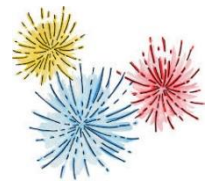
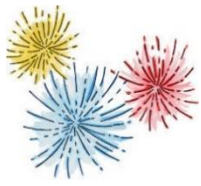


Autumn/Winter 2018

www.peoplefirstscotland.org



People First (Scotland)

Fife Newsletter

10th Anniversary Edition

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Quick Look Back Over 10 Years!

Autumn/Winter 2008

The Transport Working Group met with Stagecoach and Fife Council Transportation Service; it was agreed to deliver training aimed at improving attitudes and standards. Training was delivered through role play focusing on members' experiences around safety, staff attitude, policies and respect. People First (Fife) still has a strong relationship with Stagecoach and reported issues are dealt with as a matter of urgency.



Spring/Summer 2009

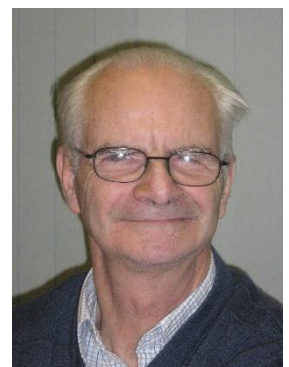
People First (Fife) held an event looking at disability employment, personal safety (out and about and at home) and safety on public transport. There was also a drama workshop 'being yourself and letting the character inside you get out'!



Autumn/Winter 2009

In an interview for this edition, Michael Mogg spoke passionately about his dedication to People First and his life long quest to change attitudes towards adults with learning disabilities.

Sadly, Michael is no longer with us, but it is lovely to remember him and how important he was to People First (Scotland).



Spring/Summer 2010

People First (Fife) members began delivering Adult Support & Protection Training to adults with learning disabilities across the whole of Fife. A lot of time was spent discussing types of harm and who to tell/how to report harm.



Autumn/Winter 2010

The first article about a local election!
A People First (Fife) Election was held in November 2010. People First is run by a Board of Directors made up only of people with learning disabilities. Fife has 4 Directors who are voted onto the Board by local members for a period of 3 years.



Michael Mogg was the successful candidate at this election.

Spring/Summer 2011

Roseanne Fearon was the Head of Adult Services for Fife Council Social Work Service. The Fife Wide Group had a close relationship with Roseanne, who came along to a meeting every year to answer members' questions and ask People First (Fife) for their views on a number of issues.



Autumn/Winter 2011

A main feature of this newsletter was the launch of the 'Think Safe' Personal Safety DVD, written by People First (Fife) members and produced with the support of Channel Fife. There were many endorsements for the DVD, including one from Tricia Marwick MSP and Presiding Officer.



Spring/Summer 2012

Fife Council and NHS Fife organised a Stakeholder Event which brought together users of advocacy services and their carers/families, along with professionals who refer to advocacy services. Delegates worked in groups and discussed the way forward for advocacy services in Fife. The feedback from the event was used to develop the plan for Advocacy across Fife: 2013 - 2016



Spring/Summer 2013

People First (Fife) members were involved in the planning and delivery of 'That's Not My Name' Conference, organised by the Adult Protection Team in Fife. The themes of the Conference were: Choices and Rights; Disability Hate Crime and Financial Harm. People First members delivered two workshops entitled: 'Nothing About Me Without Me' and 'Respect Me'



People First (Fife) has always had representation on, and works closely with, Fife Adult Support & Protection Committee.

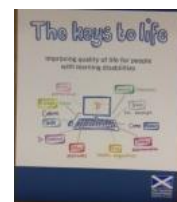
Autumn/Winter 2013

Connection to the DiversiFIRE Programme was made through representation on the Fife Adult Protection Committee. The programme engages with young people by raising their understanding of anti-social behaviour, including fire safety and security issues. The People First (Fife) part of the programme concentrated on the devastating effects Hate Crime has on people with learning disabilities.



Spring/Summer 2014

The launch of 'Keys to Life' was featured in this edition. People First (Fife) members attended a conference in Glenrothes where Steve Robertson, Chairperson of People First (Scotland) gave a speech outlining the very poor life prospects for people with learning disabilities. Steve said the Keys to Life should concentrate on positive life outcomes for people with learning disabilities who, with the right support, can live full and active lives.



Autumn/Winter 2014

An event to launch Fife Advocacy Strategy was held in this year, celebrating the strong partnership between NHS Fife, Fife Council and local advocacy organisations. Independent Advocacy is a way to support people to have a stronger voice and have as much control in their lives as possible. To raise awareness of the Advocacy Strategy and Fife Advocacy Forum, People First (Fife) members took part in a Roadshow taking information across the whole of Fife.



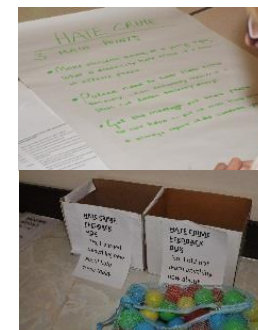
Spring/Summer 2015

People First (Fife) members designed a presentation that could be delivered to 1st Year Students, highlighting the long term effects of Disability Hate Crime on people with learning disabilities. Guidance Staff from Balwearie High School gave the go ahead and in November 2014, members delivered the presentations to over 250 1st Year Students. Feedback from Teachers and Students was excellent and members are still delivering similar presentations at Balwearie High School.



Autumn/Winter 2015

In November, People First (Fife) held a Friendship Event in Kirkcaldy. The School Disability Hate Crime Presentation was on the programme, followed by workshops to allow discussion around the topic. A short play about the barriers to forming relationships and the importance of friendships opened the afternoon session. Members then discussed what stops adults with learning disabilities finding new friends and forming adult relationships. The Event closed with an open microphone session for members to make comments about the day.



Spring/Summer 2016

Sandy Riddell, Director and Julie Paterson, Divisional General Manager; Fife Health & Social Care Partnership came along to a Fife Wide meeting. Members from across the whole of Fife had the opportunity to put questions to Sandy and Julie. The main themes were: Social Work Services; Health Care Professionals; Employment and Community Day Services.



Autumn/Winter 2016

A small focus group compiled a Transport Survey. This survey focused on Stagecoach buses and all People First (Fife) Groups took part. The survey was broken down into three sections: Driver/Staff Related; Passenger Related and Bus Related. The completed survey was sent to the Operations Manager at Stagecoach and a meeting was arranged. Several concerns were discussed at great length and the Manager expressed his thanks to People First members for bringing the survey to his attention.



Spring/Summer 2017

Members had the opportunity to say what being a member of People First (Scotland) means to them.

No discrimination

I would be lost without People First

I can talk about what is important to me

People First has helped me more than I can say

People First helps people with learning disabilities to live independently

It makes me feel gifted to be a part of things

I am learning to be less vulnerable

I am listened to

Getting my voice heard

I can talk to the police better now

I like to hear other people's views

Autumn/Winter 2017

In addition to the Disability Hate Incident Presentations, Autumn 2017 saw two members delivering Disability Discrimination Presentation to 4th Year Students at Balwearie High School. The members talked about their own experiences of being discriminated against and the lasting effects. There were activities around not judging people by the 'label' they are given and recognising that not all disabilities are visible.



Spring/Summer 2018

Along with Fife Centre for Equalities, two small People First (Fife) focus groups and interested individual members took part in a Human Rights Consultation. The focus was looking at the barriers adults with learning disabilities face when trying to access their human rights, especially around independent living. The consultation highlighted four main areas where people with learning disabilities do not have equal rights:

- Not having their personal freedom respected;
- Not having their right to dignity respected;
- Not having personal safety;
- Not having the right to a private and family life.

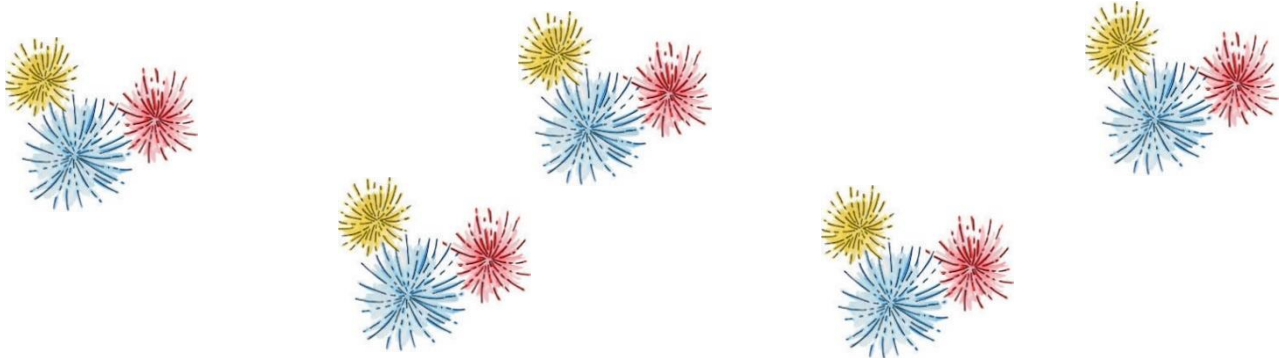


Autumn/Winter 2018

People First (Fife) now has a Parents' Group!



Looking forward to the next 10 Years!



People First (Fife) Parents' Group

The Group met for the first time at St Bryce Kirk, on 31st August.



Bianca Woods, Chairperson of the People First (Scotland) National Parents' Group was the guest speaker at this meeting. Bianca gave a background to the National Group and a history of the work carried out by members and its aims for the future.



Bianca asked the People First (Fife) Parents Group to respond to the Scottish Government Consultation on 'neglect' as it applies in law.



The Scottish Government wants to change the law on 'neglect' and make emotional neglect a crime. Physical and emotional neglect of children is very serious and children should never be ill-treated. People First (Scotland) are worried that if this change in the law happens, parents could be charged with a crime of neglect and have their children removed. Parents should get ongoing support so families have an equal chance of staying together.



The People First (Fife) Parents' Group will concentrate initially on Question 18 of the Consultation, which looks at how any change in legislation could negatively impact on parents with learning disabilities.



The Group will meet on at St Bryce, 11.00 – 12.30 on:
Friday 28 September, Friday 2 November, Friday 7 December.

Further information from Kate or Andrea, Development Workers (contact details on back page).

Interview with Michael Low, People First (Fife) Volunteer

Brenda Kirby from the Newsletter group met with Michael to ask him about his experiences as a Volunteer Adviser with People First (Fife)

How long have you been a volunteer with People First?

Since 2013

How did you find out about People First?

Late in 2012, I was spending a lot of time at the Victoria Hospital in Kirkcaldy, visiting my wife (Elaine) who had a major operation and I saw the People First (Fife) leaflet on a stand there. I finished working in June 2012 and was looking for other things to do, which might be interesting and useful. People First (Fife) fitted perfectly with that.

What do you like about your volunteering role with us?

I really enjoy spending time with so many great, inspiring members. I learn how they cope with the difficulties they have in their lives. The experience has taught me a lot about coping with problems.

What has been your most memorable experience during your time with People First (Fife)?

I have had lots of memorable times with People First but probably the most outstanding one was the People First (Scotland) 25th Anniversary Celebration held in Edinburgh.



It was so impressive to hear the background to People First (Scotland) and see and hear how much it means to so many members and how much influence it has had on their lives.



What advice would you give to others who might want to volunteer with People First?



Definitely, it would be to go ahead and volunteer. Try to bring something of your own in the way of skills and experience but be ready and willing to learn from the amazing members, who have so much to offer as well. Achieving the right balance between contributing and learning will give a wonderful experience and lead to some great friendships as well. I have had a great time and would encourage others to do the same.

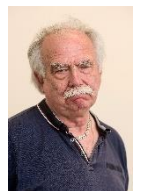


Brenda asked James McNab Chair of the Men's Group what it was like having a volunteer to support members.



James said it was important to have a man supporting the Men's Group. There are issues for men that are easier to speak about if the group is all male.

The support given by Michael is really good. Michael takes his time with members and makes sure everyone gets the chance to speak.



Having Michael as a Volunteer Adviser has been a bonus for People First (Fife) members and brought them a lot of benefits.

Keep Safe

Keep Safe works with local businesses to create a network of safe places for disabled, elderly and vulnerable people to go if they are lost, scared, need help, or if they are the victim of crime.



David Beckwith is the People First (Fife) representative on the Keep Safe Steering Group in West Fife. Other group members are from Fife Advocacy Forum, Police Scotland, Fife Health & Social Care Partnership and Fife Adult Support & Protection Team.



David initially looked around the Kingsgate Shopping Centre and Dunfermline High Street, to identify businesses and shops that would be suitable as 'Safe Spaces'.



Following this, alongside other members of the Steering Group, David took part in training the staff from the identified 'Safe Spaces'.



David also promoted the 'Keep Safe' card, which can be carried by vulnerable people. This card lists some basic information such as name and emergency contacts. David also informed people of the Keep Safe App, which is easily downloaded and can locate and map out Keep Safe premises.



Along with other Steering Group members, David took part in the launch of Keep Safe at Kingsgate Shopping Centre in Dunfermline.



David was also interviewed on 'Kingdom FM'!



3rd Party Reporting

Hate Incident: any incident that may or may not constitute a criminal offence, which is perceived by the victim or any other person to be motivated by prejudice or hate.



Hate Crime: any hate incident that constitutes a criminal offence, which is perceived by the victim or any other person to be motivated by prejudice or hate.



People First (Fife) work closely with Police Scotland and Fife Adult Support & Protection Team to raise awareness of the importance of reporting Hate Incidents.



There are various reasons people do not report Hate Incidents to the Police. The idea behind 3rd Party Reporting is that it is all done via computer and through a 3rd party person who the victim trusts.



Kate and Andrea (Development Workers) are trained In 3rd Party Reporting and can report a Hate Incident online, alongside or on behalf of a victim.



When an Incident is registered, it is sent to a central office and then sent to the local Police Station. On the 3rd Party Form, the victim can ask for a male/female Police Officer, in uniform or plain clothes, to meet at another place (not home) and can request that the 3rd party person be with them if they agreed to be interviewed.



If a member reports a Hate Incident through 3rd Party Reporting, Kate or Andrea can be with them throughout the whole process.



Appropriate Adults Consultation (2018)

A group of People First (Fife) members, with experience of contact with the Police, came together to discuss the changes to the Appropriate Adult Service being proposed by the Scottish Government.

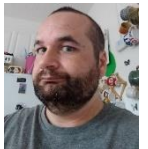


These changes would see Appropriate Adults Services placed on a statutory footing to ensure that everyone who requires the assistance of an Appropriate Adult gets the same high level of quality support across Scotland.

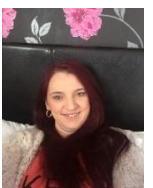
The consultation was run by the Scottish Government. Members of Supporting Offenders with learning Disabilities (SOLD) were critical of the limitations of the Appropriate Adult role in the past.



David Scott and Mandy Law attended the Consultation at Victoria Quay in Edinburgh, to feed in comments from Fife.



- There needs to be Appropriate Adult support throughout the whole process of any Police engagement;
- There needs to be training for Police Officers around working with adults with learning disabilities.
It is vital that adults with learning disabilities are part of this process;
- There needs to be good communication and a choice of places to meet with Police;
- The Appropriate Adult Scheme needs to be delivered independently from Councils;
- Advocacy must always be available as part of the process;
- Ensure the same high standards across Scotland;
- Provide proper feedback to adults involved.



Public Transport Hate Crime Charter

As most People First (Fife) members rely on public transport, safety while travelling is very important.

Disability Equality Scotland, with the support of Sustran, Transport Scotland and Police Scotland, organised a Hate Crime Workshop. Hate Crime is when you become a victim of crime because of who you are.

Constable Stephanie Rose and PC Derek Jackson gave an introduction to hate crime on public transport.

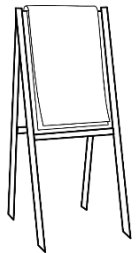
Following this, Ivan Cohen from People First (Scotland) talked about members real life experiences of hate crime.

The delegates then broke into groups to discuss what a Hate Crime Charter should look like. People First members had discussed this previously and took along their ideas for a charter and what they saw as barriers to the charter being implemented.

The afternoon session concentrated on the transport operators and what they need to do to make sure hate crime doesn't happen on their services.

Delegates once again broke into groups to discuss the responsibilities of transport operators and also passenger responsibility.

This was the first of three workshops and we look forward to seeing the Public Transport Hate Crime Charter towards the end of the year.



Fife Up Your Life Event

Representing People First (Fife) at this event, were Susan Burt and David Scott.



The event was organised by The Scottish Consortium for Learning Disabilities together with Fife Health & Social Care Partnership.



Fife Up Your Life looked at how people with learning disabilities can get involved in their local communities.

There were presentations from Zoe Ferguson, Carnegie Trust; JP Easton, Fife Council Community Development Team Manager and the Break Away Project from Edinburgh.



Following the presentations, there were table discussions with various community organisations telling delegates about their projects and how to get involved.



The Big Plan is a large scale person centred planning process that supports people with learning disabilities to set their own goals.



Delegates were asked to think of a commitment they would make to support people with learning disabilities 'cross the bridge' to their community. SCLD will contact individuals to see how they are proceeding with their commitment.



David Scott was part of the rounding up at the end of the event and spoke about the importance of real community inclusion for people with learning disabilities.



What's new in Adult Support and Protection?

Adult Protection Phone Line

If someone is harming you, or you are not being looked after properly, **TELL SOMEONE YOU TRUST**.

You can call the Adult Protection Phone Line on 01383 602200 or get someone you trust to help you with this.



The person on the phone will listen to what you say and ask you questions, so they can understand what has happened. **Telling someone is the only way to get help, to keep you safe and stop the harm.**



Surviving Christmas

Some people find it hard to cope at Christmas and New Year. You might be worried or finding it difficult to cope. The Adult Support and Protection Committee are developing the 'Surviving Christmas' information and it will be available in an easy read booklet. The booklet gives you ideas to find the support that will work for you. People First (Fife) members will get copies in November.



Easy Read information

Easy read Adult Protection information is online at: www.fifedirect.org.uk/adultprotectioneasyread or ask People First (Fife) to get you copies of the booklets that would help you. There is information on keeping your money safe, internet safety, disability hate crime, domestic abuse and sexual abuse.





People First
(SCOTLAND)

Fife Groups

Local collective self-advocacy groups, run by and for adults with learning disabilities.

Groups meet once a month. Please contact us for dates.

kate.croft@peoplefirstscotland.org

andrea.ladyka@peoplefirstscotland.org



01383 624885

Crossgates

Thursday 10.30am – 12.00pm

Crossgates Community Centre

Dunfermline

Wednesday 1.30pm – 3.00pm

Dell Farquharson Centre, Nethertown Broad Street, Dunfermline

Mayfield, Lynebank

Wednesday 6.30pm – 7.30pm

Mayfield Unit, Lynebank Hospital

Kirkcaldy

Friday 1.30pm – 3.00pm

St Peter's Church, Townsend Place, Kirkcaldy

Glenrothes

Friday 1.30pm – 2.45pm

Michael Woods Centre, Glenrothes

Leven

Thursday 1.30pm – 2.45pm

The Centre, Commercial Road, Leven

Cupar

Monday 1.00pm - 2.45pm

Dalgairn Building, Bank Street, Cupar

St Andrews

Tuesday 6.00pm – 7.30pm

Cosmos Centre, Abbey Walk, St Andrews

Women's Group

Monday 1.00pm – 2.45pm

St Peter's Church, Townsend Place, Kirkcaldy

Men's Group

Friday 1.15pm – 2.45pm

St Bryce Kirk, Kirkcaldy

Parents' Group

Friday 11.00am – 12.30pm

St Bryce Kirk, Kirkcaldy

Fife Wide Group (meets 6 times a year)

Thursday 1.00pm – 2.45pm

St Peter's Church, Townsend Place, Kirkcaldy

Contacts:



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Development Workers

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andrea.ladyka@peoplefirstscotland.org



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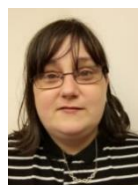
Newsletter Group Members



Michael
Stirling



Brenda
Kirby



Vicki
Chalmers



David
Scott