

FIFE WIDE PUBLIC ENGAGEMENT FORUM NEWSLETTER

Issue 4 - June 2026



Welcome to our June 2026 Newsletter for the Fife Wide Public Engagement Forum

It was great to see so many of you at our first meetings of the year in February and March. Your continued involvement really matters, and I'm pleased to share that senior leaders across Fife HSCP have been speaking very positively about the insight, challenge, and real value that forum members bring. Your voices are helping to shape what we do now and in the years ahead.

While big numbers at meetings aren't everything, I know it can sometimes feel unbalanced when there are more staff than public members in the room. The Participation and Engagement Team will be doing more to promote the forum and grow membership, but you can also make a real difference. If you know someone who cares about local health and social care, please encourage them to get involved—word of mouth is often the most powerful invitation.

Most importantly, I want to reassure you that your contributions genuinely matter. You bring perspectives we cannot get anywhere else, and the partnership values your time, honesty, and commitment. I'm really looking forward to working with you and seeing the forum continue to grow over the coming months.

Roy Lawrence, Head of Culture, Engagement and Communities

Ken Fraser, Integration Joint Board Public Representative

Hello Folks!

Well I hope you are all looking after yourself, and making the most of the good weather whenever it appears!

Since our last newsletter in February, I have been kept busy attending Integrated Joint Board (IJB) Committee meetings and Locality Planning Group (LPG) meetings across Fife. I would like to share some of the key discussions from five of the seven LPG meetings that I was able to attend. As a reminder, the seven localities are: Cowdenbeath, Dunfermline, Glenrothes, Kirkcaldy, Levenmouth, North-East Fife and South-West Fife. While the IJB Committee meetings provide valuable strategic oversight. I found myself looking for opportunities to learn more about the practical work taking place within our communities.

A common theme running through all of the meetings was 'Movement for Health.' It's all about Scotland's National Day of Movement (18th June); and a revised Terms of Reference (TOR) through each Locality. Those present were encouraged to make a simple pledge and move more during the day. There were some creative suggestions, including one simple idea that particularly stood out for me: '... standing on one leg while waiting for the kettle to boil to help improve balance and strengthen core muscles!' In the spirit of promoting movement, why not join me in trying the "kettle challenge" and practise standing on one foot (and then the other) while waiting for the kettle to boil?



Kirkcaldy

The locality's focus this period is on long-term illness and safer communities. Several short-life working groups have been established to progress work relating to the HSCP Resource Centre, Living Safely, and the Life Curve programme. The Managed Clinical Network (MCN), which supports the work of the Fife Health and Social Care Partnership, was also discussed. Louise Mackay, Health and Wellbeing Lead at Fife Sports and Leisure Trust (FSLT), provided an update on the range of GP referral and self-referral programmes available across Fife's fourteen leisure centres.

South-West Fife

This locality's key focus was supporting people who do not yet have a Power of Attorney in place. Fife Voluntary Action is working alongside Fife HSCP to deliver information and awareness events across Fife to help residents understand the importance of planning ahead. Other discussions centred on the positive impact that physical activity can have on mental wellbeing, as well as the valuable support and services provided by Fife Forum.

Cowdenbeath

The Cowdenbeath locality focused on young people, phone usage, and the impact of screen time on both individuals and wider society. This prompted a lively discussion around prevention, early intervention, and the need for greater awareness of the effects of excessive screen use. Representatives from Public Health Scotland were encouraged to strengthen public awareness campaigns on this topic. One recommendation from the group was to watch *The Social Dilemma*, available on Netflix, which explores the influence of social media and digital technology on modern life.

Dunfermline

The primary focus for the Dunfermline area was on greenspaces and community hubs, and the positive impact they can have on health and wellbeing. We heard about a three-year transformation project currently underway within the grounds of Lynebank Hospital. The initiative is being led by the Communities and Neighbourhoods Team within the HSCP, alongside the Fife Health Promotion Team. This project is one of 17 projects across the UK participating in the Nature, Towns and Cities programme. The Fife Coast and Countryside Trust is also playing an important role in supporting this work locally.

Glenrothes

The Glenrothes Locality Planning Group is focusing on "Wellbeing for Everyone", with particular attention given to health inequalities and the impact of the ongoing cost-of-living crisis on people across Fife. Discussions highlighted the many barriers that people living with disabilities can face when trying to adopt and maintain healthy lifestyles. A key concern raised was the need to develop sustainable services that can continue to support communities over the long term. There was also a constructive discussion about improving awareness of the support available through partner organisations and community services.

Your Views Matter

Having considered the wide range of issues and initiatives discussed across our localities, what do you think would make the biggest difference in improving health and wellbeing within your locality? Why not come along to our next Public Engagement Forum meeting and share your own experiences, ideas, and suggestions? Your voice and lived experience can help shape future services and priorities across Fife.

Update from the Participation and Engagement Officer

2026 seems to be flying by, and I'm hoping that we will be heading into our June meeting with a bit of summer sunshine.

I also hope you've had a chance to see our recent social media campaign, where some of our forum members shared why they got involved and encouraged others to join. Hearing real voices from our communities makes such a difference, and I'm grateful to everyone who took part.

Over the next few months, I plan to be out and about visiting local groups and community spaces to spread the word about the forum. Growing our membership and bringing in a wider range of perspectives is a real priority. I know you all attend meetings in your own time, often while juggling work, caring responsibilities, or your own health needs and it's not always easy to be there. I know also that when more people are in the room, the conversations are richer, the ideas are stronger, and the impact is greater. That's why I'm so keen to welcome new members from across Fife.

To stay up to date with Forum news, you can visit our dedicated webpage: [Fife Wide Public Engagement Forum | Fife HSCP](#). You'll find previous newsletters there, and our Comms Team is continuing to develop the page so keep an eye out for updates.

We also heard your feedback about the need for a sound system to make sure everyone can hear and be heard. I'm delighted to say we now have one, and it will be in use at our next meeting in Dunfermline.

I'm looking forward to catching up with those of you who are planning to attend our next meetings either in person or online and I'm always happy to help if you have any questions.

Sharon Breeze, Participation and Engagement Officer.



Our February Meeting

Strategic Plan Update

Chris McShane and Finlay Macleay, Participation and Engagement Officers, gave members an update on the refresh of the Health and Social Care Partnership's Strategic Plan for the next 3 years. The forum played an important part in shaping the engagement and sharing feedback on the draft plan and this contribution was recognised by our senior management. A summary of the update has now been shared with all members.

Unpaid Carers Information Session

James Wotherspoon delivered a presentation about Unpaid Carers to:

- Raise awareness of what an unpaid carer is.
- Tell forum members about the work we do with Unpaid Carers.
- Provide information about where Unpaid Carers can get support.

Ken Fraser

Ken gave a presentation on his role as the Integration Joint Board Public Representative and shared his hopes for the forum.

Meet the Members - Jim Pearson



A friend got me interested in volunteering at Queen Margaret Hospital in 2019 and I've been there ever since, although we did take a break during COVID when people weren't going into the hospitals in the same way. I volunteer there once a week doing the Meet and Greet and I really enjoy it. A lot of the time I'm there to help direct people to the right departments but there are also times when I'll have a chat with people who are waiting for a relative to finish their appointment. The hospital is so big, and I think that coming in for appointments can be nerve-wracking for some people so as volunteers, we want to provide a warm welcome and help people get to where they need to be with a smile and a bit of friendly chat. We can also help to get wheelchairs for people who need them to get around and just generally try to make the time before the appointment go smoothly and reduce any anxiety people might be feeling.

I also volunteer at one of the foodbanks in Dunfermline every week and we have a great team of people who do that, we have a lot of laughs and provide an important service.

I think volunteering is a really good way of keeping active and doing something useful. I recently attended a Volunteer's Week reception and heard that over 18,000 hours of volunteering had taken place in Fife, I feel that volunteers contribute well to our communities and would recommend it to anyone who has some spare time on their hands.

I've always been a people person, I enjoy talking to people and can talk to anyone. When I retired I thought that there was no point in me sitting in the house doing nothing and I wanted to keep active and involved in what was going on in the community. Volunteering is one way of keeping active, but I also enjoy going out walking with friends, I attend a weekly fitness class at Duloch Leisure Centre and I go to a line dancing class every week which is good fun.

I joined the Forum in October 2024 when I attended the first meeting in Glenrothes. I enjoy the meetings and I'm keen to continue to be a member and hear about things that are happening in health and social care. I feel it's important for people to get involved and share their views and I have encouraged other people to do the same.

Lived Experience Network Update

The Lived Experience Network Event took place on 24th April 2026 in Glenrothes. It brought together people with lived experience of mental health services, carers, community organisations and staff and was well attended.

The key messages for the event were:

- Lived experience is expertise and people's real experiences help services understand what works and what needs to change.
- Insight drives improvement - when people share their stories, services adapt and improve.

There was a good atmosphere in the room and feedback was positive with many people saying that the event was welcoming and inclusive with a good mix of people involved but that they would have liked more time to share their own views and take part in discussions – we will do more of this at a future event.

It was great to have Forum Members come along to the event and we will be working to get to know everyone who attended better and build those important relationships that will lead to change.

