

FIFE WIDE PUBLIC ENGAGEMENT FORUM NEWSLETTER

Issue 3 - February 2026



Welcome to our third Newsletter for the Fife Wide Public Engagement Forum.

2025 was such a positive year for the Forum, and I'm excited to see us continue to grow and develop in the year ahead. Our meetings over the past year have been encouraging and full of energy, and it feels like we've built a strong foundation to carry us forward.

With the appointment of Ken Fraser as the Integration Joint Board Public Representative, I'm confident that we'll keep strengthening the public voice in how health and social care services are designed and delivered across Fife. Together, we're making sure that lived experience and community perspectives remain at the heart of our work.

Roy Lawrence, Head of Culture, Engagement & Communities

Ken Fraser, Integration Joint Board Public Representative

As many of you know, I've been part of the Fife Wide Public Engagement Forum since our first meeting back in October 2024. I had the opportunity to share my reasons for getting involved at our July 2025 meeting in Abbeyview Community Centre, Dunfermline, and I continue to feel passionate about the difference we can make together.

I'm delighted to now be serving as the Integration Joint Board Public Representative, and I'm really looking forward to working closely with all our forum members throughout 2026. Let's keep the momentum going; our ideas, experiences and involvement genuinely help shape the future of health and social care in Fife.

A Message from the Participation and Engagement Officer

It's hard to believe that it's been over 18 months since I took on the lead Participation and Engagement Officer role to support the development the Forum. Over that time, I feel we've built a strong and meaningful way for the public voice to feed into the work of the Health & Social Care Partnership. I'm incredibly grateful to all our members for sharing their time, insight and enthusiasm, it's what keeps the Forum alive.

I'm excited to see what 2026 brings. I hope our current members feel that being part of this work is positive and worthwhile, and I'm also hopeful that we will welcome more people into the Forum so we can continue to grow in both numbers and strength.

Most importantly, I hope you all feel that this is your Forum. My role is to make sure you feel valued, supported and able to take part in ways that suit you, and that you can see the real difference your contributions make.

To keep up to date with what's happening in the Forum, you can check out our dedicated page on the website: www.fifehealthandsocialcare.org/FWPF

Sharon Breeze, Participation and Engagement Officer





Our November Meeting

Strategic Plan Engagement

Chris McShane, Participation and Engagement Officer, gave a presentation and the group held an excellent discussion on Fife Health & Social Care's draft Strategic Plan for 2026 to 2029. Back in July, members discussed the outline of the plan and what its key priorities could be.

At this latest meeting, the group learned how their feedback has helped shape the draft plan and they then discussed the three key priorities – prevention, communities and digital care, in more detail.

Members highlighted the importance of local resources in helping improve people's health and wellbeing. They discussed different approaches that could be taken to help strengthen communities. When it comes to digital care, the group talked about how vital it is that access to support and services is fair for everyone.

We are delighted that the Forum has played such an important role in shaping the key priorities for the 2026-2029 Strategic Plan and look forward to sharing how these are being actioned in the future.

Locality Planning – Your Voice Matters

Jacque Stringer, Service Manager for Localities and Community Led Support gave a presentation on Locality Planning and asked how we can make sure the public voice is meaningfully included in locality planning across Fife.

Forum members shared their views, and the most popular suggestion was to invite staff from the locality teams to attend our Forum meetings, giving everyone a chance to discuss local issues directly with the people working on them. Some members also said they'd be interested in going along to meetings within their own localities to get a better understanding of how decisions are made.

We're really excited about these ideas, and we'll be putting plans in place throughout 2026 to make them happen.

People First – David Scott and Michael Stirling

David and Michael are both Directors of People First and they have been involved with the Forum since our first meeting. They delivered an excellent presentation and discussed how strong community resources are vital in supporting and enabling people with a Learning Disability to lead fulfilling lives. You can read more about the work of People First on their website:

www.peoplefirstscotland.org



CLICK HERE

Information about the forum and getting involved with Fife Health and Social Care Partnership can be found online at:

www.fifehealthandsocialcare.org/getinvolved



Meet the Members – Joyce Wilkinson

I was a registered nurse for over 40 years and after completing a PhD in health service management, I became involved in health services research. Latterly I was a lecturer in nursing at the University of Stirling. I retired in 2022 as a result of health issues, living as I do, with three long term conditions.

It's only recently that I've become involved in the Forum but already I feel a part of the public 'team', users of Fife health and social care services and people who are really committed to improving these services for the benefit of others as well as themselves. We're all experts in our own health conditions and experience of using services and so I feel that it gives me the opportunity to be part of something bigger, sit alongside like-minded people and contribute to a better health and social care future for Fife.

Since retiring I've taken on two volunteering roles at the University of St Andrews medical school. The first is as a 'Patient Partner' – this involves using peoples' health conditions as the basis for supporting medical students to learn how to take a clinical history. Organised on a sessional basis around different body systems, this is an opportunity for 1st, 2nd and 3rd year students to use real people with real health issues to partner with them in their learning. It's a role that I enjoy tremendously and one which makes me feel valued and able to 'give back' something to the education of the next generation of health care staff.

The second role is as part of the Fife Community Advisory Council (FCAC). This is an opportunity for people to become involved in shaping and advising on the development and undertaking of health research projects. It is not a role which requires people to be participants in the research itself but is known instead as Patient and Public Involvement in research. I'm currently involved in a project which is researching ways to prevent frailty and falls in older people. I've been helping with the development of an original research idea, a comparison between Scotland and Germany. The research is in an early stage but it's exciting work and I can't wait to find out how the research develops and what it finds out.

Volunteering with the FCAC provides opportunities for anyone who would like to volunteer. It requires no specialist knowledge, just enthusiasm and a willingness to do some small pieces of reading or commenting on work in progress. I can honestly say that it is a really rewarding and interesting thing to do. Again, it makes me feel as if I have something to offer and that as a user of health services in Fife, I can, in a small way, shape the future of health care developed through local research.

If you would like to be a volunteer, like me, at the medical school in St Andrews, please contact Charlie Guy who coordinates all the volunteering opportunities. You can email her: cmg22@st-andrews.ac.uk or call her on 01334 461891. She's waiting to hear from you!

Lived Experience Network – Update

We know that services are best when shaped by people who use them so over the last few months we have been developing our Lived Experience Network and we have an early focus on mental health. We now have a date for our first event and are keen to hear from people who have used, or care for someone who has used, mental health services in Fife.

At our upcoming meeting people will learn about projects they can get involved with, hear from a panel of speakers who have lived experience, and connect with others who care about improving mental health services in Fife.

The event will take place on **Thursday 12th March 2026 from 1–3pm at the YMCA in Glenrothes**, and Forum members are very welcome to come along.

If you are interested, please register using the QR Code or get in touch with the Participation and Engagement Officer by email at Sharon.breeze@fife.gov.uk or hscp.participationengagement@fife.gov.uk

