

# .....with Localities

Issue 5 - Autumn 2020

Welcome to **Issue 5** of our Localities Newsletter which we hope helps to keep you updated on the latest news happening across Fife.

In our last edition we looked at how our staff, partners in Public Health and third sector commissioned organisations were dealing with COVID-19 and shared links to up-to-date official guidance to help keep you informed, safe and well during this pandemic.



**Fiona McKay**  
Interim Divisional General  
Manager

**Continue reading to find out what's been happening since ...**

## What's been happening strategically?



It's my one-year anniversary of being the Director of Fife's Health and Social Care Partnership – and what a year it has been!

Over the past year, together we have come through both a challenging winter and an unprecedented seven months with coronavirus.

No matter what your role is within the Health and Social Care Partnership, I want you to know how much you are valued. Thank you for your commitment as we work together to enable the people of Fife to live independent and healthier lives. I also want to say thank you to our partners at Fife Council, NHS Fife and the third and independent sectors.

It does feel timely now that we review our priorities and ensure we have the right leadership and structure in place to support the delivery and outcomes for health and social care in Fife.

I would like the Fife Health and Social Care Partnership to be one of the highest performing Partnerships in Scotland by 2024 – this is a big milestone to reach but I am sure as Team Fife we can achieve this.

I have been meeting with senior managers from across the Partnership and over the coming weeks managers will share more information with staff to start the discussion so everyone who works in health and social care can be involved in helping to shape the Partnership moving forward.

Thank you all for everything you have done to support me into my new role over the past year and I look forward to continuing to work together to support our communities.

**Nicky Connor**  
Director of Health and Social Care

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## Fiona McKay, Interim Divisional General Manager

We are delighted to update you all that Nicky Connor has appointed Fiona McKay as Interim Divisional General Manager. Congratulations to Fiona who is already a member of the senior leadership team but will be changing role.

*A word from Fiona on taking up her new post....*



I'm delighted to be taking forward the work of the Partnership in my new role as Interim Divisional General Manager. I have worked in social work/social care for more than 30 years (that makes me quite old!). I've worked in the local community and managed a range of services over the years. I'm looking forward to this new challenge and while we are in strange times, I believe a new tomorrow is just around the corner. And hope is an important feature in my life - the main hope being that we can all be free before too long to travel, meet our friends and family and enjoy the small things in life that we used to take for granted.

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## What's been happening in Localities?

### Fife Health & Social Care – Locality Planning

The Health & Social Care Locality Planning team is currently developing its remobilisation plan in line with the wider health and social care remobilisation plans. We have been co-ordinating this with our local Chairs, Head of Strategic Planning, Performance and Commissioning and Director of Health and Social Care, to identify which of our key priorities we will be able to remobilise at this time.

Moving forward we will also be planning for our Core Groups to meet up in early 2021. In the meantime, we will continue to keep everyone updated. We will have a communication out to our Core Groups and Wider Stakeholder Groups by the end of the year, with the finalised Locality Plans updated to the Health & Social Care Partnership website. So please keep a lookout for that communication coming to your inbox soon.

[www.fifehealthandsocialcare.org/your-community/](http://www.fifehealthandsocialcare.org/your-community/)

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## The Well



The Well has adapted to a virtual approach to support local people during Covid-19. **The Well 'Near Me'** allows the public to have a video conversation with our staff from their own home.

We are aware that not everyone will have access to technology or internet, so we are trying to explore other ways to reach members of the public who would benefit from a conversation with The Well staff.

**The Well 'Near Me'** will run every **Wednesday** and **Thursday** from **10am till 12noon**, starting from Wednesday 4<sup>th</sup> November 2020.

To access a video conversation, visit [www.fifehealthandsocialcare.org/the-well](http://www.fifehealthandsocialcare.org/the-well) and then click on the 'start video call' button.

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## Fife Health & Social Care Partnership Community Support Team Prescription Collection & Delivery

Following the wind down of the Fife Voluntary Action prescription delivery service, Fife Health & Social Care Partnerships Community Support Team and Fife Council Contact Centre have organised a smaller discrete service ready to help with deliveries for our elderly and most vulnerable population who may still be in a position that they have no-one to pick up prescriptions for them.

The council COVID community helpline will be available to those patients who need access to this service. The contact number is **0800 952 0330**, **open Monday to Friday 9am to 5pm**, this service is only available to people if they can't get out to collect their own prescription and don't have family, friends or neighbours who can collect on the persons behalf.

## Seasonal Flu Campaign Commences

With COVID-19 around, it's more important than ever to get the flu vaccine. That is the message as this year's flu immunisation campaign commences.

Those aged over 65, pregnant women and those with underlying health conditions are at the greatest risk of the effects of the flu – around two-thirds of people who end up in intensive care as a result of the flu virus, have a health condition. Similarly, those with a health condition are 18 times more likely to die from flu than healthy individuals



A number of changes have been made to the delivery of flu vaccination this year. Rather than attend a GP practice, those in the 'at risk' categories, are receiving letters asking them to make an appointment to attend one of the many vaccination clinics taking place across Fife. There has been an unprecedented response so far from those looking to arrange their annual flu jab. While this is really encouraging, many people have experienced difficulties getting through as a result and NHS Fife is asking local people to be patient and call back at a later point. NHS Fife is assuring local people there is no shortage of appointments available, and all of those who are eligible to receive their flu jab will have the opportunity to do so ahead of flu season.

NHS Fife has also setup a network of vaccination hubs in community venues across the Kingdom. Moving to larger venues is essential to manage the anticipated rise in demand for flu jabs locally and ensure that the appropriate physical distancing and infection prevention measures can be put in place.

## In Other News

### Protect Scotland Mobile App



The Protect Scotland app from NHS Scotland's Test and Protect is a free mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns.

The app will alert you if you have been in close contact with another app user who tests positive for coronavirus. If you test positive, it can help in determining contacts that you may have otherwise missed, while keeping your information private and anonymous.

Using the Protect Scotland app, along with sticking to current public health measures, will help us to stay safe when we meet up, socialise, work or travel.

As we see the rate of infection start to rise, it is important that we all download and use the Protect Scotland app to help stop the spread of coronavirus.

[Help stop the virus. Download the app today.](#)



## NHS Inform – Coronavirus (COVID-19)

Latest coronavirus (COVID-19) guidance from NHS Scotland and the Scottish Government, including physical distancing measures and advice for infected households.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>



## SHOUT

'SHOUT' is a text messaging service for times when people feel they need immediate support, available 24/7, for those of all ages. It is free and confidential to text the service from the following major networks: **EE, O2, Three and Vodafone**. These include – **BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff**.



Shout supports people experiencing any type of personal mental health concern, such as anxiety, isolation or grief. They may be experiencing eating or body issues or substance misuse. Perhaps they have experienced bullying, depression or sadness, or have relationship worries, or self-harm and suicidal thoughts. Sexual, physical or emotional abuse or concerns about sexual identity may also be prompts for texting in.

Anyone in need of support should text 'SHOUT' to '85258'. An automated text will be received asking them about the nature of their problem. This text will also let the individual know that they are being connected to a trained Shout Volunteer. The aim is to respond to all texters within five minutes, and then the texter can communicate back and forward with the volunteer via text message, using Shout's secure platform. The Shout Volunteer can provide resources that provide further help and support for longer-term mental health experiences.

For further information about this service, go to <https://giveusashout.org/about-us/faq/>.

## Clear Your Head Campaign

The Clear Your Head campaign is encouraging people to keep up any active habits they may have started during the pandemic and highlights how making time to get active and do one thing (however big or small) can help people feel calmer and boost mood. For practical tips on keeping up good habits, visit <https://clearyourhead.scot/>

### Why not share that one thing that has helped clear your head?

You can take part by taking a photo of an activity you've used to help clear your head with the hashtag #DoOneThing. Why not tag a friend to do something similar!



More information about resources to support the campaign in Fife are available from the Health Promotion Information and Resource Centre <http://hpac.fife.scot.nhs.uk/>.

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## How did you clear your head?

Elizabeth Dickson, aged 76 from Kirkcaldy decided to clear her head through the art of painting.

Elizabeth initially found lockdown quite hard and wanted to keep herself and her mind busy during this time. Elizabeth has painted a few landscapes now and again but hadn't painted since 2019, so during lockdown, she picked up her brushes again and started painting landscapes ... some from memory, some from photographs. It kept her focussed, kept her mind clear and helped pass the time when her other passion 'bingo' was not available to her.

Since lockdown in March, Elizabeth has painted 8 landscape paintings, the most she has done in such a short period and continues to paint (in fact she's running out of display space in her home). We hope you enjoy looking at some of Elizabeth's paintings.



If you would like to enquire further about Elizabeth's story, contact [heather.gibson-nhs@fife.gov.uk](mailto:heather.gibson-nhs@fife.gov.uk).

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## Suicide Prevention: Every Life Matters in Fife

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 are available to anyone contemplating suicide and for those who have sadly lost a loved one to suicide.

**Keeping Connected** provides a directory of services available throughout Fife who offer help and support on a range of issues.

Below is a list of helpful websites and helplines if you, or someone you know, needs support:

- **NHS inform**
- **Moodcafe Fife**
- **Access Therapies Fife**
- **Breathing Space** Tel: 0800 83 85 87 (Open Monday to Thursday 6pm – 2am; Friday to Monday 6pm – 6am)
- **Samaritans** Tel: 116 123 (24-hour support service)
- **“Stay Alive”** is a Suicide Safety App which is available and free to download



NHS Education for Scotland developed short animations which provide information on suicide awareness and what to do if you are concerned about someone:

- **Ask, Tell – look after your mental health**: this animation explores what mental health is and that we all have mental health.
- **Ask Tell – save a life, every life matters**: this animation explores the issue of suicide, including statistics and facts about suicide in Scotland.

***If you are concerned for an individual's immediate safety do not leave the individual alone and call 999 immediately.***

For further information, contact: [fife-uhb.fifesuicidepreventionnetwork@nhs.net](mailto:fife-uhb.fifesuicidepreventionnetwork@nhs.net)

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## Dementia Friendly Fife Project

The Dementia Friendly Fife Project started on the 5th November 2018, as a 2-year project funded by the Fife Health and Social Care Partnership, scheduled to finish on the 31st October 2020. The project was an extension of the Dementia Friendly Glenrothes Project which took place between 2016 and 2018.

The aim of the project was to get as many organisations and individuals across Fife to become dementia friendly. The process involved an environmental assessment of physical premises and staff and volunteers were asked to become dementia friends. Organisations which followed the process were awarded a Dementia Friendly Fife window sticker.

To date there are 300 organisations which hold the award and over 6000 individuals registered as dementia friends across the Kingdom.

The project has been particularly successful as it has been supported by members of STAND which is a peer support group for people living with younger onset dementia and their families and friends.

The project was suspended in the early part of the pandemic but is now back up and running again. Following a very positive external evaluation carried out by a team at St Andrews University, it has been extended into 2021.

Individuals and organisations can become dementia friendly by watching the DVD Standing Up for Dementia in Fife. This takes the form of a "virtual" dementia friends' session with very powerful messages delivered by members of STAND.

<https://youtu.be/TdTGx1axALw>

If anyone would like to know anything more about the project or would like to get involved, please email [Ruth.McCabe@fife.gov.uk](mailto:Ruth.McCabe@fife.gov.uk) or call **07341 842567**.

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## The Herbert Protocol



Protecting vulnerable people from harm is a priority for Police Scotland Fife Division. The Herbert Protocol is here to give families and care givers some reassurance and help to keep those they care for safe. This is a new initiative to Fife and is a system that provides the Police with everything they would need to know to search for a vulnerable person in the event they went missing.

It's a form that is kept at home containing important information regarding known routines, habits, as well as descriptions of your friend/relative and details of their and others involved with their care. It can be handed to Police so that you do not have to worry about gathering the information during what can be a very stressful time.

**Read the Herbert Protocol document for more information** or contact the Fife Missing Person Coordinator **Sgt Pete Wordie** on **01592 411982**, who is available office hours Monday to Friday to answer any queries.

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## Fife Forum - Local Area Co-ordination

Supported by Fife Forum, Local Area Co-ordination works alongside individuals aged 16+, their families, carers and other services to identify community groups and services which help people to maintain their independence, connect with and be part of their community for as long as possible.

Covid-19 has inevitably changed how we all deliver services. What we would traditionally explore with people and how people now access supports is, in part, different to what was once familiar.

Reflecting the ever-evolving circumstances in which we find ourselves, how we can continue to operate will not remain static; however, we hope the following will offer people some guidance as to how they might still access and utilise the support we offer:

- Advice, information and signposting to services or resources that support your needs.
- Accept new referrals from other agencies and/or individuals through our online referral portal, email or telephone.
- Where practicable and in accordance with the relevant guidance and safeguards, undertake initial garden visits or socially distanced outdoor visits.
- Where appropriate undertake telephone befriending and welfare checks.
- Provide contact by telephone, email or video/audio connecting platforms where people and staff have access to the relevant technology and internet connection.
- Where appropriate and when permissible and in accordance with the relevant guidance and safeguards, undertake home visits.



For further information on Local Area Co-ordination, Fife Forum services or to download resources (including the 'Covid-19 Resource & Support List' & 'Shopping & Domestic Supports Booklet') contact Fife Forum on **01592 643743**, email [info@fifeforum.org.uk](mailto:info@fifeforum.org.uk) or [www.fifeforum.org.uk](http://www.fifeforum.org.uk).

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## British Red Cross Fife Community Connecting Services During COVID-19

We have had to adapt our Community Connecting Service during COVID-19 and under guidance from British Red Cross, will be unable to provide face to face services for the remainder of 2020.

The services that we are currently providing are:

- Telephone Befriending calls.
- Signposting service users to appropriate organisations.
- Emailing/posting Activity Packs to Service Users with quizzes, word searches, colouring pages, recipes, knitting/crochet patterns.
- Free MP3 Players with a large selection of music already added.
- Pedometers to service users who wish to get some exercise and count their steps.
- Pursue other ways of keeping communities in Fife connected during this time.

In helping to ease isolation in the ways described, we hope this will be an interim measure to providing our full Community Connecting service post COVID 19 and therefore we welcome new referrals to our service.

Elaine Meakin and Mary Ann Barr, Community Connectors, look forward to hearing from you and you can contact them by emailing [connectfife@redcross.org.uk](mailto:connectfife@redcross.org.uk).

**Join us in helping others during the coronavirus outbreak**

The power of kindness is needed more than ever as the UK faces a global coronavirus pandemic

[Find out more >](#)



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## Better Than Well Update



**Better Than Well**, the Fife based trauma informed self-help service, is pleased to announce the further service expansion in the North East Fife and West Fife Villages from November 2020. This means that the BTW Service now covers the whole of Fife. The further post is a test of change to gauge the need in these two areas and will be a pilot project for 12 months. This post will be exclusively delivered through either telephone or video calls even when the rest of the service can safely move back to face to face meetings. We hope that this delivery method will allow us to reach even the most remote areas in Fife to boost those local communities access to mental health services.

The Service is now arranging their first **online shared learning event**, so we can engage with our partners to share with each other how we have all adapted our services and share ideas on how we can continue to work together moving forward. This event will be held on **Thursday the 19th November 2020 from 1pm 2.30pm**. To book a place contact [llifereception@linkliving.org.uk](mailto:llifereception@linkliving.org.uk) or call **01592 644048**.

**Carers' Self-Help Service** provides up to six one to one self-help sessions and advice to Carers of children, young people and adults with Autism Spectrum Conditions. The service will aim to reduce isolation, increase Carers understanding of stress and offer practical skills and techniques for managing stress. Sessions are currently only being held over phone or video call and referrals can only be considered for those who can facilitate phone or video sessions. Due to sessions being held remotely, this service now covers the whole of Fife. To request an Agency Referral Form, contact [kirstin.brady@linkliving.org.uk](mailto:kirstin.brady@linkliving.org.uk) or call **07584502442**.

Website [www.linkliving.org.uk](http://www.linkliving.org.uk)

Facebook [www.facebook.com/LinkLiving](https://www.facebook.com/LinkLiving)

Twitter [www.twitter.com/Link\\_Living](https://www.twitter.com/Link_Living)

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## Meal Makers

Meal Makers are still up and very much meal sharing across Fife. We have adapted our service to coincide with government guidance and to ensure everyone is safe at this time.

Our cooks drop off meals at the door and have social contact with the older people on the phone or at a distance. If someone can't physically get to the door the cook would follow strict guidelines:

- Cooks would wear a mask
- Older people would be in a separate room
- Cooks would drop off the meal and leave
- Cooks would minimise surfaces they touch



We are in communication with all volunteers and older people's family/carers to maintain everyone's safety. We are having cooks signing up from Fife on a daily basis, so keep referring, we are still here doing what we do best!

If any teams/organisations would like a virtual presentation, please get in touch with Carol Simmons, Development Officer on **07702 868893** or email [carol@mealmakers.org.uk](mailto:carol@mealmakers.org.uk).

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## Cosy Kingdom

Cosy Kingdom offer free and impartial energy advice and support people in Fife to stay warm and manage their energy bills. As we move towards winter, following these last few difficult months, many more people may struggle with their energy costs than they were previously.

Cosy Kingdom offers training, talks and workshops to groups and organisations across Fife whose participants may benefit from their help (During Covid-19 restrictions, these are currently being run virtually online or with small groups outside).

If you would like more information, or to arrange a talk, training or drop-in session for your staff or participants, get in touch by calling **01592 807930** or email [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk)



## Minority Ethnic Older People Project

Fife Centre for Equalities have a new project that provides support to minority ethnic people aged 60 and over. Our staff are multilingual and when required we can also access appropriate interpreters.

The support we provide includes the following:

- Assistance to access services such as health, social care, food banks, housing and energy advice, employment support, benefits advice, etc.
- Up-to-date information and advice on COVID-19.
- Information about individual's rights under the Equality Act 2010.
- Assistance to report any incidents, experienced or witnessed because you belong to a minority ethnic group.
- Befriending support.
- Food / care packages.



**Fife Centre for Equalities**  
Minority Ethnic Older People Project

Minority Ethnic older people in Fife can now use our support to access public services.  
Vârstații etnici minoritari din Fife au acum acces la asistență pentru a accesa serviciile publice.  
شعبہ اکثریت بزرگ اب ہماری مدد سے ایک بے پروا سہولت حاصل کر سکتے ہیں

Health. Sănătate. صحت		Covid. COVID-19 کورونا وائرس	
Benefits. Ajutoare sociale. بہنیت		Befriending. Împrietărire. دوست مددگارہ	
Food banks. Bancă de alimente. غذائی بینک		Utilities advice. Statuturi pentru utilități. بلوں کے متعلق مشورہ	

We offer multilingual support. Oferim suport multilingv. 我們提供多種語言服務。  
ہم مختلف زبانوں میں مدد فراہم کرتے ہیں

Telephone: 01592 645310  
Text: 07800 065834  
Email: [info@centreforequalities.org.uk](mailto:info@centreforequalities.org.uk)  
<https://www.facebook.com/fifecentreforequalities>  
Cantonese: 07881 925301  
Romanian: 07826 753539  
Urdu: 07827 405915  
For other languages, we will find you the right interpreter.

The Centre for Equalities is a Company Limited by Guarantee registered in Scotland No. SC36884 and incorporated in Scotland (Company No. SC36884)

## Health Promotion Training Programme Phase 1 (September 2020 – March 2021)

Since lockdown the Health Promotion Training Team have been developing training sessions through a virtual platform and have worked collaboratively with many trainers, colleagues and organisations to bring this to fruition as the Phase 1 programme. As a result, there are several exciting and innovate virtual workshops that practitioners can sign up to as well as several online eLearning modules.

We hope that practitioners from across all sectors find that many of the courses increase their knowledge, skills and confidence, as they navigate their way through these challenging and uncertain times.



<https://www.nhsfife.org/media/33607/health-promotion-virtual-and-elearning-programme-2020-2021-1.pdf>

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## On Your Doorstep

Since the outbreak of COVID-19 in March, communities have sprung into action. Neighbours have been reaching out to each other and informal support groups and food initiatives have been set up in towns and villages across Fife to support local people in need. Having strong supportive social networks and access to local information and support helps communities withstand and adapt to crisis situations and ensure that they are at the centre of the local response and recovery.

During lockdown, 129 new Covid-19 related community aid groups and food initiatives were added to Fife Health and Social Care Partnership's community website [www.onyourdoorstepfife.org](http://www.onyourdoorstepfife.org) We know there will be many more who aren't yet listed.



### Register Organisation

If you are aware of a local community group or organisation which isn't listed on the website, please encourage them to register by clicking on the 'register organisation' button on the homepage of the website. A current email address is required to register. This can be hidden from public view.

If your group or organisation is already listed on the website, you can edit or update your entry. Just search for your organisation and click on the settings cogwheel  next to your title. The website will automatically generate an update link and send it to the email address listed for your group.

If you have any questions about the website or require assistance to register, please email [onyourdoorstep.fife@fife.gov.uk](mailto:onyourdoorstep.fife@fife.gov.uk) or phone the Project Officer directly on **07515289669**.

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## Wellbeing Point

Fife's Wellbeing Point is an online signposting tool that can quickly, clearly and easily signpost to local and national health & wellbeing information. This tool was developed with Penumbra (a Scottish mental health charity), Fife Health & Social Care Partnership and was funded by the Scottish Government.



To use this tool visit <https://wellbeing-point.wixsite.com/the-well>

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## How to get in touch

Like us on Facebook: [www.facebook.com/FifeHSCP](http://www.facebook.com/FifeHSCP)

Follow us on Twitter: [www.twitter.com/FifeHSCP](http://www.twitter.com/FifeHSCP)

For all other queries regarding Health and Social Care Locality Planning, please contact: Heather Gibson, Locality Development Coordinator, Fife Health and Social Care Partnership on [heather.gibson-nhs@fife.gov.uk](mailto:heather.gibson-nhs@fife.gov.uk)

[www.fifehealthandsocialcare.org/your-community/](http://www.fifehealthandsocialcare.org/your-community/)

The Partnership provides accessible communication in a variety of formats including for speakers of community languages or for those who require easy read versions. Formats are also provided for those who speak BSL or read Braille. A text messaging service is available for those who are Deaf or Hard of Hearing which will help you communicate with Partnership services.

To find out more about accessible formats and the text messaging service contact: [Fife-UHB.EqualityandHumanRights@nhs.net](mailto:Fife-UHB.EqualityandHumanRights@nhs.net) or phone **01592 729130**