

Fife Forum



Spring/Summer 2016

Local Area Co-ordination - Update!

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We have renamed our charity!

Fife Forum was established in 1990 as Fife Elderly Forum Executive. This was the umbrella organisation for elderly fora in Fife giving information and advice on older people's issues.

Over time we introduced an advocacy service. This assists people aged over 65 who are in hospital or resident in care settings.

2009 saw the introduction of User Panels.

In 2011 we introduced Local Area Co-ordination for older people in Fife. With the commencement of the integration of health & social care this has been extended to include a service for adults. Last year, heralded the launch of our new Local Area Co-ordinators (Adults 16-64)

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What is Local Area Co-ordination?

Reaching out to individuals, their families, carers and other services to identify community groups and services.

••• Making community connections •••

LAC's enrich individual's lives, offering information, signposting to other organisations, which help them to achieve their goals, maintain their independence, connect with, and be part of their community for as long as is possible (for example day services; local clubs or interest groups)

The LAC's look forward to developing their service building upon their early successes. Part of their approach will be to continue promoting the service, capitalising on the awareness raising events that have already taken place and reached wide audiences. Meet our 3 Local Area Co-ordinators Adults (LAC's) working with the 16-64 age group in three geographical areas - Dunfermline & West Fife ([Alison Leitch](mailto:Alison2@fifeforum.org.uk)) Alison2@fifeforum.org.uk Glenrothes & North East Fife (Mary Moncrieff) Mary@fifeforum.org.uk Kirkcaldy & Levenmouth (Marie Boyne) marie@fifeforum.org.uk



Fife Council Blue Badge Scheme - Introduction of £20 charge

Councillors decided last year to introduce charging for Blue Badges as part of a raft of changes to help address the budget gap. The £20 charge will apply from 1 April 2016 to all new badges issued, renewals and reissues for lost, stolen or damaged badges.



The Blue Badge scheme provides an essential service for disabled people in Fife. It allows access to parking bays which are normally closer to work, shops and other community services. This parking access often makes the difference as to whether people with mobility problems live their lives as fully as they can.

For more information, contact Cllr. Pat Callaghan, Spokesperson for Environment and Transportation on 03451 55 55 55 Ext 442456 or at cllr.pat.callaghan@fife.gov.uk. To learn about the Blue Badge scheme in Scotland, please visit www.bluebadgescotland.org.

Radar keys - The Royal Association for Disability and Rehabilitation (RADAR) is a national organisation of and for disabled people. Disabled toilet keys are £3.50. Visit www.radar.org.uk for further information.

Be Pension-wise



Pensions advice:

Dept of Work & Pensions: 0345 60 60 265
National Call Centre

Citizens Advice & Rights Fife: Independent
advice for our community: 0345 1400 095

Financial advice:

www.moneyadvice.service.org.uk Ask MA

Kingdom Credit Union Tel: 01592 758596



Fife Trusted Trader is led by Fife Council Trading Standards. It's a membership scheme which uses an online directory of local trades who have made a commitment to treat their customers fairly.



Currently in its 4th year, the Scheme has a growing membership from the home improvements, other household related services and the motor trade. Customers who employ a Trusted Trader are asked to complete a survey form, based on their experience. Before you employ a trader, you can search at www.fifedirect.org.uk/trustedtrader and check their feedback from previous customers, helping you to select the right trader for your needs. Like TT at facebook.com/fifets or follow them on twitter.com/@FifeTS to keep up to date about the Trusted Trader scheme and other Trading Standards related issues. By telephone on 01592 583141 or at trusted.trader@fife.gov.uk.



On Your Doorstep - A new website

<http://www.fifedirect.org.uk/sds/> has been launched to make people in Fife aware of the diverse range of opportunities in their own communities. The website has been set up by Fife Council's Self Directed Support (SDS) team to show people what is available in their community when they are looking for support and activities for themselves, friends or for family members.



Fife Community Safety Partnerships' FREE Electric Blanket Testing events have resumed this year. No appointments necessary. All generations can benefit from this free service. Further details will appear in the press before each event. For further information visit:-

www.fifedirect.org.uk/electricblankets or Tel: Fife Council's Consumer & Business Education Team on: 01592 583141 (Cube) power plug amnesty - exchange old fashioned power plugs for a 4-plug extension. Talk to FCSP T: 03451 551503 if you have anyone suffering from Dementia as Scottish Gas Networks are issuing free gas safe locks in partnership with FCSP.

For a Fife Cares visit or home security survey please contact Fife Council contact centre on 03451 551503 or visit [Do it Online](#) For a Home Fire Safety Service please contact Scottish Fire and Rescue Service on 0800 0731 999.

A new group has been set up to take on the challenges involved in helping reduce the number of people committing offences and reoffending in Fife. The Reducing Offending and Reoffending partnership group (RORPG) brings together community justice and community planning partners as part of a new national model for Community Justice in Scotland. The RORPG will be developing approaches to help prevent offending and reduce the use of remand, detention and imprisonment. Talking to people with convictions, their families, victims and communities will help shape services and encourage local involvement and ownership of initiatives.

Gemma Fraser 03451 555 555 x447103 or gemma.fraser@fife.gov.uk

trueCallTM
STOPS NUISANCE CALLS

None of us want to give out our phone number unless absolutely necessary, but sometimes you can't fill in an online form without it. TrueCall's new free service - trueCall38 - solves this. When you are asked for your number just enter the trueCall38 number instead - 0333 8888 8888 (three threes, eight eights). Anyone calling this number is told that you don't want to be contacted by phone, and asks them to contact you by another method. See more information at the trueCall38 web site www.trueCall38.co.uk. The BT8500 has a built-in trueCall, call-blocker. BT Call Guardian can be set up by contacting the BT operator for a monthly fee.



The Scottish Government has recently launched a national push to encourage and inspire people to get online. The "Let's Get On" campaign is reaching out to people through Libraries, clubs and community organisations across the country to join classes and support groups showing them how to get online and use the internet to their advantage. To find out what support is in your area call 0300 004 1000 or visit <http://www.letsgeton.scot/>



Club 50 is ScotRail's new exclusive club for people 50 or over. As a member you'll get a year-round 20% discount on Off-Peak and Advance tickets purchased online. Throughout the year you'll also benefit from other exclusive offers and deals. It's quick and easy to join and membership costs just £15 for the year - all you need is an email address and photo. T: 0344 811 0141 E: customer.relations@scotrail.co.uk



Disabilities Fife has moved to: West Bridge Mill, Bridge Street, Kirkcaldy, KY1 1TE.

Opening times:- Tuesday 9:30 am to 12:30 pm;
Wednesday 1:00 to 4:00 pm; Tel 01592 203993;
Email: enquiries@disabilitiesfife.org.uk
www.disabilitiesfife.org.uk



www.youngscot.org.uk Information on services and advice on how to apply



Connecting West Fife Villages and South Fife - Community Minibus



Volunteers are needed for a new community minibus is now available in the South West Fife Area, managed and owned by 83rd Fife Scouts. Funded by Fife Council in order to increase community transport options particularly in the West Fife Villages, this minibus is available to hire by Community Organisations, Out-of-School Clubs, Youth Groups and others. The Kombi can be driven by anyone who has had a full licence for 2 years, is over 25 and under 70 and has registered as an approved driver with the organisation booking the vehicle.

To volunteer call: Jacqui Mellon, Fife Voluntary Action (01383) 732136. To book the 8-seater Kombi, contact Hazel Jow on 01383 602344 at Oakley Centre who will confirm on availability and add a booking for you or Angela Davis or Lorna Lamond at Valleyfield Centre on 01383 602372. For more information, download the information flyer [here](#). *(Please note: this service applies to the West Fife Villages and South West Fife area, i.e. Inverkeithing, Rosyth, Kincardine, Oakley, High Valleyfield, Low Valleyfield, Saline, Steelend etc).*



NEW - Green for Go with Green Bag Service Improving patient safety and satisfaction



NHS Fife has launched a service for patients to use their own medicines. Green bags make it much easier for hospital staff to gather a complete list of the medicines a patient is taking and to assess their suitability.

Patients are asked to bring all of their medicines into hospital and place them in a green bag. All medicines including those prescribed by a GP or bought from a pharmacy or supermarket including liquids, inhalers, eye drops, creams and herbal remedies should be brought in.

The green bag service aims to improve patient safety and satisfaction by:

- Giving healthcare staff accurate information on all patient's medicines.
- Improving patient safety.
- Enabling patients to maintain familiarity with their own medicines.
- Helping to avoid delays in administration and discharge as the patient's own medicines stay with them throughout.
- Providing a bag for keeping medicines-related information in, for example a repeat prescription.
- Reducing waste as all prescriptions are no longer required on discharge.
- Improving communication of medicines changes to care providers.

The scheme is widely supported by GPs and local pharmacies across Fife.

Green bags will be available at pre-admission clinics, on admission to hospital, outpatient departments, out of hours centres and GP surgeries Fife.

Your Local Pharmacy

Many people visit their GP with health problems which their local pharmacy could help with.

Pharmacists can recognise many common health complaints and can provide expert advice and information on medicines and on healthcare.

Many pharmacies are open in the evenings and at weekends. They deliver a variety of services such as help to stop smoking, emergency contraception, travel advice, health checks and much more.



The **Minor Ailments Service** and **Chronic Medication Service** are available at all pharmacies.

Minor Ailment Service

This service is for conditions like sore throats, headaches, diarrhoea, skin irritations, bites and stings and even sunburn. It offers free advice and if necessary, treatment for many common illnesses. To be eligible, you must be registered with a GP in Scotland, previously exempt from prescription charges and not a resident or temporary resident in a care home.

Chronic Medication Service

This service delivers pharmaceutical care and management to patients with long term conditions which require ongoing medication, such as asthma, high blood pressure and diabetes. You can register for this service if you receive regular prescriptions to treat a long term condition and you are registered with a GP surgery in Scotland. You can't register for this service if you are a temporary resident in Scotland.

Essential and Regular Medicines

It is important that you don't run out of essential medicines, especially over holiday periods. Remember to check which items you need. The medicines which you receive on repeat prescription from your GP may be available as an urgent supply from your local pharmacy. You may also be referred to your local NHS Out of Hours service. If you receive a prescription from the Out of Hours Service, they will direct you to a community pharmacy to dispense it.

You can always contact your local pharmacy for more information on the services they provide. To find your nearest local pharmacy, regular and holiday opening times, visit www.nhsfife.org.

Pharmacy Facts:

- Did you know there are 85 community pharmacies across Fife?
- You can walk in and visit without making an appointment.
- If your pharmacist feels that it is better for you to see your GP, they may refer you directly or advise that you make an appointment.



Taxi and private hire car licensing - Consultation on the impact of modern technology

Ends on 15 June 2016

<https://consult.scotland.gov.uk/licensing-unit/taxi-private-hire-modern-technology>

This consultation is particularly focused on the impact of modern technology on the licensing regime for taxis and private hire cars and will cover the taking of bookings, booking offices and fares. Modern technology, such as the advent of smartphone apps allowing the booking of a taxi or private hire car directly from a mobile phone, is already having a major impact on the way that taxis and private hire cars operate. The consultation will seek views on the relevant points.



NHS Fife is embarking on the development of a new Clinical Strategy, which will provide a route map for health services in Fife for the next 5 years and beyond. The development of the strategy itself will be driven by 7 distinct groups, each made up senior clinicians and representatives drawn from across the health, social care and the third sector. These groups will each focus on one of the following key areas; 1) Urgent and 24/7 Care 2) Scheduled Care 3) Chronic Conditions and Frailty 4) Cancer, Palliative and End of Life Care 5) Women and Children's Services 6) Mental Health and Learning Disabilities and 7) eHealth, Estates and Support Services.



The first stage of the consultation ended 31 March 2016. The next stage will be launched in Summer 2016. Autumn 2016 will see the reports' conclusion.

T: 01592 648153 Ext: 28153 E: patientrelations.fife@nhs.net



Barry & Dave's Saturday Morning Allotment Club
(for all ages), Elmwood College, Cupar

Saturday 27 February - Saturday 25 June 2016

10am - 12noon
Free Drop-in

Tel: 01334 658864 (please ask about transport)
Email: allotment@sruc.ac.uk

Men's Shed project, Glenrothes



The Glenrothes Men's shed is going from strength to strength has hosted 3 woodturner demonstrations. The group has grown to 12 members and is looking to recruit more! If you are keen to teach how to make stained glass, cooking skills etc - please do get in touch.

Contact either Kirsty Strachan at the Lomond Centre
T: 01592 583474 or Kirsty.Strachan@fife.gov.uk;



Real Living Befriending Service has two cafes, one in Torryburn and Rosyth café (pictured right) with Fiona Crowe (Local Area Co-ordinator) joining quiz fun and Fergie Greig, Fife Forum's Rosyth Panel celebrating his birthday in style!

Interested? Call Elaine Meakin at Link Living T: (01592) 644048
www.linkliving.org.uk

After nine years with Fife Forum, we are saying farewell to Caroline Stevenson, Advocacy Worker and wish her well in her retirement.

Fife Forum is a Voluntary Sector Advice & Information Agency that provides information and advice on issues that affect older people and some adults. We provide the following: **E**lderly Forums - Seven across Fife, **U**ser Panels - Eight across Fife. Currently recruiting new members in St Andrews and other areas. Please call (01592 643743) for further information. **L**ocal Area Co-ordination - Adults (16-64) and Older Adults (65+) **A**dvocacy - Older people in Care Homes and Community Hospitals

***EULA** from the Greek name meaning "good speaking"

Fife Forum - Making Community Connections
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Kirkcaldy
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T: (01592) 643743
E: info@fifeforum.org.uk
W: www.fifeforum.org.uk

Co-ordinator: John McKendrick

Advocacy Worker: Caroline Stevenson

Facilitator - User Panels: Julia Walker

Local Area Co-ordinator's (65 & over): Fiona Crowe, Shirley Heeps, Wayne Mathieson, Alison Wilson

Local Area Co-ordinators (16-64's): Marie Boyne, Alison Leitch, Mary Moncrieff

Administrator: Elma Yeaman