



**SURVIVING CHRISTMAS** The Adult Support and Protection Committee '[Staying safe and keeping well – Surviving Christmas and New Year](#)' booklet is another step by the Adult Support and Protection Committee in their continuing effort to raise awareness of support available in the Kingdom and ensure people stay safe and well, now and throughout the rest of the year. It is also available as a [foldout](#), [easy read](#), [plain text booklet](#) and [plain text foldout](#).



**FIFE DIRECT** The new Fife Council website is: [www.fife.gov.uk](http://www.fife.gov.uk). The quickest way to find Adult Protection information is at: [www.fife.gov.uk/adultprotection](http://www.fife.gov.uk/adultprotection). You can also go to the homepage of fife.gov.uk and clicking on either 'Reporting' or 'Health and Social Care/Help for Adults'.



**STOP IT NOW** [Stop It Now! Scotland](#), a child abuse prevention charity has seen a substantial increase in the number of referrals it is receiving from men looking for help with their sexual thoughts, feelings or behaviours towards children. Many of those helped by Stop It Now say they knew what they were doing was wrong, but did not know how to stop. Fife Adult Support and Protection Committee worked with Stop it Now to produce [easy read information on grooming, and what to do if you are looking at inappropriate content online](#). To request copies email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk). The Stop It Now confidential helpline is: 0808 1000 900 Look out for information about the Upstream website in our December newsletter.



**NEW EASY READ INFORMATION** Following input from service user groups and in response to work by the Committee's Financial Harm Working Group we have revised our booklets '[Financial harm – scams](#)' and '[Keeping your money safe](#).'



**MATE CRIME AND CUCKOOING** Recent mentions of mate crime and cuckooing in the media has prompted the Adult Support and Protection Committee to create a new easy read resource to prompt discussion of these difficult subjects with people with a learning disability who are often targets of this criminal behaviour. The booklet '[Mate Crime and Cuckooing](#)' deals with issues around 'fake friends' – being befriended by someone who wants to take advantage of you. Cuckooing is the term for a fake friend taking over your house for criminal purposes. To request copies email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) or call 03451 55 55 55 ext 442134.



**HUMAN TRAFFICKING AND EXPLOITATION** This [online survey](#) is open to anyone in Scotland and seeks views to support the Scottish Government Trafficking and Exploitation Strategy. You can also comment by emailing:



[human.trafficking@gov.scot](mailto:human.trafficking@gov.scot) The Scottish Government produced '[Human trafficking and exploitation: guidance for health workers](#)' with local authority information provided in the [COSLA Human Trafficking and Exploitation Guidance](#).



**HATE CRIME** [Disability Equality Scotland](#) is working with Stagecoach East as part of a pilot programme on behalf of Transport Scotland, to tackle hate crime on public transport. Transport Scotland's Hate Crime Working Group had public consultations which led to the creation of a [Hate Crime Charter](#). Stagecoach East in Leven is piloting the Charter and the results will help to inform its national roll out. If you see the Charter in Fife buses, take a photo and tweet @DEScotTweets using the hashtag #DontIgnoreItReportIt. Find the Adult Protection booklet '[Disability Hate Crime](#)' [here](#).



**CARERS' RIGHTS DAY** was on 21 November. To mark the day [Carers UK](#) prepared the '[Will I care? report](#)' to highlight the growing role caring plays in all our lives. Their [new research briefing](#) looking at the length of time it takes carers to identify their caring role and the impact that has on the financial, emotional and practical support they receive.



**EQUAL PARTNERS IN CARE** A new resource has been produced by NHS Education for Scotland and the Scottish Social Services Council by refreshing and updating the original EPiC to include rights and duties under the Carers Act. The new [Equal Partners in Care \(EPiC\) resource](#) is available via TURAS and is intended for everyone in the health and social care workforce who may come into contact with unpaid carers.



**FIFE CARERS CENTRE** provide support in Fife at [Fife Carers Centre](#) 157 Commercial Street, Kirkcaldy KY1 2NS. You can contact them by phone at: 01592 205472 by text: 07881691391 or by email: [centre@fifecarers.co.uk](mailto:centre@fifecarers.co.uk)



**THE DEAF DEMENTIA EXPERIENCE** The [British Deaf Association Scotland](#) has a [dementia toolkit](#) for Deaf people who use BSL and who are living with dementia, as well as their families, carers, and any staff who are supporting them. It gives tips and advice to support people and is a positive step towards achieving equality of access to information and services for Deaf people.



**HEALTHY HEARING POP UP SESSIONS** Do you know someone living with hearing loss? Come along and meet the Health and Social Care Partnership team who can offer advice about services in Fife that support hearing loss. The next session is on 3 December from 10am-12noon at St Andrews Community Hospital.



**DO YOU HAVE A POWER OF ATTORNEY?** National Power of Attorney Day on 20 November encouraged people to plan ahead. A Power of Attorney is a legal document giving a person you have chosen, the authority to make decisions on your behalf if you lose capacity and are no longer able to look after your financial or personal affairs. For more information visit: [www.mypowerofattorney.org.uk](http://www.mypowerofattorney.org.uk)



**FACEBOOK SCAM** Police Scotland are warning of people receiving what appear to be genuine messages from friends and family members via their Facebook account. The messages advise you to pay an administration fee to get lottery 'winnings'. If you receive a message like this, get in touch with your family or friends, but NOT by using social media. Check your privacy settings on social media. Hide your friends list and keep your photos private. For further advice on Scammers go to the [Police Scotland site](#) or [www.takefive-stopfraud.org.uk](http://www.takefive-stopfraud.org.uk)





**SEXTORTION** Information from the [INEQE Safeguarding group](#) gives details of victims receiving scam emails that claim you have accessed adult pornography online and threaten to share video evidence unless a ransom is paid in Bitcoin. Their advice if you receive one of these scam emails:

- **Don't panic and take a step back** - Stop, Pause and Think.
- **Do your research** - Copy and paste the text into Google.
- **Take action to protect yourself** - Contact the police.
- **Improve your digital security** - Change passwords and check your email security.
- **Don't stay silent** - Talk to someone or call [The Samaritans](#).

Find [more detailed advice in the Ineque guide](#).



**MENTAL HEALTH SUPPORT** Sam's café is a free drop in service offering mental health, crisis and peer support for people aged 16yrs plus. Sam's team support people who may be experiencing challenging thoughts and offers a safe space to access support in a relaxed and welcoming space. Sam's Café, is at Linton Lane Centre, Kirkcaldy KY2 6LF. Call 07971892886, email: [sams.cafe@samh.org.uk](mailto:sams.cafe@samh.org.uk) or visit the website: [www.samscafe.org.uk](http://www.samscafe.org.uk). Sam's is open Wed, Fri, Sat, Sun 2-10pm. Email for more information or to confirm a free workshop place. **Workshops:**



- Fri 13<sup>th</sup> December 3-4pm - *Approaches to thriving through festive period*
- Saturday 21<sup>st</sup> December 3-4pm - *Sam's festive alternative present list, ways to gift yourself a bit of breathing space*
- Workshop Friday 27<sup>th</sup> December 3-4pm - *Coping with emotions, feelings and thoughts at this time.*

**TFI Fridays@Sam's (Together For Inspiration) Mental Health Support** - a relaxed, informal series of catch ups at Sam's Café. 29th November 7-8pm Depression and anxiety discussion. 13th December 3-4pm Approaches to thriving through festive period



### 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