

People First (Fife) Newsletter



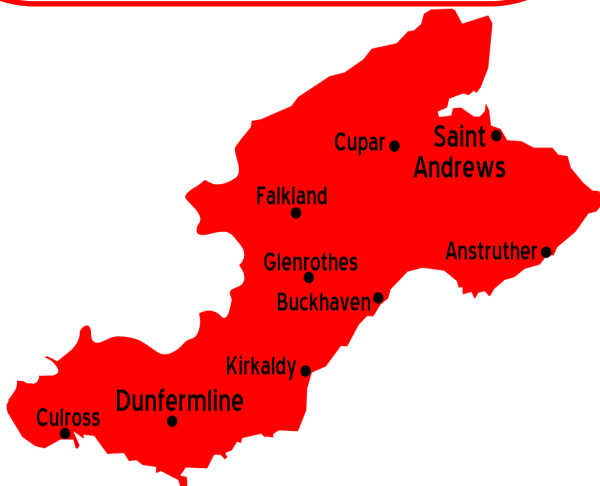
Winter 2024



People First (Fife) is funded by the Fife
Health and Social Care Partnership

People First (Scotland)—Fife

People First Scotland is a Collective Advocacy Organisation run by and for people with a Learning Disability. We campaign to improve the lives of people with a learning disability across Scotland. We want people with a learning disability to have the same rights as everyone.



We work with the Scottish Government, Local Authorities and different organisations to help influence Laws, Policies and decisions made about the lives of people with a learning disability.

We have groups across every area of Fife and have a huge membership across the area. People First (Scotland) is a National organisation so when you join you are also part of a National movement of people campaigning to improve the lives of people with a learning disability.

We discuss important matters that impact us in our everyday lives. In the last 6 months we have chatted about relationships , advocacy , access to GP appointments and health, as a few examples. Our Directors represent us on important boards and panels that make decisions about issues that impact people with a learning disability.

Our groups are open for anyone with a learning disability who wants to come and talk about what is important to them!

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Community Groups—Across Fife

Kirkcaldy Group



The Kirkcaldy group meets once a month in St Bryce Church on a Thursday. We are a really busy and active group with lots of members. We have enjoyed talking with the Fire Service and Police Service recently. We all support each other and can talk about anything we need to at the group. It is a safe space and everyone is welcome.

St Andrews Group



The St Andrews group meet once a month on a Tuesday in the Cosmos Centre. Recently we have chatted about the relationships in our lives, independent living and the types of advocacy . We have also had a visit from the Health and Social care partnerships Participation and Engagement team. We chatted about what we think is important when attending GP appointments . Our experiences of medical appointments and what characteristics a GP should have.

Dunfermline Group



The Dunfermline group meet in the Dell Farquharson Centre in Dunfermline. We are a lively, friendly group with lots going on. We have been talking about Advocacy, Adult Protection and to the Fire and Police service recently. We also did a consultation on the characteristics of GPs for St Andrew's University in the last few months.

Community Groups—Across Fife

Leven Group



The Leven Group meets on a Wednesday afternoon in the Centre once a month. In the last few months we have spoken about transport and taken part in Mencaps big public Transport Survey. We have spoken about local issues impacting us . We also had a visit from the Participation and Engagement team who spoke to us about the Fife Wide Public Forum. Two of our members from Leven were interested and chose to attend.

Mayfield Group



The Mayfield group meet at Lynbank Hospital once a month. We connect digitally with the connect group also so that we can meet with other members of People First. We talk about things what matters to us.

Fife Directors Meetings



Fife Directors meet in the Kirkcaldy office. We discuss and plan the different topics to discuss in the groups and share issues that have been raised . We discuss and share the work we do to represent People First to other organisations and boards . We also discuss and prepare for our People First Board meetings. Fife elections for Directors will be taking place in 2025. We can stand down or choose to stand again, other members can also chose to stand for Directorship. We are looking forward to being involved in this process again.

Other Groups

Connect Group



The Connect Group is an online meeting which meets on Zoom once a month on a Monday. This is a chance for people who would rather connect digitally, or who can not get out of the house to a meeting. Members also sometimes join us from other areas and we discuss issues that are important to us. Get in touch if you would like to get involved.

Men's Group



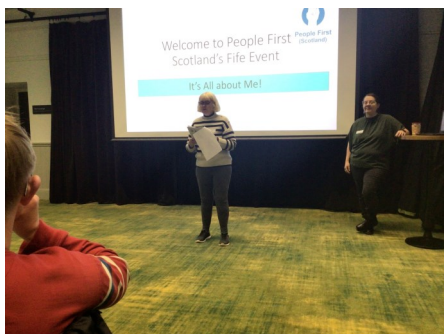
The Fife Men's group has been meeting every 4 weeks in the People First (Scotland) office in Kirkcaldy since October 2023. The men said there are specific subjects which are easier to talk about in a group made up only of men. The group is supported by a male worker Jim Quinn. Some of the topics we have discussed are annual health checks focusing on issues which only affect men, relationships and friendships. We have talked about how to meet women, internet services that help people to find friends and partners, being involved with the police and criminal justice system, data protection act and services which organise events for people with learning disabilities.

Women's Group



The Women's group meet once a month at St Bryce Kirk in Kirkcaldy. Recently we have looked at Cervical Screening and Breast Cancer screening Easy reads and taken part in consultations about these topics. It is helpful to have a private space for women to talk about health and life issues specific to them. All women are welcome.

Fife Event



In June 2024 People First held an event in the Adam Smith Theatre in Kirkcaldy, Fife. Around 35 people came to the event, existing members of People First and new people. We were also joined by some people digitally. We named our event 'It's All About Me'.

Members of People First from Fife planned the day together. We decided on the topics we wanted to discuss together. Human Rights and the Law, Being in Charge of your Own Life, Physical Health and Advocacy work in Fife were decided on. A workshop for each topic was planned , prepared and delivered by members.



Some people who stay in long stay hospital joined us digitally. New members and existing members all joined and it was exciting to get together in such a lovely venue. It was a good way to meet new people, connect and talk about important issues together.

Health and Social Care Partnership

Fife Health
& Social Care
Partnership



Over the last few years we have had a great working relationship with the Health and Social care partnership and the Participation and Engagement team. We have helped with many consultations and strategies.



In the last few months we have spoken with the team about Males aged 18-34 accessing secondary hospital appointments. We gave our opinions about why as adults with a learning disability we may not attend our secondary hospital appointment and why it may be challenging for us.



The team have also visited local groups to tell us all about the new Fife Wide public engagement Forum. 2 Members have chosen to attend the Forum and are looking forward to having the voice of people with a learning disability represented at the Forum.



We have also contributed to sharing our views to the team who are helping research for St Andrews University. We talked about what people think are the most important attributes for a doctor to have. We said good communication skills, and being kind and taking time to explain is important.

Adult Support and Protection Update

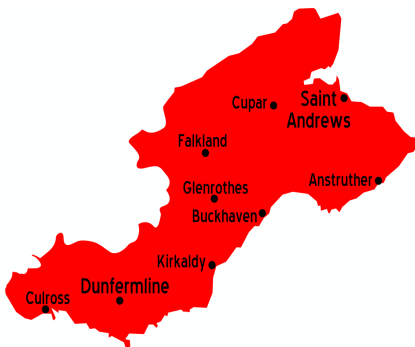


Susan Burt continues as the People First representative on the Adult Support and Protection Committee. Work in People First (Scotland) in relation to topics of Adult Protection continues. Police Scotland and the Scottish Fire and Rescue service have both visited our groups this year. This has been a great opportunity for learning about keeping safe from harm, and supporting both services in their understanding of the needs of Adults with a learning disability who are the victims of crime or of a fire.



Fife Adult Support & Protection
www.fife.gov.uk/adultprotection

Groups looked at the Adults Support and Protection and Advocacy Easy Read document recently. We updated some of the language and images, as well as some of the organisation details. It is now looking great. We hope this document will be used in area teams and by Social Workers when working in Adult Protection with anyone with a learning disability.



The Women's group also enjoyed a recent visit from Ruth Smith, the Adult Protection Participation and Engagement Officer. She gave a great talk about Adult Protection and we looked at the Mate Crime and Cuckooing Easy Read and updated it. We work closely with the Adult Support and Protection team to keep their Easy Read Documents up to date and this is always an important part of the work People First do in Fife.



Newsletter Group



Different Members joined the Newsletter group for the writing of this Newsletter. The group help decide what would be included in our newsletter and what they thought was the most important information to share. Everyone is welcome to the Newsletter group and we are grateful to those who helped write it this time!

Suicide Prevention Week



Once again this year we held an event for Suicide Prevention Week. This topic is close to some of our Member's heart so taking part in raising awareness is really important. We talked about keeping ourselves mentally healthy and well and what we can do. We were also joined by colleagues from Fife Equalities Centre and always enjoy work alongside them. We recognise that meeting together in groups, sharing our issues and campaigning as people with a learning disability helps us all to feel less isolated and improves our mental wellbeing.

Fife Updates

The **Fife Wide Group** has been running this year with more and more members attending. We will continue to run these next year . We ask that if you are attending a People First group, you attend the one in your local area.

The Fife Wide group is a chance for everyone to meet with other members across Fife and find out about all the work happening in other groups and areas. Our first 2025 Fife Wide Group will be held on Monday the 17th of February at the St Bryce Kirk, Kirkcaldy at 1pm. We would love to see everyone there, please get in touch if you have any questions.

Cupar Group

We have recently started a new People First group in Cupar . This will be held on a Thursday morning at 11am in the Cupar YMCA Marathon House, 93 Bonnygate, Cupar KY15 4LG . We would love to welcome new members to this group. Get in touch to find out more information.



Facebook

We now have a **People First (Scotland) Fife** Facebook Page , give us a like and follow. Here we will update on news in People First (Scotland) in Fife. We will also share reminders about what groups are on each week.



Fife Updates

Fife Advocacy Awareness Week



Fife Director Michael Stirling represents People First in the Fife Advocacy forum. All Advocacy organisations in Fife meet to connect and chat about important issues regarding Advocacy in Fife.

The Advocacy Forum organised a Fife wide Advocacy awareness week. All organisations took part, raising awareness all around the community in Fife. People First held a stall in Victoria Hospital Kirkcaldy, where members shared information with the staff and the public about People First and all the advocacy organisations available.

You can check out the Forums website to find out about all the advocacy organisations in Fife

www.fifeadvocacyforum.co.uk

Stay Connected



We would love to see you at a face to face group. If you can't manage this we have a Connect group online. The group meets monthly on a Monday .



You can also find us on our National page on Facebook at [People First \(Scotland\) Fife](#) .



Connect group

Online Zoom meetings—these are once a month on Monday afternoon. Everyone is welcome. Let Development Workers know your email address to join.

Monday at 1pm to 2.30pm

Contact

Michelle Stewart

Telephone: **07912307158**

Michelle.stewart@peoplefirstscotland.org



Quick Guide – What's On?

Face to Face Groups



St Andrews

2.30pm - 4pm at The Cosmo Centre

Tuesdays:

14th January

11th February

11th March

8th April

6th May

3rd June



Kirkcaldy

New Time 1.30pm—3pm at St Bryce Kirk

Thursdays:

30th January

27th February

27th March

24th April

29th May

26th June

Quick Guide – What's On?

Dunfermline

11 - 12.30pm at the Dell Farquharson Centre



15th of January

19th of February

19th of March

16th of April

21st of May

18th of June

Leven

2 to 3.30pm at The Centre, Leven



Wednesdays:

29th January

19th February

19th March

16th April

14th May

18th June

Mayfield

11 to 12pm at Lynbank Hospital



Mondays: Once a fortnight— worker will confirm these with members individually. Members also join Connect via Zoom each month.

Quick Guide– What's On

Cupar Group

11am-12:30pm at YMCA Cupar



Thursdays:

30th January

27th February

27th March

17th April

15th May

12th June

Women's Group

1pm - 2.30pm at St Bryce Kirk, Kirkcaldy

Thursdays:

23rd January

20th February

20th March

17th April

22nd May

19th June



Quick Guide – What's On?

Fife Wide Group



Every 2 months, meeting for anyone from any group to give a chance for the whole of Fife members to meet together. First one **Monday 17th February—1-3pm—St Bryce Church, Kirkcaldy.**



Fife Directors Group

Fife Directors meet regularly to share the work they do and support one another.

Newsletter Group

Please contact Katie for more details about joining this group. We would welcome more members to help us plan and design future Newsletters .



Men's Group

17th January

14th February

14th March

11th April

9th May

6th June

This group is 1-2.30pm held in the Fife Office.

Contact Jim Quinn on **07743806946**





Collective-advocacy groups run by and for Adults with Learning Disabilities in Fife

This means we meet up in groups to talk about things that matter to us like health, relationships, our support and human rights.



We have groups in Dunfermline, Kirkcaldy, Leven, Glenrothes, Cupar and St Andrews. We also run a Men's and Women's group and host online Zoom groups. There is also a hospital group.



If you know anyone who would like to come along to a meeting, please just get in touch with us:



Michelle Stewart

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Katie Cook

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Email: Katie.cook@peoplefirstscotland.org

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KY1 1JL

What People Say?

Everyone is welcome at People First, I like People First because it gives me the chance to meet new people and feel understood.

It is a good organisation, with good staff that are easy to get on with and are trustworthy. I have a good working relationship with them. People First has helped me learn about laws and policies that affect me.

I have friends at People First. I enjoy meeting people. We do lots that I enjoy.

I enjoy a cuppa and a biccie when we get together. It gets me out of the house. It puts a smile on my face. It helps you get into a routine.

It has helped me not to be shy and to come out of my shell. I can go to big meetings with professionals and speak about important things

I like People First because I've made new friends and things while I'm there. The staff support us. We talk about Women's issues and things that matter.