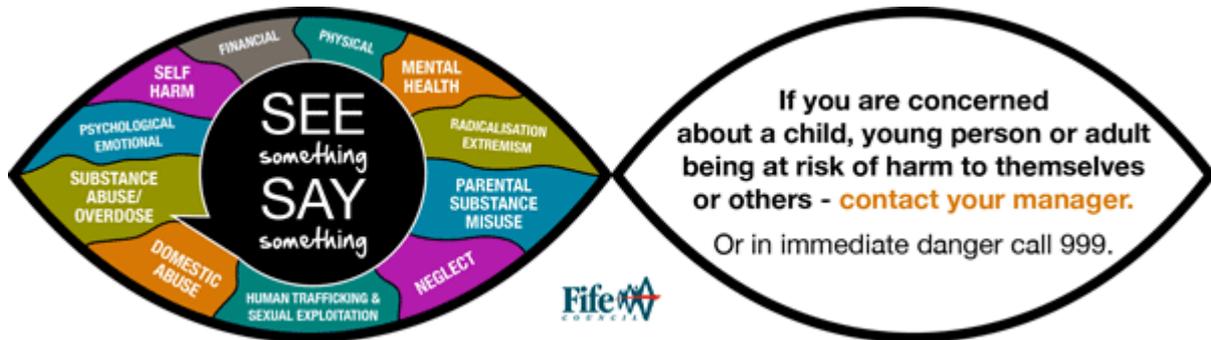


The Adult Protection Phone Line is available on 01383 602200 if you or someone you know is at risk of harm or neglect. In an emergency or if you are in danger call 999. All Adult Protection information is online at: [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection) If you have concerns about a child, please call 03451 551503. Find out more in our [Sway publication](#) here.



**ADULT PROTECTION DAY – 20<sup>th</sup> February. Seen Something? Say Something.** If you think an adult’s being harmed, get it checked out. It’s right to act on your instinct. This year the focus for National Adult Protection Day is on financial harm and mate crime.



Is your friend really a friend, or a freeloader? Mate crime is when someone targets an individual to become their friend but with the intention of taking advantage of them or exploiting them. Someone pretending to be your friend for their own benefit may take your food or money without your consent, bring strangers to your home without your permission, or hurt you. That’s not a real friend. Find out more in the [full press release](#).



To find out more about the work of Fife Adult Support & Protection Committee read the [Biennial report 2018-20](#) and [Easy Read Version](#) which give details of the Committee’s work during those two years.



**STAFF INFORMATION:** Adult Protection Day also provides an opportunity to remind staff about reporting mechanisms. Where you know or believe someone is at risk of harm follow the [Adult Support and Protection Reporting Harm Protocol](#) and complete the [Inter-agency Report of Harm Referral Form](#). You have a duty to report harm, even if the adult does not want you to. All Adult Protection information is online at: [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)



**INFORMATION SHARING** Please find attached to this newsletter the updated Chief Officers Information Sharing letter. In the ongoing Covid-19 pandemic there has never been a more important time to emphasise the need to share information in a timely and proportionate manner whenever you suspect the likelihood of a child or adult being at risk of harm. If you are in any doubt as to whether you should share information speak to your line manager or your organisations Data protection Officer.



**STAYING SAFE AND KEEPING WELL BOOKLET** Copies of the [‘Staying Safe and Keeping Well’](#) booklet are still available. Email [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) for further details. For anyone who is finding life difficult at the moment, remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it’s ok to reach out for support.

## FINANCIAL HARM AND SCAMS PREVENTION



**A YEAR OF FINANCIAL HARM AWARENESS** Fife Adult Support and Protection Committee's Financial Harm Working Group continue with the annual plan to raise awareness of the types of financial harm and how to keep yourself safe. Look out for our March information which will focus on how to avoid spam calls, test & trace/COVID scams/the latest scams and how to avoid them



**FINANCIAL HARM GUIDANCE** In Fife financial harm has been one of the three most reported types of harm. The [ASPC Financial Harm Strategy](#) sets out ways agencies and communities can work together to prevent financial harm; report it, support those affected and help them access justice. It should be read along with the [ASPC Financial Harm Guidance & Information](#) and is part of ongoing work to tackle financial harm.



**SAFER AGEING** Hourglass Scotland (previously Action on Elder Abuse Scotland) now 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-response-safer-ageing>



## INTERNET SAFETY. Cyber Scotland week – 22-28 February



Cyber Scotland Week draws together events across Scotland designed to make businesses, organisations and individuals more cyber aware and resilient. Find out more [here](#).

**ADULT PROTECTION INTERNET SAFETY RESOURCES** If you're not confident about using the internet, the SafetyNet booklets '[Scams and Shopping](#)' and '[Security and Sharing](#)' give you information about staying safe online. The Adult Support & Protection Committee has worked in partnership with Stop It Now! Scotland to produce easy read resources. '[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. '[I've made a new friend online. But I'm worried. What do I do?](#)' gives advice about grooming, sexting, sharing images and information, and how to get support and help if this is happening to you.

I've made a new friend online.

But I'm worried.

What do I do?



STOP IT NOW! The Adult Support & Protection Committee



**GET SAFE ONLINE** [Get Safe Online](#) has been published in Braille to ensure those with sight impairments can access the key information. To request a copy of the guide in Braille, email [Kevin.Burns@sightscotland.org.uk](mailto:Kevin.Burns@sightscotland.org.uk)



**SAMARITANS RESOURCES** On Safer Internet Day Samaritans [launched a suite of resources](#) that cover practical guidance on how to support someone online, how to flag content that causes concern and offers guidance on finding supportive communities to share personal experiences safely. The new resources were co-developed as part of Samaritans' [online suicide prevention work](#) with a focus group of young people aged between 18-25 years old, who have personal experience of self-harm, or suicide, or have supported someone who has been through these experiences.

## MENTAL HEALTH

### RESTARTING THE EVALUATION OF THE MENTAL HEALTH TRIBUNAL



[The Mental Health Tribunal for Scotland](#) is seeking the views and experiences of patients, named persons, practitioners, and tribunal members to help to find out if the mental health tribunal in Scotland is working in line with human rights standards. The tribunal would like to hear the views of people with learning/intellectual disabilities. If you have had a mental health tribunal hearing in Scotland or attended as a named person and are interested in talking about your experiences, please get involved. To find out more you can download the following information sheets:

[Individuals Information Sheet](#), [Named Persons Information Sheet](#), [Easy Read Information Sheet](#)



**WELLBEING IN THE WORKPLACE ONLINE LEARNING** Wellbeing in the Workplace is an online learning programme which brings Samaritans' listening and wellbeing expertise into the workplace. It teaches employees the skills to look after their emotional health and look out for others, before they reach crisis point. Find out more [here](#).



**LGBTQ+ SUPPORT** Whether you are struggling with increases in anxiety, depression, loneliness or simply seeking information on free mental health services available to you, we are here to help. Pink Saltire Counselling for Fife offers a variety of mental health support options, specifically for LGBTQI+ Fifers. Find out more [here](#).



**SUICIDE AWARENESS SURVEY** If your organisation would like to give your views on the suicide awareness campaigns which ran in Fife last year please fill out the [evaluation survey](#) before the end of February.

**PROMOTE, PREVENT, PROVIDE.** Scotland's Mental Health Partnership – a coalition of 17 organisations, has published its manifesto Promote, Prevent, Provide. Scotland's leading mental health organisations have come together to demand sweeping changes to meet the needs of the nation in the post-Covid era. You can read a summary [here](#) or [access the full manifesto](#).



## GENERAL INFORMATION



**INSIGHT APP FOR ADULT WITH LEARNING DISABILITIES** 'Insight' is a free safe sharing app for people with learning disabilities to take part in online activities to beat the lockdown boredom. Developed by the [Innovate Trust](#) it is available for both iOS and Android. Find out more in this [short video](#)



**PLAYLIST FOR LIFE** are offering free online training for health and social care students throughout the UK. The [online training package](#) takes about 2 hours to complete and gives students an introduction to the power of music and how to use playlists effectively. Only university staff can sign up to enrol students on this course. If you are a student use [this template](#) to send information to your course organiser.



**REVIEW OF SOCIAL CARE** The Independent Review of Adult Social Care in Scotland report was published today, together with an accompanying short film and BSL version. Find out more [here](#).



**LOOKING FOR ADULT PROTECTION INFORMATION?** Is your community group meeting online? Would it benefit from having some input from our Engagement and Participation Coordinators Shona and Ruth? Let us know how we could help you by emailing: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) We can give general information about what harm is and how to report it, or if you have questions about a specific type of harm let us know.

All Adult Protection information is available at: [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection)

To catch up with information in our previous bulletins go to our:

[January 2021 edition](#) [November/December 2020 edition](#)



## 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