



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.



The Adult Support and Protection [National Strategic Forum](#) provides a strategic and cross-sectoral view of what is needed to improve the delivery of adult support and protection across Scotland.



There is growing interest in the cross overs between adult support and protection and substance use. The University of Stirling are running courses on substance use exploring how it affects individuals, families and communities. All core modules and the majority of elective modules are delivered online. If you are interested please contact: hannah.carver@stir.ac.uk. More details can be found [here](#).

SUICIDE PREVENTION



Fife's Suicide Prevention campaign took place online and on social media from 5-13 September using the hashtags #YoureNotOnYourOwn and #EveryLifeMattersInFife. Scotland's national suicide prevention action plan [Every Life Matters](#) is working towards a vision where suicide is preventable in Scotland - where help and support is available to anyone contemplating suicide and, also for those who have sadly lost a loved one to suicide. Suicide affects every part of society and is everyone's business.

- [Suicide prevention video](#) Produced in collaboration with representatives from Fife football clubs along with the Fife Flyers, well known local sporting figures and Fife support services (Andy's Man Club, Penumbra, SAMs Cafe, Samaritans and CARF).
- Fife is proud to support "United to Prevent Suicide" Scotland's new approach to Suicide Prevention. Find out more: www.unitedtopreventsuicide.org.uk
- [NHS Fife website](#): Find out more about suicide prevention work happening in Fife.
- A new set of Keeping Connected Resources are available on <http://hpac.fife.scot.nhs.uk>
- NHS Education for Scotland ['Ask, Tell' short animations](#) give information on suicide awareness and what to do if you are concerned about someone.
- The charity [Papyrus](#) has launched a new guide called ['Supporting Your Child'](#) to help parents who fear for their children's lives. It offers practical and professional advice to help break the silence around self-harm and suicide and encourage parents to talk to their children before it is too late.
- For practical, confidential suicide prevention help and advice contact PYPYRUS HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org

Local Support Information

NHS Inform www.nhsinform.scot/illnesses-and-conditions/mental-health/suicide-information

Moodcafe Fife www.moodcafe.co.uk

Access Therapies Fife www.accesstherapiesfife.scot.nhs.uk/

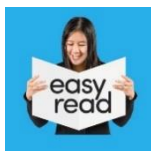
Breathing Space www.breathingspace.scot Tel: 0800 83 85 87

Samaritans www.samaritans.org Tel: 116 123 (24 hour support service)

ACCESSIBLE INFORMATION



Fife Adult Support and Protection Committee continue to work with Fife Deaf Communication Service on creating adult protection information in British Sign Language. The last Adult Protection newsletter is available [here](#) along with the playlist of [adult protection information](#). In line with our work on financial harm the booklets '[I've made a friend online, but I'm worried. What do I do?](#)' and '[Mate crime and cuckooing](#)' have been translated into BSL.



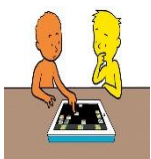
The Committee also has a big range of Easy Read information at: www.fife.gov.uk/adultprotectioneasyread Using an Easy Read format makes information easier for everyone to understand. 'Easy read' means writing things down clearly using simple language, short sentences and using pictures or symbols. The booklets are great ways to start conversations on difficult subjects.



Check out NHS Fife's [Accessible Communication and Translation](#) page for information including the NHS Fife SMS Text Service, the Emergency Text Service and information in Community Languages. NHS Education has [learning resources and links](#) re Covid-19: mental health, suicide, dementia and learning disabilities.



Book Beyond Words have created [free picture stories and illustrated guides](#) to support people with learning disabilities and autism through the coronavirus pandemic.



ONLINE KEEPING SAFE TALKING MATS TRAINING An Advanced Course available on successful completion of Talking Mats Foundation Training, will extend your knowledge and application of Talking Mats; promote safeguarding and support conversations on sensitive issues. Application form is available [here](#). If you already use Talking Mats they have a [set of symbols to support discussions about lockdown](#).



INFORMATION FOR PEOPLE WHO WITH A VISUAL IMPAIRMENT Braille copies of Scottish Government Test and Protect information materials relating to the current coronavirus situation can be obtained from the [RNIB website](#). Test and Protect information is also available in audio and large-print format, as well as other languages and formats, from the [Scottish Government website](#). The Royal National Institute of Blind People is supporting people with sight loss by providing advice and guidance through its [new podcast series](#).

FINANCIAL HARM AND SCAMS PREVENTION



TEST AND PROTECT SCAMS You will NEVER be asked for payment or bank details. If you are, hang up immediately. If you feel any suspicion when you receive a Test and Protect call, ask the Contact Tracer for the switchboard contact number which should be given as 01592 643 355 extension 29121. You can then hang up, dial the number yourself and asking to be reconnected with the Contact Tracer who has been dealing with you. Find more information [here](#).



SCAM TOOLKIT People living with dementia are at an increased risk of serious financial harm. East Renfrewshire have a new [toolkit to empower people to avoid financial scams](#). For general advice on scams you can contact Advice Direct Scotland on 0808 164 6000 or at www.consumeradvice.scot If you believe you have fallen



victim to a scam you should contact Police Scotland as quickly as possible by calling 101. Local information can be found at [Fife Council Trading Standards webpage](#).



GREEN DEAL SCAMS Are you thinking about making your home more energy efficient this year? If so, get information from trusted sources rather than from cold callers, pop-up ads online or leaflets through the door. There are a lot of #GreenDealScams – avoid them by knowing where to turn for advice. HomeEnergyScot offer free advice on 0808 808 2282. Check out [Trading Standards short videos](#) about energy scams.



EXTENSION OF BANKING PROTOCOL The Banking Protocol is a UK-wide initiative through which branch staff can alert the police to suspected scams. UK Finance says it led to more than 100 arrests and stopped £19m of fraud in the first half of 2020. Find out more [here](#).



Action Fraud provides the [latest fraud news and alerts](#) with information on [COVID-19 related scams](#) highlighted. UK Finance gives details of the [ten Covid scams](#) you should be on high alert for. .

INTERNET SAFETY Check out internet safety and financial harm easy read information at www.fife.gov.uk/adultprotectioneasyread



SCOTGOV CYBER RESILIENCE BRIEFING The [Scottish Government Cyber Resilience Unit](#) has important information and tips to stay safe online.



EVERYDAY COMPUTER SKILLS LEAD Scotland (Linking Education And Disability) have a [new Open University course designed with and for disabled learners](#). Digital skills are now indispensable in a society that increasingly depends on computers. This course is designed to equip you with the knowledge and skills you need to get started in this digital world. People with different abilities and skills can explore and adapt the course content.



IMPROVING ACCESS TO INFORMATION The Outside the Box [Community Connections booklet](#) gives hints and tips about strengthening social connections and practical information about connecting to the internet, Zoom Video Calling and connecting with neighbours.

GENDER BASED VIOLENCE



FREEDOM PROGRAMME AND TOOLKIT FOR LIFE ONLINE. The [Saje Scotland](#) Freedom Programme supports women who have experienced domestic abuse to fully recognise their abusive experience and understand the impact on their life. The Toolkit for Life is for graduates of the Freedom Programme to learn tools to improve confidence, self-esteem, boundaries and assertiveness. Saje is also offering phone and email support during office hours. For more information on how the programmes are running online call: 07909 482279 or email: info@sajescotland.org



EQUALLY SAFE CONSULTATION [Equally Safe](#) is Scotland's strategy for preventing and eradicating violence against women and girls. The Scottish Government are consulting on challenging men's demand for prostitution, working to reduce the harms associated with prostitution and helping women to exit. Take part in the [consultation](#) before 10 December.



RUNAWAY HELPLINE SCOTLAND This [new resource](#) is for young people under 18. There are support options for those who have run away or are thinking of running away, as well resources for workers to open up conversations about running away, staying safe and how to spot signs that someone is struggling. Anyone looking for support can call or text 116 000 or email: 116000@www.runawayhelpline.org.uk



Who Cares? Scotland has a new [Advice & Support line](#) for care experienced young people and care leavers of any age.



ISOLATION OF OLDER PEOPLE The University of Stirling have launched a [Technology and Social Connectedness toolkit](#). It gives guidance on the role technology can play in combating feelings of isolation among older people. While technology brings limitations & challenges, this toolkit provides advice on how to recognise & overcome those obstacles.



MENTAL HEALTH [Sam's Café](#) is open at Linton Lane Centre, Kirkcaldy after easing of lockdown restrictions, to anyone over 16 between 3pm-10pm on a Wednesday, Friday, crisis support, emotional wellbeing and mental health support.



HAS COVID AFFECTED YOUR HUMAN RIGHTS? The Scottish Parliament's Equalities and Human Rights Committee inquiry want to hear your views on: which equality groups are being disproportionately negatively affected by the coronavirus, and by some of the measures taken to deal with it; what equality and human rights impacts there have been; what the Scottish Government can change or improve to mitigate against these impacts [Take the survey here](#).



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