Welcome to the eighth online newsletter from the East Ayrshire Protecting People partners.

This is a special festive edition filled with advice and tips on how to stay safe and healthy over the winter months. It also contains news about work that’s going on to protect people across East Ayrshire, as well as useful contact details just in case you or someone you know needs help.

Wishing you a merry Christmas and a happy, healthy and safe New Year!
Pupils become detectives for the day

Over 1300 Primary 7 pupils from East Ayrshire became ‘danger detectives’ at a special learning event which focused on personal safety.

The young people learned about the role of the emergency services, how to react to dangerous situations, and how to be aware of and protect vulnerable people in their communities.

They took part in fun, interactive workshops including internet safety, home fire safety, road safety, countryside safety, safety on public transport and flood prevention.

The workshops gave all the agencies the opportunity to speak to the young people and highlight issues and dangers they might face on a daily basis.

Danger Detectives is delivered by Vibrant Communities in partnership with Police Scotland, Scottish Fire and Rescue, Stagecoach, colleagues from across the Council including the Ayrshire Roads Alliance, Trading Standards and Environmental Health, and East Ayrshire Leisure.

Safer Internet Day

Safer Internet Day 2018 will be celebrated globally on Tuesday 6 February with the slogan “Create, Connect and Share Respect: A better internet starts with you”.

The celebration will see hundreds of organisations getting involved to help promote the safe, responsible and positive use of digital technology for children and young people.

The day is co-ordinated in the UK by the UK Safer Internet Centre, but is celebrated in over 100 countries, co-ordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe.

The day offers the opportunity to highlight positive uses of technology and to explore the role we all have in helping to create a better and safer online community. It calls upon young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

Find out more at www.saferinternetday.org.uk
Keeping children safe in sport
There are several key things that parents should look for when choosing a good sports club or activity for their child.

Quick checklist for parents:

Has the club or organisation achieved a sports body or local council accreditation (e.g. Clubmark) that is up to date?

If so, then this can be viewed as evidence that the club/organisation has attained a certain level of safe practices as assessed by the awarding body.

Even if the club is accredited, you should check that the organisation has:

- a named and contactable child protection/welfare officer responsible for the implementation of their child protection policy and issues regarding the protection of children or young people
- procedures for dealing with complaints or concerns regarding poor practice, abuse or neglect
- written standards of good practice (i.e. a code of conduct/behaviour)
- a parental consent/emergency details form that you must return to the club
- safe recruitment procedures for those working with young people that include: a clear job description, appropriate references, criminal records checks (e.g. PVG) for relevant posts and technical qualifications
- access to appropriate child protection training for its staff/volunteers.

Remember, a well-run club will welcome your questions about their activities and policies. They’ll know they have a responsibility to have the right arrangements in place, and to give this kind of information to anyone who leaves a child in their care.

For more information, visit:

If you have any concerns or worries, you can call the NSPCC helpline on 0808 800 5000 or email help@nspcc.org.uk for further advice.
**Adult Protection Unit Annual Report 2016/17**

The Adult Protection Unit (APU) has produced an annual summary of adult support and protection activity statistics and analysis.

The East Ayrshire Adult Protection Committee has made a commitment to ensure that this information is accessible to the public and any local services and community groups.

A copy of the report can be found at: [http://eac.eu/adultprotect](http://eac.eu/adultprotect)

The APU is currently working on providing this information split up into the three Health and Social Care Partnership locality areas.

The APU would encourage everyone to discuss adult protection matters with colleagues, friends and family which will help to make our communities safer for everyone. If you would like more information on the types of harm being seen in your area, please contact MAPS@east-ayrshire.gov.uk

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**Challenging harm and abuse of older people**

Action on Elder Abuse Scotland works to protect older people from harm, abuse and neglect. It supports those who are experiencing harm, or those who are at risk of it, as well as raising awareness and advocating effective prevention.

It’s the first charity to address elder abuse and the only one in the UK working on the issue exclusively today. Call the Scottish Helpline for confidential advice and support on 080 8808 8141. [https://www.elderabuse.org.uk/in-scotland](https://www.elderabuse.org.uk/in-scotland)

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**Age Scotland Helpline**

How much do you value being able to say hello to someone? For people who call Age Scotland Helpline it can make the world of difference.

Whether calling for information, friendship or advice, the Age Scotland Helpline really is a lifeline for thousands of people across Scotland. In the last year alone 16,645 people got in touch with them.

No one else in Scotland does what they do – providing a one stop shop for people over the age of 50 to ask any question. Some callers don’t even want to ask a question, they just want someone to talk to. It’s a very simple way to tackle loneliness and isolation, providing expert advisers who are able to be that person to talk to when you don’t have anyone else.

On paper, it’s only a number – but for the people who call, it’s a lifeline. Call 0800 12 44 222. [https://www.ageuk.org.uk/scotland/](https://www.ageuk.org.uk/scotland/)

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**Protecting People in East Ayrshire**

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**ADULT SUPPORT & PROTECTION**

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**East Ayrshire Adult Protection Committee**

Acting against harm

Protecting People Through Zero Tolerance of Harm

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**ADULT SUPPORT & PROTECTION**

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The Care Inspectorate has been commissioned by the Scottish Government to lead the ‘Care… about physical activity (CAPA) improvement programme’ which focuses on enabling older people using care services to move more and be less sedentary. This may include care homes for older people, care at home services, housing support and day services.

Through the programme, social care staff can also discover ways to become more active themselves.

Working with eight partnerships including East Ayrshire, the programme will run until October 2018. It supports the Scottish Government’s 2020 vision of maintaining people in their own home or in a homely environment, preventing ill health and admission to hospital, and supporting self-management by encouraging staff to engage with residents to help them move more.

Read more about what care homes and care staff are doing in East Ayrshire to encourage residents and their families to be more active in a safe environment.


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**East Ayrshire Keep Safe Initiative**

The Keep Safe initiative now has ten Keep Safe places in East Ayrshire.

These are places people can go to if they feel frightened, distressed or vulnerable while out in the community.

A further 11 premises have been approved by Police Scotland, and following training, five of these will become Keep Safe Places by the end of December.

Training dates have still to be finalised for the other six.

For more information on Keep Safe in East Ayrshire, please email MAPS@east-ayrshire.gov.uk

For more information on Keep Safe in general, visit http://www.iammescotland.co.uk/
ALCOHOL AND DRUGS

Party safe
If you’re going for a festive night out, be ‘aware’ and follow these simple rules:

1. Plan your Christmas night out – charge your mobile, remember to take it with you and think about how you’ll get home.

2. Book a taxi from a reputable company or arrange for a family member or friend to pick you up.

3. If drinking alcohol, be sensible about how much you consume; a drunk person is a far easier target for a criminal.

4. Don’t leave drinks unattended.

5. Don’t use drugs or New Psychoactive Substances, sometimes misleadingly called ‘legal highs’. Legal doesn’t mean safe – they can contain toxic and harmful chemicals.

6. Stick with friends – don’t leave nights out on your own or with strangers.

7. Take care of each other and make sure you all get home safely.

8. Stay safe on your journey home - never take isolated short cuts. Keep to busy areas and on public transport, sit where there are lots of other people. If you’re using a taxi, make sure it’s licensed.

9. Drivers should be mindful that partygoers, particularly those under the influence of alcohol, can step out/stagger onto the road without warning. Slow down when in crowded areas.

Alcohol and fire
Every year the Scottish Fire and Rescue Service attends a large number of alcohol related fires. Most of these fires start because people are cooking or smoking whilst under the influence of drink.

A person who has been drinking is less likely to be aware if a fire takes hold, particularly if they do not have working smoke alarms. People under the influence of alcohol are also more likely to feel disorientated if fire breaks out, making it more difficult for them to escape. Don’t fuel fire with alcohol - it only takes one act of carelessness when smoking or cooking to result in someone losing their home, their possessions or, ultimately, their life.

For more information on Alcohol and Drugs support:
liam.wells@east-ayrshire.gov.uk
A march, afternoon teas and balloon launches were just some of the awareness raising activities held throughout this year’s 16 days of action.

The international campaign, which runs from 25 November to 10 December each year, aims to eliminate gender violence. Established in 1991, it raises awareness of the reality of domestic violence and pushes for positive change to increase women’s and men’s safety.

As in previous years, the East Ayrshire Violence Against Women Partnership (EAVAWP) led a calendar of activities over the course of the 16 days. This included a pan-Ayrshire stalking conference, awareness raising seminars in relation to Childhood Sexual Exploitation, a Christmas Open Day and pledge signing stalls. Councillor Jim McMahon, who was recently appointed as East Ayrshire’s White Ribbon Champion, supported a number of these events as did staff working across a range of agencies who are passionate about tackling domestic abuse and gender inequalities.

Most recent figures tell us that there were over 1,500 reported incidents of domestic abuse in East Ayrshire in the last year. The EAVAWP, which has been in place since 2010, tries to tackle the challenges of domestic violence and broader behaviours impacting on violence against women.

The EAVAWP is made up of senior staff from Police Scotland, NHS Ayrshire and Arran, East Ayrshire Health and Social Care Partnership, Ayrshire College, the Third Sector, and East Ayrshire Council services across Education, Housing, Vibrant Communities, Early Years and Community Safety services. Everyone works together to improve the range and quality of services available locally, to strengthen education and awareness and challenge common myths.

Domestic violence typically increases over the festive season. If you need to speak to someone, you can call the National Domestic Violence Helpline on 0808 2000 247 or email helpline@womensaid.org.uk

A special helpline is also available for men. Abused Men in Scotland (AMIS) is a national organisation supporting men over 16 who are experiencing or have experienced domestic abuse, regardless of sexual orientation, ethnicity, disability, religion or gender identity. Call 0808 800 0024 or email contact@amis.org.uk

16 days of action continues to grow every year with more and more people getting involved and speaking out about gender-based violence. Thanks go to everyone who has helped to raise awareness of this important issue throughout the campaign.
Christmas fire safety
Christmas is a special time for celebration and shouldn’t end in tragedy because of the extra hazards that are around at this time of year. So when you’re decking the halls, make sure you follow Scottish Fire and Rescue’s simple advice and stay safe.

Adaptors
Whether it’s fairy lights or new electronic toys, most of us will be plugging in more than usual at this time of year.

Many of us use extension leads in our homes all the time, using four-way bar adaptors to increase the number of appliances we can plug into a wall socket.

But although there is space to plug in four appliances, this doesn’t mean it’s always safe to do so. Different electrical appliances use different amounts of power. To avoid the risk of overheating and possibly fire, you should never plug appliances into an extension lead that together use more than 13 amps or 3000 watts of energy.

Fairy lights
• Unplug fairy lights or other electrical Christmas decorations when you leave the house or go to bed.

• Check fairy lights are in good working order and replace any bulbs that have blown.

• Bulbs can get very hot, so don’t let them touch materials that can scorch or burn easily, such as paper or fabrics.

• Make sure the fuse in the plug is the correct rating.

• If you need to plug more than one appliance into an electrical socket, use a multi-socket adaptor which is fitted with a fuse and has surge protection.

Decorations
• Decorations made of light tissue paper or cardboard burn easily.

• Don’t attach them to lights or heaters.

• Don’t put them immediately above or around the fireplace.

• Keep them away from candles.

Christmas trees
Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

• Don’t place your tree close to a heat source, including a fireplace, heat vent or candles. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks.

• Be careful not to drop or flick cigarette ashes near a tree.

• Do not put your live tree up too early or leave it up for longer than two weeks.

• Keep the tree stand filled with water at all times.

Other potential hazards
• Extinguish all candles before you go to bed. Never leave a burning candle in a bedroom and always put candles on a heat resistant surface/holders.

• Check your electric blanket, plug and flex regularly for damage. If you’re in any doubt, don’t use the blanket.

For more fire safety tips, visit: http://www.firescotland.gov.uk/your-safety/festive-safety.aspx
Online safety

Think before you post photos of your Christmas night out online! What may seem funny in private could embarrass or humiliate someone in public. If in doubt, don’t click! Remember, what goes online stays online.

When shopping online, make sure your web browser and internet security is up to date. Check the website payment page is secure and look for the padlock in the address line before you enter any card details.

If you’re buying your child a mobile or tablet for Christmas, think about how you can keep them safe online.

And if you’ll be away from home over Christmas or even just out and about, be careful about what you say on social networking sites – don’t let thieves know your house will be empty.
What we do... Donna Sinforiani

How time flies! I have been the Adult Protection Co-ordinator with East Ayrshire Health and Social Care Partnership for the last nine years. During this time I have had the privilege of being involved at the start of the introduction of the new adult support and protection legislation which is helping to influence how residents of East Ayrshire and beyond are protected from harm and abuse.

In my role I manage a small but mighty team of passionate staff within our local Adult Protection Unit. I also support our multi-agency partners on the Adult Protection Committee (APC) to improve local practice for staff who have a key role in protecting people of all ages.

I never tire of this job. We can be promoting public campaigns and events to help people recognise harm and know how to report it one day, and delivering training to multi-agency staff, volunteers or community groups the next. Some of our most rewarding work involves working alongside local people on new projects to tackle issues such as Hate Crime and supporting the local Safe Places scheme which gives people somewhere to go if they need help. The commitment of local people, some who have themselves experienced harm and abuse, is humbling and really drives me on to try to make a difference.

Together our team offers information and advice to anyone who wants to know more about adult support and protection. We also help to develop local policies and guidance which supports workers to respond in ways that help make a difference to the lives of people who may be experiencing harm.

I also have responsibility for supporting the self-evaluation of local adult support and protection practice and for making sure that when people experience harm that requires social workers to inquire or investigate, we work in ways that help people at risk to participate as much as they can. This ensures their legal and human rights are protected as well as supporting workers from different agencies such as Health, Social Care and the Police to work together to protect people from harm.

One of my next big tasks is to work with our new Independent APC Chair Alex Davidson and our partners across Child Protection, Violence Against Women and the Alcohol and Drug Partnership to look at how we can work better together and with our local communities to prevent harm by making the best use of our resources.

Our Chair will be reporting on our progress to Scottish Ministers next year and we will be reporting on our local delivery plan for the APC with a view to prioritising what our work needs to focus on from 2018-2020.

Up for the challenge? I think so!
If you have any suggestions for articles that could feature in the next edition of the Protecting People newsletter, please email caroline.gordon@east-ayrshire.gov.uk.

If you are worried about someone’s safety or need advice, call:

**Police Scotland**
*Telephone* 101 (or 999 in an emergency)

**Social Services (Kilmarnock)**
The Johnnie Walker Bond, 15 Strand Street, Kilmarnock KA1 1HU
*Telephone* 01563 554200
*Email* social.work@east-ayrshire.gov.uk

**Social Services (Cumnock)**
Rothesay House, Greenholm Road, Cumnock KA18 1LH
*Telephone* 01290 427720
*Email* social.work@east-ayrshire.gov.uk

**Emergency Out of Hours Social Work Service**
*Telephone* 0800 328 7758

**Note:** The Emergency Out of Hours Social Work Service is available after 5pm until 9am, Monday to Friday and throughout the weekend, including public holidays. You will be put through to the Ayrshire Social Work Out of Hours Response Service. A qualified Social Worker will assess the circumstances referred.