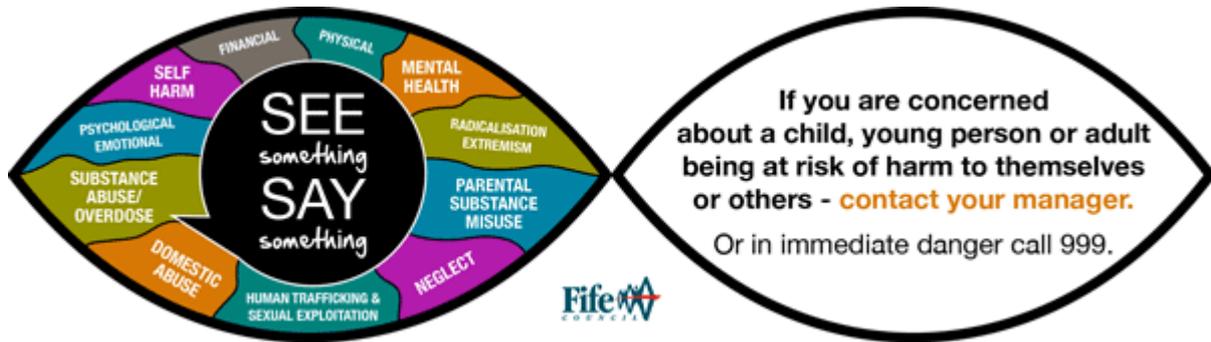


The Adult Protection Phone Line is available on 01383 602200 if you or someone you know is at risk of harm or neglect. In an emergency or if you are in danger call 999. All Adult Protection information is online at: www.fife.gov.uk/adultprotection If you have concerns about a child, please call 03451 551503. Find out more in our [Sway publication](#) here.



KINGDOM FM Please listen to our [infomercials](#) for our May Campaign on Kingdom FM. This month's focus is on sexual harm. Evaluations will follow and be presented at ASPC in September. Our thanks to colleagues Shona McEwan, Hazel Crielly, and Sheila Noble, plus Sam Trotter and Declyn Fairlie from Fife College for their participation. To start a conversation about this subject with someone you support take a look at the Adult Support and Protection Committee's easy read information on [Easy Read sexual abuse booklet](#). You can also find information on the [Sexual Violence](#) page of the Violence Against Women sexual harm and sexual consent.



FINANCIAL HARM

The ASPC Financial Harm Working Group take forward their campaign 'A Year of Financial Harm Awareness Raising'. The theme for this month's campaign is Rogue Traders and how to avoid them. Please check this [SWAY document](#) and attached poster. Our thanks to colleagues in Police and Trading Standards for their support in the creation of this guide. An Easy Read version is attached to this newsletter. In May we will bring you a how to guide looking at 'Romantic Scams'.



- Action Fraud provides the [latest fraud news and alerts](#).
- The latest 'CyberScotland Bulletin' is available to view [here](#) providing information about the latest threats, scams, news and updates on cyber security
- Trading Standards Scotland warn of Covid-19 related scams in their latest edition of [ScamShare](#)
- [Take Five to Stop Fraud](#) campaign
- [Fraud - The Facts 2021](#) UK Finance
- [ScotGov Information on some examples of current activities](#) being delivered by partners aimed at tackling scams in Scotland.
- [Neighbourhood Watch](#) Scotland





DEAF AWARENESS WEEK took place from 3-9 May and information is available at nhsinform.scot We take this opportunity to remind you of the [Adult Protection Playlist](#) on the YouTube channel of the Deaf Communication Service. It provides British Sign Language introductions to each of our Easy Read booklets.



MENTAL HEALTH AWARENESS WEEK took place from 10-16 May 2021. If you would like to find out more about the national campaign visit <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week> or join the conversation on social media using #ConnectWithNature and #MentalHealthAwarenessWeek. Fife Health Promotion Service has information available at <http://hpac.fife.scot.nhs.uk> including a Wellbeing Pack suitable for both staff and patients which can be used to improve wellbeing, reduce stress and increase wellness throughout the current challenging environment, coping with the effects of Covid-19 and restrictions on everyday life.



CLEAR YOUR HEAD If you are feeling a little overwhelmed as life starts to get busy again, there are some simple, practical things you can do that can help. Find tips at <http://clearyourhead.scot>



SAM'S CAFÉ MENTAL HEALTH DROP INS. Face to face support has started at each location (adhering to covid restriction guidance). Sam's offers one to one support for mental health issues, crisis and suicidal thoughts. There is no referral required, people are welcome to drop-in anytime. Information available on www.samscafe.org.uk



SUICIDE PREVENTION [United to Prevent Suicide](#) is a social movement united in a shared belief that every one of us has a role to play in preventing suicide. The main goal this year is help people mobilise and take action to prevent suicide. This will be achieved by making changes to the [digital hub](#) as well as: providing further information about suicide prevention; signposting to resources; creating a virtual space where people talk and share ideas; and developing online and in person events.



CRUSE BEREAVEMENT CARE WALKING GROUPS Cruse Bereavement Care Scotland are planning to launch a walking group to help support anyone feeling lonely, or socially isolated, because of bereavement. If you are working with any bereaved adults, who this may be of interest to, please do contact Jenifer, who coordinates the groups, by emailing: stepbystep@crusescotland.org.uk or call 074325406.



DEMYSTIFYING DEATH WEEK The Truacanta Death Club has been organised by [Good Life, Good Death, Good Grief](#), a charity working to make Scotland a place where everyone knows how to help when someone is caring, dying or grieving. The new death club is part of Demystifying Death Week which ran from 6-12 May. The week sees the launch of [six short films](#), each aiming to demystify a different aspect of death, dying or bereavement.



STAYING SAFE AND KEEPING WELL BOOKLET Copies of the '[Staying Safe and Keeping Well](#)' booklet are still available. Email shona.mcewan@fife.gov.uk for further details. For anyone who is finding life difficult at the moment, remember you are not on your own. There are many reasons some people need just a bit more of a helping hand, and we want you to know that in these uncertain times it's ok to reach out for support.

INTERNET SAFETY As we have featured in previous newsletters, the Outside the Box Digital Buddies team have created some new resources for anyone learning to use a Tablet for the first time. [The guides](#) break down the different things you need to do to set up a new tablet, connect to the internet, and use it for all sorts of things – from podcasts to video calls.



GIRLS AT HIGHER RISK OF GROOMING New analysis released in [IWF annual report](#) shows the growing risk of children, particularly girls aged 11-13, being targeted by criminal sex predators. Predators groom, bully, and coerce their victims into filming their own sexual abuse on internet enabled devices. The images and videos of this abuse are then shared widely online. IWF experts warn this abuse now, for the first time, makes up almost half of what they are finding online. Find out more about the [Home Truths campaign](#) and check out the easy read resource [‘I’ve made a new friend online. But I’m worried’](#).

DISNEY PARENTAL CONTROLS AND PRIVACY SETTINGS Disney+ has now expanded their contents to include more adult themed media under Disney+ Star, parents may be concerned about how to restrict certain content for younger members of the family. Find out more [here](#).



DOMESTIC ABUSE Although the [HereforHer](#) campaign focus on England and Wales you may find some of the videos helpful including [Hollie’s story](#) about financial harm. Find information on domestic violence on the [domestic and sexual abuse pages](#) of FifeDirect and the [Easy Read Domestic Abuse booklet](#) from Fife Adult Support and Protection Committee.



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 আলপন 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