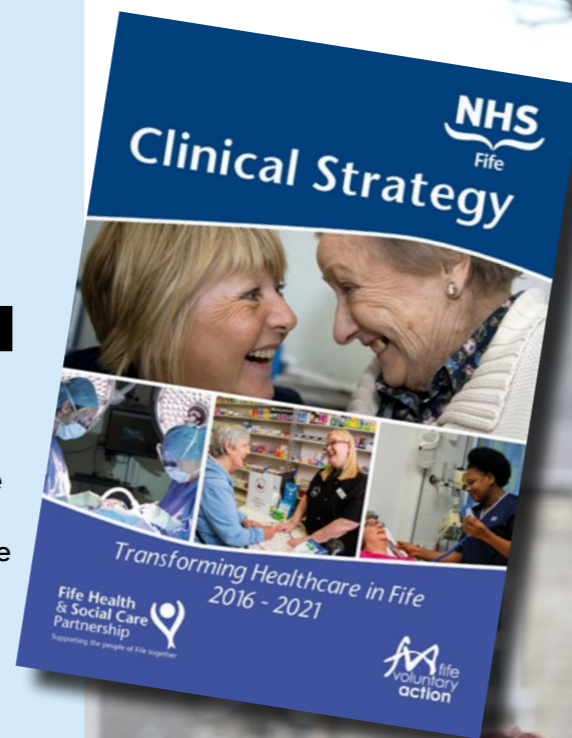
The Strategy's recommendations will:

- Treat patients as individuals and recognise that 'one size' does not fit all
- Ensure services are safe, sustainable, efficient and adaptable over time
- Ensure care is provided closer to home wherever possible
- Ensure services are joined up between primary and secondary care eg between GPs, community services and hospitals
- Provide best value by making the best use of available funding

Health and care services are facing many challenges but there are opportunities too.

By moving more care into our communities and closer to people's homes, by designing 'joined up services' that respond to individuals' needs and by embracing the opportunities afforded by technology health and care services can help the people of Fife live long and healthy lives.

 **More information on NHS Fife's Clinical Strategy can be found at www.nhsfife.org**





Keep your car smoke free

New legislation has been introduced in Scotland to protect children and young people from the harm caused by second hand smoking during car journeys.

Child Health

From the 5th December 2016, if you smoke in a car which is carrying passengers under the age of 18 you are breaking the law and could face a £100 fixed penalty fine.

Research shows that second hand smoke increases the risk of significant health problems.

Second hand smoke in cars involves higher concentrations of health-threatening chemicals than in larger, open areas. Even if the windows are open or air conditioning on, harmful particles can remain in the atmosphere long after the visible smoke has disappeared.

A range of free support is available to help you give up smoking. If you would like support or advice to help you quit call the NHS Stop Smoking helpline on 0800 025 3000.

 **For further information on the smoke-free cars campaign visit www.protectyourkids.scot**

Did you know?

- Toxic particles can reach harmful concentrations within 1 minute of lighting a cigarette in a car
- Second hand smoke contains more than 7000 chemicals
- 85% of second hand smoke is invisible and odourless
- Children are more vulnerable to second hand smoke. They have smaller airways, breathe faster, and their lungs and immune systems are still developing
- 86% of adults in Scotland support the ban on smoking in cars

Shared Lives in Fife



This is Leanne and Dot's story:

My name is Leeanne Clark and I'm supported through Shared Lives Fife which is a service caring for people who need extra help to live independently or in a family home. I have been living with Dot and her husband for nearly four years.

She says: "Dot has been a real support and encouragement to me. She has given me the time and attention I've needed to become a happier and more confident person."

I was invited to join the RSA (The Royal Society for Arts, Manufacturing and Commerce) because I am writing a book. My idea is to write a book on "my journey through life - THE REAL ME. We often hear about the negative aspects of being in care but the fact that I am writing this is proof, that sometimes that journey can be a positive and life changing."

Dot says: "I became a Shared Lives Carer so that Leeanne could come and live with me and my husband Rab. We have given her a safe place to grow and develop and watching her blossom as her speech and spelling have come on has been a pleasure. Her confidence has grown to the point where she can speak to audiences and she is rightly very proud of what she has achieved. She is rapidly developing into an adult and will soon be getting a flat of her own. I'm confident that she will cope but we are close by if she needs us."

Shared Lives

Shared Lives Fife gives adults of all ages who are affected by physical and mental health issues additional support to live in their communities.

This can be long term living in the Shared Lives Fife carers' home, or short term breaks and day support.

Carers help people who need support to live as independently as they can.

 **For more information on Shared Lives Fife check out**
[www.fifedirect.org.uk/
sharedlivesfife](http://www.fifedirect.org.uk/sharedlivesfife)

Learning skills to live independently through Supported Lodgings

Supported lodgings

Many young people experience difficulties when they move from being in care to independent living. Fife Council's Supported Lodgings Scheme is designed to make this transition easier.


The scheme is made up of Supported Lodgings Carers who provide accommodation for young people aged 16 or over. This gives them the opportunity to live in a safe and caring home where they can learn the skills to live on their own.

Fran Hunter is a Supported Lodgings carer who has helped several young people into independence. Fran invited Kirsten into her home about ten years ago and has sustained a warm friendship with her ever since.

Kirsten says; "I don't live with Fran anymore. It's been seven years since I moved out and I now have my own place, my partner and three lovely children.

But I wouldn't be where I am today without Fran. When I first moved in with Fran I didn't have much confidence and hardly came out of my room. But Fran gave me lots of encouragement and helped me get a job. She is my rock and has been there for me while I was growing up and becoming independent. We still see each other regularly and I know I can rely on her for practical help and advice and I'm very close to her."

Fran says; "I enjoy meeting up with Kirsten and the children for a catch-up and it's nice to see she is getting on so well. Young people do have their ups and downs but it's good to see them getting through it and growing up to be mature and independent."

 **If you are interested in becoming a carer or want more information on the Supported Lodgings Scheme go to www.fifedirect.org.uk/supportedlodgings.**



Initiatives help to reduce falls in hospital

Continued work to reduce the number of patients suffering harmful falls is making good progress.

Elderly care

Whilst the majority of falls lead to no harm, they can contribute to loss of confidence, longer hospital stays, and a greater chance of discharge into residential or nursing home care.


Patients in Fife are now less likely to injure themselves in a hospital fall than they were two years ago, with harmful falls reducing by 15% and falls with bone fracture declining by 40%.

NHS Fife recently introduced its acclaimed frailty assessment service at the front door of the Victoria Hospital, which is the first of its kind in Scotland.

It brings together elderly medicine consultants, nurses, physiotherapists, occupational therapists and social workers, to identify frailty early and ensure patients are treated in the most appropriate setting.

The team also meets twice a day to consider a patient's progress and the best location for them to receive their care.

In addition, smaller changes have also made a big difference. By changing the design of door handles and introducing comfort rounds, where nurses make sure each patient has access to a drink, their glasses, a properly fitted hearing aid or an assisted toilet break, NHS Fife has evolved frailty care and successfully reduced the likelihood of patients falling and injuring themselves.

 To view a quick video explaining the service go to: <http://bit.ly/2gCJu6s>



Expectant mums asked to monitor baby's pattern of movements

Pregnancy advice

Expectant mothers are being asked to be aware of their baby's pattern of movements and to seek advice if they notice a reduction in movement or have any concerns.

Reduced movement can be associated with a risk of stillbirth, with half of all women who have had a stillbirth experiencing reduction in their baby's movements.

NHS Fife's Movement Matters campaign aims to highlight the importance of recognising a baby's unique pattern of movements, whilst working with mothers to reduce risk through various support initiatives.

Most women become aware of their baby moving from around 18-20 weeks, this is often described as feeling like flutters, kicks or swishes. These movements then increase in number until around 32 weeks and stay the same until birth.

Whilst the type of movements can change as a baby increases in size or as the birth date nears, the amount of movements should remain the same.

Lorraine Philip, Inpatient Midwifery Manager, explains: "Every pregnancy is unique. If it's your first pregnancy you might not know what to expect in terms of movement, however, you'll soon get to know what is normal for your baby.

"If you already have children, you may find that your new baby is active at different times of the day or moves in a different way compared to previous pregnancies.

"Your midwife will discuss the importance of movement throughout your pregnancy, and you can expect a detailed discussion at your 24 week appointment. You will be asked about your baby's movement at every antenatal visit.

"If your baby's movement reduces it is important that you contact your maternity unit - don't be worried about getting in touch and don't put off calling, you will be seen at any time as necessary."

 For further information on antenatal care visit: www.nhsfife.org

Exciting milestone for Dunfermline's new cultural hub!

Opening countdown

The construction work on Dunfermline's new cultural facility is now complete and attention is turning to the inside of the building ahead of its opening in spring 2017!

BAM Construction Ltd recently handed the Dunfermline Carnegie Library & Galleries building over to Fife Council and a display fit out contractor is now hard at work internally to bring our new museum spaces to life. The museum's audio visual and IT software is being finalised and the mounting of the new museum's display objects onto the display plinths and into showcases will begin in early 2017.

Fife Cultural Trust will operate the facility on behalf of Fife Council. The brand new building is integrated

with the historic listed Dunfermline Carnegie Library in the heart of the Heritage Quarter. It will house a museum over two floors, three temporary exhibition galleries, a café, a new children's library and a local history, study and archives space.

The new cultural hub hopes to attract up to 280,000 visitors each year, and contribute an annual visitor spend of around at least £500,000 to the local economy.



You can keep up to date with the latest progress of the new museum and art gallery by liking the 'Dunfermline Carnegie Library & Galleries' Facebook page or following @ONatDCLG on Twitter.

Let's talk about... Your local services

Real-life challenges that affect real people

Local Services

You might be surprised by all the things the council does.

We encourage businesses to invest in Fife to create jobs and we invest in schools, apprenticeships and training schemes to help Fifiers get those jobs. We maintain roads, subsidise bus services and license taxis. We manage everything from gritters to graveyards; car parks to care homes; food hygiene to foster carers.


Demand for many services is increasing while public sector funding keeps decreasing. Despite saving over £135million in the past four years, we estimate we'll still have a budget gap of around £32m in 2017/18.

Councils everywhere are finding it hard to meet the needs of their communities at the same time as making ends meet! A three part BBC Scotland documentary "The Council" is exploring the challenges facing Scottish councils and the people who rely on their help every day, as well as some of the services we take for granted.

We let camera crews follow our employees because we hope the programme will help you understand more about your council, your local services and the funding choices facing your councillors.

"The Council" will be on BBC1 Scotland at 9pm on 7, 14 and 21 December.

 **Find out more:**
www.fifedirect.org.uk/letstalkchange

 **Tweet us your views:**
@fifecouncil #letstalkrealfife

Surviving the Festive Season

Top tips to stay safe and keep well

Christmas tips

Sometimes people find that the Christmas and New Year period is really hard. Everyone else seems to be having a great time but you're feeling worried or finding it hard to cope.

It can be difficult to deal with extra stress and keep yourself well when other people are drinking and having parties. Often the places where you get support at other times of the year have shut up for the holidays. Well you're not alone. Lots of people find the holiday period difficult.

Adult Support and Protection Committee's handy 'Surviving Christmas and New Year' guide contains useful tips and information which anyone in Fife can use when trying to cope with difficult times, along with contact details for organisations and groups that can provide support.

The Adult Support & Protection Team are encouraging people to complete a short survey so that they can create information that people will find useful. You can take part online at www.fifedirect.org.uk/adults&psurvey until 31 January 2017.

The survey is also available in other formats - contact Shona McEwan on 03451 55 55 55 ext 442134.


Tips include:

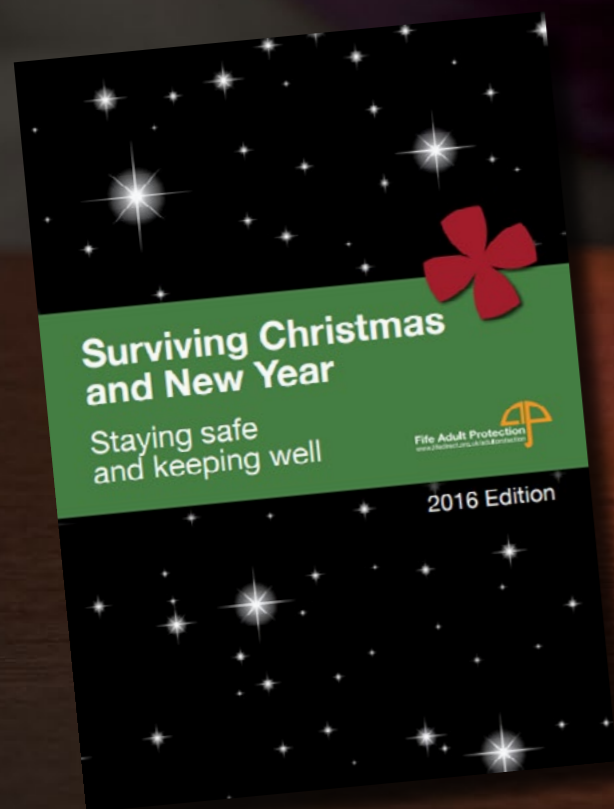
- **Don't Try to Change Anything Big** - now's not the time to start a new diet, routine or make unrealistic resolutions. Know your limits. Let go of some of the things you feel you 'have' to do or reduce them
- **Don't Try and Do Everything** - Christmas can be a very sociable time but can also be very tiring. Don't put pressure on yourself. It's ok to say 'no'
- **Don't Forget to Have Time for Yourself** - take some time to have a break and relax, just 30 minutes away will help. It's a hectic time of year so make sure you get enough sleep, eat right and get some exercise

The guide also contains suggestions on low cost or free festive activities for families, and hints on making it a special time if you're on your own.

You can download the Surviving Christmas and New Year guide from www.fifedirect.org.uk/adultprotection

The booklet is another step in raising awareness of support available in the Kingdom and ensuring people stay safe and well, now and throughout the rest of the year.

 If you, or someone you know is at risk of harm or is being neglected, call the Adult Protection Phone Line on (01383) 602200.





Foster for Fife - Help a child belong

Foster care

The Foster for Fife Choir have been performing the wonderful 'Help a Child Belong' song at events throughout Fife.

The Foster for Fife Choir came together to sing the song specifically written and composed by Ian Hammond Brown to capture and express the longing children have to belong in a family.

For children a sense of belonging is like food

and shelter - a basic requirement. Belonging is an important aspect of seeing value and meaning in life and having a healthy sense of self-worth. Families provide the first and most important experience of belonging and foster families play a vital role when children can't live with their birth family.

Val Brown, foster carer and member of the Foster for Fife Choir said: "I was delighted to join the choir - it's such an emotional song and touches my heart everytime I sing it. I encourage everyone to listen

to it on www.fifedirect.org.uk/fosterforfife and I guarantee you will be moved by what it says.

Fife Council urgently needs people who can care for older children, help sibling groups stay together and provide permanent homes. We are asking people who have the right skills and qualities to foster to come forward and help a child belong."

 **If you are interested in fostering for Fife Council go to www.fifedirect.org.uk/fosterforfife**

Guess who is a looked after child?



New campaign

Fife Council's new campaign to challenge perceptions and break the myths about children who are care experienced has been launched.

Andrew Anderson (23) tells us his story.

I've recently moved to Dublin to work working as an Assistant Project Manager for a construction consultancy. I would not have achieved this position or graduated this year with the 2.1 degree in Construction Project Management from Heriot Watt

University without the stability given to me by Margaret and her family. I was in foster care all my life and Margaret played an essential part in helping me achieve my goals by giving me a home at a vital point in my life. It would great if other people could come forward to do for other young people what Margaret has done for me."

Margaret Welsh says: "Supporting a young person into adulthood and independence needs commitment from both people. It's based on mutual respect and it is wonderful to have that relationship with Andrew. My role is to advocate for the young wpeople I care for. Most of all I provide a home that they can always come back to."

If you are interested in caring for a young person go to www.fifedirect.org.uk/fosterforfife or in the Supported Lodgings Scheme go to www.fifedirect.org.uk/supportedlodgings for more information.

GUESS WHO IS A LOOKED AFTER CHILD?



CAN YOU TELL?

For some children and young people in care, there is a fear of prejudice and being treated differently because they are 'Looked After'.

We need to dispel the myths, challenge perceptions and treat **all our children and young people fairly!**

Every child and young person needs a loving, stable family



Looking for something to do over the next few months? Look no further....

Don't
MISS

Dates for your diary

Looking for something to do this autumn? Then check out the whole range of events taking place throughout Fife, with more being added all the time.

 For more information go to www.fifedirect.org.uk

ONGOING

7 JAN, 4 FEB, 4 MAR
ST ANDREWS
St Andrews Farmers Market
Tel: 07773 208105
info@fifefarmersmarket.co.uk
www.fifefarmersmarket.co.uk

14 JAN, 11 FEB, 11 MAR
DUNFERMLINE
Dunfermline Farmers Market

17 DEC, 21 JAN, 18 FEB
CUPAR
Cupar Farmers Market

18 DEC, 28 JAN, 25 FEB
KIRKCALDY
Kirkcaldy Farmers Market

DECEMBER

UNTIL 24/12/16
DUNFERMLINE
Moon Dog and the Christmas Star
Tel: 01383 602302
boxoffice.carnegie@onfife.com
www.onfife.com

14/12/16 - 17/12/16
GLENROTHES
Snow White
Tel: 01592 611101
boxoffice.rotheshalls@onfife.com
www.onfife.com

17/12/16 - 18/12/16
FALKLAND
Midwinter Lights & Festive Market
Tel: 01333 857397
falklandpalace&gardens@nts.org.uk
www.nts.org.uk

23/12/16
LOCHGELLY
Robin Hood and Babes in the Wood
Tel: 01592 583303
enquiries.lochgellyc@onfife.com
www.onfife.com

27/12/16
LUTHRIE
Festive Ceilidh
Tel: 01337 870278
pennyforsyth10@gmail.com
www.luthrievillagehall.org.uk

UNTIL 29/12/16
DUNFERMLINE
Mother Goose
Tel: 01383 740384
info@alhambradunfermline.com
www.alhambradunfermline.com

UNTIL 31/12/16
ST ANDREWS
Aladdin
Tel: 01333 475000
byreboxoffice@st-andrews.ac.uk
www.byretheatre.com

JANUARY

UNTIL 07/01/17
KIRKCALDY
Cinderella
Tel: 01592 583302
admin.adamsmith@onfife.com
www.onfife.com

28/01/17
DUNFERMLINE
Brendan Cole: All Night Long
Tel: 01383 740384
info@alhambradunfermline.com
www.alhambradunfermline.com

30/01/17 - 10/02/17
THROUGHOUT FIFE
Fife Festival of Music
Tel: 01592 784256
enquiries@ffom.org.uk
www.ffom.org.uk

FEBRUARY

UNTIL 18/02/17
METHIL
Schooldays: A Trip Down Memory Lane
Tel: 01334 359339
www.onfife.com

UNTIL 25/02/17
KIRKCALDY
Span - A Tale of Three Bridges
Tel: 01592 583206
kirkcaldy.galleries@onfife.com
www.onfife.com

03/02/17 - 12/03/17
THROUGHOUT FIFE
Snowdrops Festival 2017
Tel: 01333 450054
cambo@camboestate.com
www.camboestate.com



01 - 08 DECEMBER
THROUGHOUT FIFE
Fireworks displays



10 DEC - 07 JANUARY
KIRKCALDY
Cinderella



09 - 10 DECEMBER
GLENROTHES
Kingdom FM Party Nights

09/02/17
NEWMILLS
Torryburn & District History Group
ahm276@aol.com
www.onfife.com

24/02/17
GLENROTHES
Omid Djalili: Schmuck For A Night
Tel: 01592 611101
boxoffice.rotheshalls@onfife.com
www.onfife.com

MARCH

01/03/17 - 05/03/17
ST ANDREWS
StAnza: Scotland's International Poetry Festival
Tel: 01334 475000
boxoffice@stanzapoetry.org
www.stanzapoetry.org

02/03/17
ST ANDREWS
Scottish Chamber Orchestra
Tel: 01333 475000
byreboxoffice@st-andrews.ac.uk
www.byretheatre.com

04/03/17
DUNFERMLINE
Dunfermline Comic Con
Tel: 01383 732226
info@connectingwithyou.co.uk
www.connectingwithyou.co.uk/

10/03/17
DUNFERMLINE
The Stranglers
Tel: 01383 740384
info@alhambradunfermline.com
www.alhambradunfermline.com

Useful contacts

NOTE: Fife Council have changed their phone numbers from 08451 to 03451

FIFE COUNCIL / NHS
General enquiries (8am-8pm) *03451 55 00 00
Closures - schools & facilities (24hrs) *03451 55 11 99
Faults & repairs - housing, road & lighting (8am-8pm) *03451 55 00 11
Emergencies (24hrs) *03451 55 00 99
24hr homeless emergencies 0800 028 6231
NHS 24 111
NHS Inform 0800 22 44 88

OTHER USEFUL NUMBERS
Gas emergency 0800 111 999
Scottish Power 0845 272 7999
Scottish Water 0845 600 8855
SEPA pollution 0800 807 060
SEPA floodline 0845 988 1188

* Calls to 03 numbers cost no more than 01 or 02 numbers and are part of any landline or mobile call package inclusive minutes.