

**Summer 2017**    [www.peoplefirstscotland.org](http://www.peoplefirstscotland.org)

# **People First (Scotland) Fife Newsletter**



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## **Members of the Fife Newsletter Group**



**Michael  
Stirling**



**Brenda  
Kirby**



**Brian  
Rosie**



**Vicki  
Chalmers**



**Christine  
McGilton**



**David  
Scott**

People First (Fife) is funded by Fife Health and Social Care Partnership

## What is People First (Scotland)?

People First (Scotland) started in 1989. It is the independent self-advocacy organisation in Scotland.

People First (Scotland) is the only disabled people's organisation run by and for people with learning difficulties. The Board of Directors is made up only of people with learning difficulties.

There are over 90 local groups in Scotland, where members meet up and share concerns, issues or experiences. Members provide support to each other and work together to highlight issues and campaign for improvement.

Local groups also create opportunities for adults with learning difficulties to develop the skills, attitudes and competencies which will be more widely valued in our society and to learn the skills of opinion development and engagement.

At a local level, members also have the opportunity to be involved in other work, such as raising awareness of adult protection issues and delivering hate crime training.

Members also attend conferences and consultations, and represent people with learning difficulties on local and national strategic committees.

For more information, visit the website:  
[www.peoplefirstscotland.org](http://www.peoplefirstscotland.org)



## What happens in a People First meeting?

Groups meet once a month and meetings are run by and for adults with learning difficulties. A development worker supports each group.



Members treat each other with respect and stick to the rules agreed by the group.



All groups use the red and green card system which means everyone has the chance to speak.

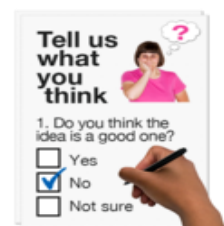
Meetings are run as business meetings. The chairperson, elected by members, leads the meetings.



Members suggest topics that they would like to discuss, and visitors they would like to come to their group. Examples of visitors are the community police officers, community fire safety officers and safer communities officers.



Sometimes groups also take part in surveys and research. This means the opinions of adults with learning disabilities are heard.



Before every meeting the chairperson meets with the development worker. They go through the minutes of the last meeting and discuss the agenda for the next meeting.



A list of groups in Fife is on pages 6 and 7.

## Kirkcaldy Group

The Kirkcaldy group has been running for more than 15 years. It meets at St Bryce Kirk, in Kirkcaldy.



Over the last few months the group has had talks from:

- PC Mark Anderson and PC Gary Kenhard from Police Scotland. They gave helpful advice about keeping safe when using the internet.



- Colin Sanderson from Scottish Fire and Rescue Service. Colin gave lots of information to help to prevent fires at home. One example was to not charge mobile phones overnight or to put them under a pillow.



- Marie Boyne from Fife Forum. Marie is one of the local area coordinators. They support people to find activities that they would enjoy such as arts and crafts or sports. Sometimes they go out to assist people to fill in forms. They can also go with people to Citizens Advice and Rights Fife who can help with PIP (Personal Independent Payment) forms.



There have been new members to the group in the last few months. Members are also discussing ways to increase membership of the group. New people are always welcome.



## Groups in Fife Information

**Collective self-advocacy run by and for adults with learning difficulties**



Groups all meet once a month. Please contact us for dates.



Email: [kate.milliken@peoplefirstscotland.org](mailto:kate.milliken@peoplefirstscotland.org)



Phone: 01383 624885

### **Crossford**

**Thursdays 6.30pm – 7.30pm**

Crossford Village Hall

### **Crossgates**

**Thursdays 10.30am – 12pm**

Crossgates Community Centre

### **Dunfermline**

**Wednesdays 1.30pm – 3pm**

Dell Farquharson Centre, Nethertown Broad Street, Dunfermline

### **Mayfield, Lynebank**

**Wednesdays 6pm – 7pm**

Mayfield Unit, Lynebank Hospital

### **Kirkcaldy**

**Fridays 1pm – 2.30pm**

St Bryce Kirk, St Brycedale Avenue, Kirkcaldy

## **Glenrothes**

**Fridays 1.30pm – 3pm**

Fife Voluntary Action, Craig Mitchell House, Flemington Road, Glenrothes

## **Leven**

**Thursdays 1.30pm – 2.45pm**

The Centre, Commercial Road, Leven

## **Cupar, Dalgairn**

**Mondays 1.30pm - 2.45pm**

Dalgairn Centre, Bank Street, Cupar

## **Elmwood, Cupar**

**Thursdays 1pm – 2.30pm**

Cupar Fire Station, Millgate, Cupar

## **St Andrews**

**Tuesdays 6pm – 7.30pm**

Madras Community School, Kilrymont Road, St Andrews

## **Women's Group (Kirkcaldy)**

**Mondays 1pm – 2.45pm**

St Bryce Kirk, St Brycedale Avenue, Kirkcaldy

## **Lochgelly Women's Group**

**Thursdays 1pm – 2.30pm**

Lochgelly Centre, Lochgelly

## **Men's Group (Kirkcaldy)**

**Fridays 1.15pm – 2.45pm**

St Bryce Kirk, St Brycedale Avenue, Kirkcaldy

## “What People First means to me” by members in Fife

It makes me feel  
gifted to be a  
part of things

No  
discrimination

I like to hear  
other people's  
views

I would be  
lost without  
People First

I have learned about  
fire safety

People First helps  
people with  
learning  
disabilities to live  
independently

I can talk  
to the  
police  
better  
now

I like to  
hear  
other  
people's  
views

I am  
learning to  
be less  
vulnerable

I feel safe

I learn a  
lot of new  
things

I enjoy being  
a director  
and going to  
the board  
meetings

I can talk  
about what is  
important to  
me

What I do  
is  
important

It makes  
me happy

The elections  
are interesting

People First  
means the  
world to me

I like doing  
the hate  
crime training

It is the first  
thing I have seen  
work like this

I enjoy the  
meetings

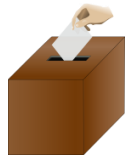




# People First (Fife) Election for a New Director



On Tuesday 9 May at St Bryce Kirk, Kirkcaldy, there was an election for a new Fife director for People First (Scotland).



Members enjoyed a buffet lunch before the election. It was good to catch up with other members they may not have seen for a while.



Brian Rosie, chairperson of the Fife Wide Group, welcomed everybody.



Brian then handed over to Jo Kyrtsi from the People First Edinburgh office who looked after the official side of the election.



There were three candidates and each person gave a speech.



They highlighted what they do in People First and said why they wanted members to vote for them.



After three rounds of voting Craig Bernard was elected as the new director for Fife.



Craig thanked members for electing him and he received a round of applause.



## Parents' Group 10<sup>th</sup> Birthday Event

People First (Scotland) has a parents' Group which meets in Edinburgh. Parents from different places in Scotland go to the group.

Three parents from Fife went to the People First Parents' group 10<sup>th</sup> birthday celebration on 26<sup>th</sup> January in Edinburgh.

Joan, a Fife parent and a director of People First (Scotland), spoke about what has been achieved in the group.

The group has done lots of training, for example with midwives. Members have tried to change attitudes and they feel very proud!

Joan said "The Parents' Group has really helped with our confidence. It's great talking to other parents."

Members put their wishes and dreams for the future on a wishing line of babygros.

It would be good to set up a parents' group in Fife. If you are a parent and you would like to be involved with the parents' group, please contact us. Contact details are on the back page.

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People First (Scotland) have partnered with Animate Consulting to do some research about the decisions people with learning disabilities make in their lives.



People First applied to do this research because they feel it is important to find out how people with learning disabilities feel about making decisions, or not making decisions.



Some members did training to be 'peer researchers' and they conducted interviews with individuals, as well as focus groups.



The questionnaire was divided into 3 sections:

1. Decisions members make for themselves without support or help from anyone.
2. Decisions made with support and how members feel about getting support to make decisions.
3. Decisions other people make about members without asking.



At the end of the research, Animate Consulting will be writing a report based on the information from the interviews and focus groups. Feedback will be given to members and it is hoped the report will be shared with other organisations and the Scottish Government.



## Fife Adult Support & Protection Committee

### Adult Support and Protection Update

The Adult Support and Protection Committee had two surveys to find out what people thought.

The first survey was about Adult Protection. It could be filled out by anyone. 543 people did the survey.

This is what it found out.

- Just over half (52%) of the people knew about the Adult Protection Phone Line.
- Most people would call the Adult Protection Phone Line or the Police if they wanted to report harm.
- Most people (68%) did not use Easy Read information.
- Most people (76%) had not done the Adult Protection e-learning. This is training done on a computer.
- Half of people who had a job (50%) had been given Adult Protection training by their employer.



People had lots of ideas about new Adult Protection information.



The second survey was about accessible information. Accessible means in a way that you can understand it. The survey was sent to staff who work in Health and Social Care services.

This is what it found out:

- Nearly everyone (93%) thought that accessible information is for everyone.



- Easy Read, large print, and information translated into different languages were the kinds of accessible information that most people had used.
- Most people (64%) could either create Easy Read information, or would know who to ask about it.
- Most people (83%) had not used any Adult Protection Easy Read resources.
- Many people (54%) do not have Easy Read resources in their part of their organisation.
- Many people (66%) would use an Easy Read service.



The Adult Support and Protection Committee will look at all the survey results and make a plan.  
Thank you to all the People First members who took part in the survey.



## What is Adult Protection?

We have made Easy Read information sheets for people being helped by Adult Support & Protection.  
The sheets are called 'What is Adult Protection?'



Service user groups gave us questions about Adult Protection and what they wanted to know.



The new information sheets will help people understand what is happening.

We are meeting with Social Workers so they know about the information sheets and use them to help people feel safe.



People First (Fife) is funded by Fife Health and Social Care Partnership

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