



**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)**



The Adult Support and Protection Committee have two posters giving advice: [one for people who are self-isolating](#) and one [asking people to report harm or neglect](#) if they see or hear anything that concerns them. Please download and share these messages with your staff and the people you support.



For medical information on Coronavirus please call NHS on 111 or find information online at: [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus). This includes easy read formats giving the [latest advice](#) and [guidance on isolation](#).



Fife Council have a [Coronavirus webpage](#) giving advice including information on schools and childcare, housing and benefits and money. Fife Council and Fife Voluntary Action (FVA) have launched a service to help match up vulnerable people in urgent need with organisations offering aid and support in our communities. Fill out a registration form on the Fife Voluntary Action website at [www.fva.org/pandemic](http://www.fva.org/pandemic). For more information email [helpinghand@fva.org](mailto:helpinghand@fva.org) or call 0800 389 6046.



**TRADING STANDARDS** Fife Council Trading Standards are warning the public to be extra vigilant and avoid being caught up in new scams related to the Coronavirus outbreak. In common with most other crisis situations there are reports of criminals cold calling homes, and using emails, text, online advertisements and phone calls to defraud people. Trading Standards Scotland have a scam checker which you can access [on their website](#), and people can also contact Advice Direct Scotland on 0808 164 6000 or visit [consumeradvice.scot](http://consumeradvice.scot)



SCVO

**INFORMATION HUB** The Scottish Council for Voluntary Organisations has launched a community directory providing vital support during the current crisis. The **Covid-19 Third Sector Information Hub** allows groups to share what non-medical help they can offer to the public and other organisations; enables groups to find offers of help between organisations; and helps the public to **search for support from organisations in their community**, and find how they can volunteer.



**NEED SUPPORT TO GET ESSENTIAL ITEMS?** Hourglass (the new name for Action on Elder Abuse) have volunteers ready to deliver a shopping bag of tinned and non-perishable food, toiletries and other essentials to older people in isolation, in Dunfermline and West Fife at no cost. If you, or someone you know, would benefit from a delivery, please call: 07496323801 or email: [colinscott@elderabuse.org.uk](mailto:colinscott@elderabuse.org.uk)



At this anxious time for many older people, [Action on Elder Abuse Scotland](#) are looking for helpline volunteers. Find out more [here](#). Volunteers provide a confidential telephone service which provides information, advice and support to people who are concerned about abuse, neglect or financial exploitation. Volunteers also provide support via email. The freephone helpline is 0808 808 8141.



**ANNUAL REPORT** The Adult Support and Protection Committee's [Annual Report](#) and [Easy Read version](#) gives details of work between 1 April 2018 and 31 March 2019. Find out more about the work of the committee and working groups.



**EASY READ INFORMATION** Every year in Scotland people move to a care home because they need support to look after themselves. Fife Adult Support and Protection Committee and Solicitors for Older People Scotland have made the booklet '[I'm moving to a care home. How do I look after my money?](#)' to help people think about some of the financial decisions. To request copies email: [shona.mcewan@fife.gov.uk](mailto:shona.mcewan@fife.gov.uk) or call 03451 55 55 55 ext 442134.



**NEED ADULT PROTECTION TRAINING?** Anyone currently working from home can access the Adult Protection E-Learning module which should take around an hour to complete. Visit: <http://socialwork.fife.gov.uk> and click on either of the blue sections: 'Do you belong to a Fife Council Partner Organisation' or 'Are you a Fife Council employee' to start. We'll let you know more about training dates in future newsletter editions.



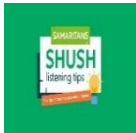
**HARMFUL SEXUAL BEHAVIOUR BY CHILDREN AND YOUNG PEOPLE** The Scottish Government [Expert Group Report](#) sets out proposals from the Expert Group on Preventing Sexual Offending Involving Children and Young People to improve prevention and early intervention in response to harmful sexual behaviour involving children and young people.



**MENTAL HEALTH** Time to Talk day might be over, but conversations need to happen every day. Don't put off having a conversation, or avoid it because you think it might be awkward. If you're worried someone is struggling, you don't have to be an expert to talk about it. **If you are having a hard time and need to talk, reach out to someone you trust or call the Samaritans 24/7 on 116 123.** Here are some resources that can help.



- [SeeMe podcasts](#) the [See Me Scotland website](#) and follow #itsokto on Twitter
- The [Samaritans SHUSH tips](#) give advice on how to be a good listener and help someone you're worried about open up about their feelings.
- Time to Change [tips for talking](#)



**COULD YOU VOLUNTEER FOR FIFE YOUNG CARERS?** Their new Befriending Service enables young people with a caring role at home in Fife to experience the same opportunities and activities as their peers. Volunteers can support this by sharing their time and patience with a young carer. For further information contact: Emma Pauley, Fife Befriending Coordinator by phone 07775844885 or email: [epauley@lead.org.uk](mailto:epauley@lead.org.uk).



**WANT TO BE A MUSIC DETECTIVE?** Music for dementia charity, Playlist for Life, [launched a package of training programmes](#) urging healthcare professionals and those with caring responsibilities to harness the power of music when caring for people living with dementia this week. [Playlist for Life](#) also offers support for family members and communities caring for people with dementia.



**SOCIAL CARE ONLINE** The Social Care Institute for Excellence invites you to look at [Social Care Online](#) – the UK’s largest database of information and research on all aspects of social care and social work. The database includes resources, information on legislation, research, reviews, digital media, and learning material.



**STUDENTS WITH A DISABILITY** The Scottish Government are carrying out a review into the current system of support for disabled students at college and university. The [surveys](#) are open to current and past students, staff, parents, carers and student representatives and are open until 3 April.



**THE STATE OF CARING** The [State of Caring 2020 survey](#) is used by Carers UK to help inform practice and to campaign for recognition and change for carers across the UK. This year’s questions will help inform and shape practice around health and wellbeing, employment and technology. The survey closes on 17 May and a research report will be released later in the year.



## 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

**Don't forget – if you've seen something – say something.  
Call the Adult Protection Phone Line on 01383 602200.**