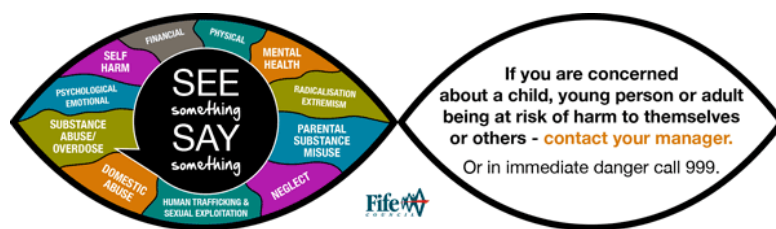


## Adult Support and Protection Newsletter June 2021



### Working Together to Prevent Harm

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**.

### To say thank you first of all.....



This month we acknowledge the terrific amount of work that key individuals have brought to ASP by offering their skills to this important area of work.

As you read, I know that there will be many others, known to you, who have served so well in many roles. Our thanks also go out to all our colleagues who drive forward the ASP agenda.

And so.... we say our fond farewells to staff who have either left or will leave by the end of June ('in no particular order' as they say!)



**The ASPC would like to take the opportunity to thank:**

**Shona McEwan (Engagement and Participation Officer)** for all of her work and support to the Committee and our Community Members over the last ten years. Shona has been a driver of ASP awareness raising during her time with the ASPC and has worked continually to ensure accessible information sharing across our Communities to empower people live their lives safely and free from harm.

Thank you Shona and we wish you the very best in your new adventures.



**Dougie Pollock (Local Area Liaison Officer/Watch Commander Scottish Fire and Rescue Service)** for his commitment, engagement and support of the ASPC during his membership. Dougie has continually supported the ASPC in all aspects of ASP delivery and improvement and his contribution will be missed.

Thank you Dougie and we wish you a happy and relaxing retirement!



**Jennifer Rezendes (Social Work ASP Lead)** for her leadership, motivation, creativity and commitment to excellence across all aspects of ASPC business. As the Social Work Lead, chair of our Case Review Working Group and Self-evaluation and Improvement Working Group, her contribution to the development and partnership working across our ASCP has been significant. Jennifer's passion and enthusiasm for all things ASPC will be sorely missed.

We wish you every success in your new role, Jennifer, and hope to work alongside you again in future endeavours.



**Wilma Anderson (Panel Facilitator) for Fife Forum and Bryan Rapley (Development Manager Scotland) for Hourglass** are two other individuals across the partnership that are leaving for pastures new.

We wish both of you health, happiness and fulfilment in your new ventures.

### **To take the chance to say hello now!**

I'm Ruth. I joined the ASP Team at the end of November 2021. My career to date has been in education and my focus has been to promote inclusion and equality for members of our community with additional support needs.

I have had the opportunity of working alongside Shona McEwan as the other ASP Coordinator which has been a great introduction to the scope and nature of the ASP Engagement and Participation role. The continuity factor and forming new connections is very much at the forefront of my mind.

In true 'Shona style'.....let me finish on a 'shout out' note (albeit virtual!). I am very willing to engage to hear views on ASP and offer Awareness Raising on 'What is Harm'. If you think I can be of any help, please contact me. My email is [Ruth.Smith-gr@fife.gov.uk](mailto:Ruth.Smith-gr@fife.gov.uk)

### **To help keep up to date on.....FINANCIAL HARM**

The ASPC Financial Harm Working Group continue to take forward their campaign 'A Year of Financial Harm Awareness Raising'.

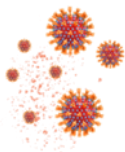
The theme for this month's campaign is 'Romance Scams' and how to avoid them. Please check **this SWAY document** [A Year of Financial Harm Awareness Raising \(office.com\)](#). Our thanks to colleagues to Louise Nicol, Older People St Andrews, for their support in the creation of this guide.

We are very much aware that Covid isolation and loneliness has gone some way to contributing to the increase in romance scams. An **Easy Read** version is [here](#).

### **To add.....**

The easy read is a guide that mirrors the Sway above - just in a more accessible format. Please note that these can be made available in a **paper format** should that be needed or preferred by service users, so just send me a **request**.

Indeed, if other adaptations for accessibility features are required, please drop me an email.





The different ways you could perhaps make use of this online Easy Read are as a:

- read alone resource
- focus for a 'paired' walk through this topic or
- a basis for small group discussion.
- perhaps even downloaded for a bookshelf?



If you use the 'romance scams' easy read, **feedback is welcome** on the content, method and response to it. Just email it to me please. Great to hear from you!

### **To Stay Alert – to scams in general.**

As scammers become more and more sophisticated, we all know we need to stay alert and be on our guard. Scammers' abilities to hack, clone and disguise their cruel scams online seems to know no limits so it is more important than ever to follow advice given by our trusted, expert partners in this area.

**To share important points** from the ASPC Financial Harm Working Group this month:

1. Please remember - these scams involving large amounts of money are not just cruel 'tricks' but 'fraud'.
2. In other words, criminal acts that need to be reported. <https://www.actionfraud.police.uk/how-to-report-fraud> gives an online tool and a phone number.

No reporting means that the scammers can NOT be caught. Also, innocent online users will not receive alerts of scams to avoid in their area so the cycle of crime continues. We must all do our part to share our knowledge of scams and encourage reporting. That's the way to help keep people safer from such harm.

3. Report to the bank. There is help available.



There is exciting work being done so we look forward to hearing more from the Financial Harm Working Group.

## To hear .....some of what's been happening in June



supporting unpaid carers

throughout Fife

June has been the month when awareness raising events have taken place. It's been busy for the organisers and all involved.

## To highlight ongoing support for mental wellbeing to help keep people safe

Some of us may have seen that it was **Global Wellness day on Saturday 12 June 2021.**

As we know already, this past year has been exceptional. We need to be mindful that mental health and wellbeing is part of who we are and needs maintenance, just as we tend to our physical bodies. At any time, we can feel our mental health needs bolstered.

Isn't it great that there are different forms of input? There is choice over the type and the level of support that suits individual needs and preferences. An important aspect of support is 'one size does **not** fit all'. Hopefully these items below might serve as useful resources or signposts to help others. Here are 2 examples that can sit alongside NHS input.

As we know, it's always 'good to talk' and have face to face dialogue to connect over concerns.



### **SAM'S CAFÉ MENTAL HEALTH DROP INS.**

Face to face support has started at each location (adhering to Covid restriction guidance). Sam's offers one to one support for mental health issues, crisis and suicidal thoughts. There is no referral required, people are welcome to drop-in anytime. Information available on [www.samscafe.org.uk](http://www.samscafe.org.uk)

We know the value of fresh air, gentle exercise and understanding company so it may well be a helpful support. Always good to take one step forward - both literally, mentally and emotionally.

- **CRUSE BEREAVEMENT CARE WALKING GROUPS** Cruse Bereavement Care Scotland are planning to launch a walking

group to help support anyone feeling lonely, or socially isolated, because of bereavement. If you are working with any bereaved adults, who this may be of interest to, please do contact Jenifer, who coordinates the groups, by emailing:



stepbystep@crusescotland.org.uk or call 074325406

- **Helpline: 0808 808 1677**

**To highlight ongoing support for the elderly at risk:**

I'm sure most of you know that **15 th June is World Elder Abuse Awareness Day** but it's always good to reflect.

**WEAAD** was started by the International Network for the Prevention of Elder Abuse (INPEA) in June 2006 and was officially recognised by the United Nations in 2011.

**Elder abuse is defined as “a single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust which causes harm or distress to an older person”.**

The colour associated with the day is purple.

**To remind us** of the important role of Hourglass, Bryan Rapley signed off from his role with the following:



“SAFER AGEING Hourglass Scotland (previously Action on Elder Abuse Scotland) has a Community Response Hub in Fife that provides specialist advice, information and pragmatic support to older people and any anyone concerned about the safety of older people. The community focussed support and information given covers all aspects of Safer Ageing, from prevention and early intervention, right through to direct support and recovery from abuse or exploitation. For further information. See <https://wearehourglass.scot/scotland/community-response-local-responsesafer-ageing> or Freephone Helpline: 0808 808 814”

Thanks Brian....such valuable work and here's a wee update on their current fundraising challenge they have:

**“Join our 24/7 Hourglass Challenge!**

“We’re asking our supporters to complete physical activity for 24 mins every day, for 7 days a week from 15th June to 15th July 2021.”



**To learn what's happening in trauma informed training....**

‘Introducing the National Trauma Training Programme Awareness Raising webinar’ on Tuesday 6<sup>th</sup> July, fill in the form. For more information about the NTTP please visit our website:

<https://transformingpsychologicaltrauma.scot/>

Twitter handle: @NES\_Psychology Twitter hashtag: #transformingpsychologicaltrauma



**SUICIDE PREVENTION** United to Prevent Suicide is a social movement. Members are united in a shared belief that every one of us has a role to play in preventing suicide.

The main goal this year is help people mobilise and take action to prevent suicide. This will be achieved by making changes to the digital hub as well as: providing further information about suicide prevention; signposting to resources; creating a virtual space where people talk and share ideas; and developing online and in person events.

**Did you know?** .....2423 people have joined the movement so far.

**Please see the Appendix attached to this month's newsletter that details .....**

**Gender Based Violence Online Learning Resources**



To catch up ....

on previous adult protection news, read previous editions such as Adult Protection Newsletter March 2021 - please find all information online at: [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)

### Alternative Formats

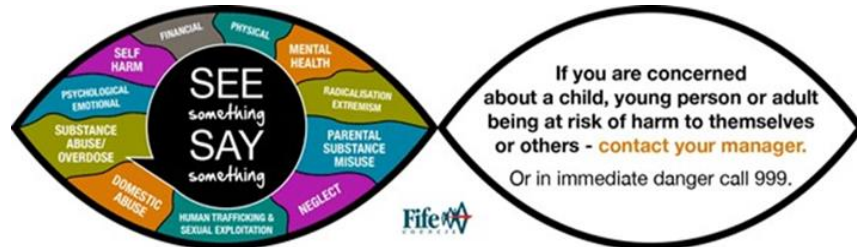
Information about Fife Council can be made available in large print, braille, audio CD/tape and Gaelic on request by calling **03451 55 55 00**

 **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



MRS/JUNE2021/ASP TEAM