



Voice of the elderly

# NEWSLETTER

## Speak out against Elder Abuse

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15 June was World Elder Abuse Awareness Day. Many older people don't know when someone is harming them or if it is a crime.

They don't always know how to report harm.



If they are being harmed by someone in their family or by staff, it can be harder to know how to report it.

What if you need help to talk to someone? Mrs Margaret Murdoch of Fife Elderly Forum said: "Older people must be listened to, and make their voices heard."



If you need help to talk to someone, an advocate can help you to speak up for yourself. An advocate is a person who can speak up for you. They can talk about the things that are important to you. Fife Elderly Forum provide advocacy for older people and you can call Caroline Stevenson on 01592 643743 or [email: info@fife-elderly.org.uk](mailto:info@fife-elderly.org.uk).



"Everyone has the right to be safe. If you are being harmed or neglected you must tell someone. You can call the Adult Protection Phone Line on 01383 602200. A member of staff will listen to you and take what you have to say seriously. They will make sure that you are safe, get you medical treatment if you need it, contact the police if there has been a crime. Staff will find out what has happened and protect you from being hurt again. **Don't let harm happen to you. Let someone know.**"





The Scottish Government made changes to the Blue Badge Scheme in January 2012. Fife Council administers the Blue Badge scheme on behalf of the Scottish Government and we have updated the way Blue Badges are administered in line with these changes. The changes have been introduced by the government to make the scheme fairer, tackle misuse of the scheme and improve customer service.

There is a new national format for the application form for a Blue Badge, a new on-line application, a new style for the badge itself and a new national database to record all badges issued from January 2012. There is no charge for a blue badge in Fife.

New style badges will be issued from January but all current badges remain valid until their expiry date and should continue to be used until then. You should not apply for a new badge until 6-8 weeks before the expiry date of your current badge. You will receive a letter about 8-10 weeks before your current badge expires telling you how you can apply. Fife Council had stopped sending these reminders but started sending them again in December 2011 to let people know about the changes and how they can apply.

The new application process and what proof you need to provide with your application and how you can do this. If you still have any questions, please e-mail [European.ParkingBadges@fife.gov.uk](mailto:European.ParkingBadges@fife.gov.uk) or contact **Blue Badge Administration** Tel: 08451 55 00 66 **By Post:** Fife Council, Fife House, North Street, Glenrothes, KY7 5LT

<http://www.fifedirect.org.uk/topics/index.cfm?fuseaction=page.display&p2sid=5B390165-E72F-46F0-BE47-1E29B56B4DEB&themeid=568AF4CE-B036-4E67-93AB-36B1E13DFA11>

## NEWS FROM THE SCOTTISH GOVERNMENT



The Scottish  
Government  
Riaghaltas na h-Alba

[www.scotland.gov.uk/Topics/Health/Policy/Adult-Health-SocialCare-Integration](http://www.scotland.gov.uk/Topics/Health/Policy/Adult-Health-SocialCare-Integration)

The Scottish Government's [consultation on the Integration of Adult Health and Social Care](#) closed on 11 September 2012. The Government are considering the responses. Fife Elderly Forum's 6 User Panels have responded to the questionnaire. The Scottish Government will publish a report later in the year. Contact Gill Scott on 0131 556 8400.



Life turns 360 for Australia's latest swim champs AUSTRALIA'S newest world-record holders have an average age of 90.

In a swim that brought a crowd of about 200 screaming spectators to tears, the four Melbourne "golden girls" set a world masters record in the 4 x 50-metre relay, swimming the race in about five minutes, 45 seconds. "It was great to hear the applause and think, we're not so old after all," said the team's fourth or "anchor" swimmer, Hazel Gillbee, 84, the "baby" of the team. "It's pretty good to feel fit." "We are a bit concerned about the changeovers," said Ms Gilbee before the race, "I said to the girls, 'Make sure you do it right, it doesn't matter about the time - we don't want to get disqualified'."

Eldest team member Clarise Artis, 97, started swimming competitively when she was 86 (four years after having a quadruple heart bypass) and swims 800 metres twice a week. Ms Artis gracefully backstroked her two laps, with a small pause at the end of the pool, followed by fellow backstroker Trudy Bullivant, 90. Freestylers Nancy Ayres, 89, and Ms Gillbee brought the team home, as family, friends and strangers in the stand clapped and cheered and waved signs reading "Go Missiles!" The Australian Union of Senior Swimmers International official confirmed a time of 5.45.27 - "a new world record".

<http://www.theage.com.au/photogallery/victoria/life-turns-360-for-our-latest-swim-champs-20120818-24fus.html>

Fife's Provost, Jim Leishman, joined over 100 retired people from across Fife to help bring this year's Festival of Sport to a close by taking part in a highlight event at **Carnegie Leisure Centre** in Dunfermline on 14 September 2012. *Chariots of Fife* proved you're *Never too old to be active!* Racket sports, a dance class, active aqua and the climbing wall were just a few of the ten free activities visitors got to try out.

"Chariots of Fife gave people a fantastic opportunity to pull on their trainers and try something new, whether they were already physically active or just beginning," said Jacquie Stringer, Health and Physical Activity Manager for Fife Sports and Leisure Trust.

Fiona Dale, Fife Council's Physical Activity Co-ordinator explained: "In Scotland, only 20% of adults aged 65 to 74 and 9% of those over 75 are active enough for it to benefit their health. Increasing physical activity levels is a great way to improve general health and maintain independence, which in turn will reduce the burden on health and social care, now and in the future. "Changing habits and routine can be difficult or daunting for people and we wanted to put the fun back into physical activity for them! This event certainly seems to have done just that - the day was a great success!"

Provost of Fife, Jim Leishman added: "I've had a super morning at this event. It's good to see that people of all ages have caught the sporting bug this Summer. Most importantly the people I've met here today have had fun! I wish them every success and enjoyment with keeping up the physical activities they have tried out today."



Credit Unions began as farmers unions and co-operatives. A credit union is a not-for-profit financial institution dedicated to serving the needs of its members.

All credit unions are governed by a Board of Directors, elected by and from its membership. Credit unions are made up of people with a common bond, something that draws them together - where they live, where they work, etc. When someone joins a credit union, they open a share account (savings). It is called a share account because the individual becomes part owner of the credit union. Since credit unions are not-for-profit organisations, any money made above the cost of operations is returned to the members in the form of dividend. "everyone seems to be after your money these days. Newspapers are full of adverts offering savings schemes or loans, so what makes a credit union different?"

\* An easy way to save. \* A cheap way to borrow  
 \* Insurance on savings and loans at no extra cost \* Profits returned to members \* Money stays in the community. \* Regulated and insured so you know that your money is safe \* Part of a world wide movement \* Savings schemes for young people too.

Volunteers are a key part of the credit union and their enthusiasm and commitment is relied upon. Getting involved in your credit union: gives something back to your community, utilises your skills and attributes, gives you access to training and development. It also

brings you into contact with others in your community. One of the requirements of the Credit Union Act 1979 is that credit unions educate their members on the wise use of money and promote responsible savings and lending.

Fife Credit Union are covered by the Financial Services Compensation Scheme (FSCS). The FSCS can pay compensation to depositors if a credit union is unable to meet its financial obligations. Most depositors - including most individuals and small businesses - are covered by the scheme. For further information about the scheme (including the amounts covered and eligibility to claim) please ask at your local branch, refer to [www.fscs.org.uk](http://www.fscs.org.uk) or call 0800 678 1100.

**Lyn Prestwood, Fife Credit Union, Development Assistant** explains - credit unions don't just offer savings account but affordable loans too. There are many dangers faced by borrowers these days payday loan and text loan companies, who promise to deposit cash into your bank account in an instant, are best avoided - they often charge over 3,000% APR interest and can get you into unmanageable debt very quickly.

Fife Credit Union, 9 Albany Gate, Glenrothes  
 Tel 01592 758596

[www.fifecreditunions.co.uk](http://www.fifecreditunions.co.uk)

Take a leaf out of Greener Kirkcaldy's book and contact them if you would like free, expert advice on reducing your energy bills, fuel efficient driving tips, composting, growing your own

food or other environmental issues contact:-  Greener Kirkcaldy Environmental Advice Centre, 254a High Street, Kirkcaldy, KY1 1LA

Forthcoming event - 13 October 2012 - Fungi Foray. Ongoing events - Volunteer to help develop GK's Community Garden.

Weekly book swap (each Friday & Saturday 12noon-5:00pm) Greener Kirkcaldy advice centre.

The Handyman (service) can help with draughtproofing doors and windows, insulating pipes etc and is free of charge for those who struggle to pay high fuel bills. For other people GK charge £15 per hour and materials at cost. Tel: 01592 858458; [info@greenerkirkcaldy.org.uk](mailto:info@greenerkirkcaldy.org.uk);

 [www.facebook.com/greenerkirkcaldy](http://www.facebook.com/greenerkirkcaldy)  [twitter.com/#!/greenerkdy](https://twitter.com/#!/greenerkdy)

Helping furnish  
the people of Fife  
**FURNITURE**  
established 2001  
P L S .org.uk

Dysart  
Inverkeithing  
Cowdenbeath



[www.furnitureplus.org.uk](http://www.furnitureplus.org.uk)

Charity Number SC032833 & a Company Ltd by Guarantee SC225920

Chairman - John Wilson

Patron: Lady Elgin, Countess of Elgin & Kincardine

[enquiries@furnitureplus.org.uk](mailto:enquiries@furnitureplus.org.uk)

Dysart, Kirkcaldy office Tel: 01592 654546

Furniture Plus in Fife is a registered charity, based ReUse and Recycling Social Enterprise for Furniture, Household and Electrical Items. It has a mission to "Help Furnish the People of Fife" and offers low cost or discounted items to anyone, while simultaneously delivering employability options through work and skills based placements and/or training.

*Helping Furnish the People of Fife.* Furniture Plus will achieve this by:

**Providing low cost, quality goods and furnishings to low income households in Fife, thereby alleviating furniture poverty and; Providing employment and training opportunities to strive to alleviate social exclusion.**

F+ Maintenance plus - a handy service you can trust and a funded scheme providing free help to the **over 65's**. Need a small repair to something in your house? Flatpack furniture built? A bit of decorating carried out? Even just a lightbulb changed, something put up or moved? Furniture Plus maintenance teams can help you out while also teaching valuable skills to trainees. Contact F+ on **01592 654546** to arrange a visit to assess your requirements. **Over 65's only.**



**The Reel-ly great legend is Top of the Pops!**  
A whole new generation of young people are dancing to Sir Jimmy Shand's music after a remixed version of one of his classic tunes topped the dance charts in Germany!

The Linton Ploughman, based on the Muckin' O' Geordie's Byre, has been turned into a dance track by Glasgow DJ Stevie Lennon. The tune, Shander, made it to number one in Germany's Top 100 Club Download chart last week, and Stevie hopes the rest of the world will catch on.

Sir Jimmy, who died in 2000 aged 92, sold millions of records in a 70-year career and made it into the UK top 20 with the Bluebell Polka in 1955.

While the remixed version of the famous Fifer's track is rather different to the music his fans are used to, his son Jimmy Jr (75) is confident his father would have liked it.



**The Enchanted Forest** heralds a return to Lake Faskally, Pitlochry. Now in its 10<sup>th</sup> year it continues to enthrall the public an audio visual spectacular with a brand new theme. You can buy tickets online at [www.EnchantedForest.org.uk](http://www.EnchantedForest.org.uk) or Tel: 0871 288 7655 (Calls cost 10p/m from BT landline, other operator's costs may vary Visit: Just the Ticket, Atholl Rd, Pitlochry.

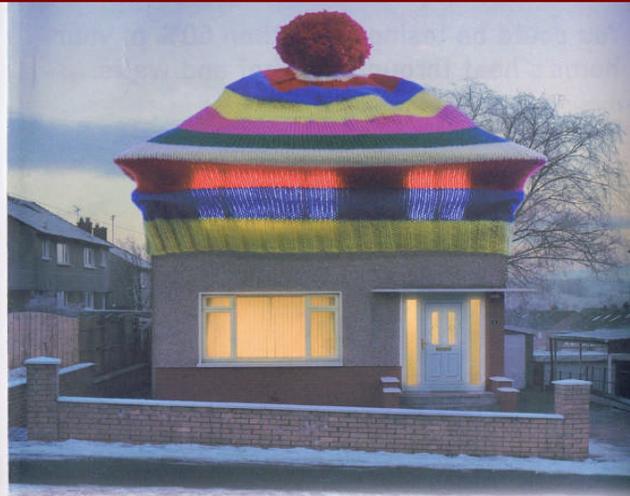
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or visit [homeenergyscotland.org.uk](http://homeenergyscotland.org.uk)



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55 OR OVER? TRAVEL ANYWHERE IN SCOTLAND FOR ONLY £19 RETURN

**Club 55 from ScotRail.**  
An exclusive train offer for over 55s.

And the great thing is, anyone aged 55 or over can buy Club 55 tickets. You don't need to join anything and there's no membership fee. To get this great deal, all you need to do is provide proof that you're 55 or over and carry it with you when you travel (just in case you're lucky enough to look too young). It really is that easy!

### Club 55

- Standard Class travel between any two stations in Scotland for only £19 return.
- It is also valid for travel from most stations in Scotland to and from Carlisle or Berwick-upon-Tweed.
- Club 55 is not subject to availability and does not need to be booked in advance.
- Save up to 70% on Hotels [Click here to find out about Club 55](#)



### The SEStran Thistle Assistance Card

SEStran has developed the Thistle Assistance Card to make using public transport easier for older people or those with disabilities or illness.

The card, which is supported by a wide variety of voluntary organisations in South East Scotland and by most bus operators, is credit-card sized and comes with a supply of peel-off stickers, which advise the driver of your disability and the help you need in an easy-to-read format. Following the success and popularity of the card, SEStran is making the design files available to appropriate local authorities at no charge, so that these can be used as a template for the production of similar access cards throughout the country.

The files will be made available to bone fide public authorities only. Private individuals and commercial organisations are not eligible.



**\*\*\*STOP PRESS\*\*\* Fife Cultural Trust present a Reader's Day for people with a passion for books; Saturday 24 November 1:30pm - 4pm, Rothes Halls, Glenrothes. Day ticket £8.50 (£8.00 Premier & Super Fifestyle)**

## NEWS FROM THE USER PANELS

Julia Walker has successfully re-established the West Fife panel, Cowdenbeath and the first meeting was on 17 September 2012. Across the panels we have had Guest speakers Katherine Hart from Trading Standards regarding door step sellers and scam mail/calls. Gillian Duncan & Ruby Urlotti, East Neuk First Responders and Lyn Prestwood from Fife's Credit Unions. We have also been actively involved with The Scottish Government's consultation on the Integration of Adult Health and Social Care as outlined on Page 2.

We are recruiting for User Panel members across the Kingdom. Anstruther, Cowdenbeath, Kirkcaldy, Ladybank, Newport, Rosyth and West Fife Villages

Ideally members should be 70 (although younger in some circumstances and receiving NHS/Council Services. We meet once a month, with free transport, to and from the venue, and free tea/coffee and biscuits. Interested? Call **Julia** on **01592 643743**.

NEWS FROM THE FORUMS Kirkcaldy & District Elderly Forum are actively seeking to recruit a Secretary and Treasurer. Please contact **John McKendrick** on **01592 643743**.

## ADVOCACY SERVICE

Providing FREE Information, advice and support for older people in Fife

Caroline's caseload recently has included assisting an older man who had fallen on several occasions and was facing a lengthy wait to get a community alarm; finding a gardener for an older lady; providing support for an older lady who wanted to return to community housing after a hospital stay; supporting a lady who wants her husband to return home and not to remain in care. If you or someone you know could benefit from advice or support, please give **Caroline** a ring on **01592 643743**

SUPPORTED BY NHS FIFE AND FIFE COUNCIL

AND MANAGED BY FIFE ELDERLY FORUM EXECUTIVE

Co-ordinator: John McKendrick

Advocacy Worker: Caroline Stevenson

Facilitator - User Panels: Julia Walker

Local Area Co-ordinators: Fiona Clark, Shirley Heeps, Wayne Mathieson, Alison Wilson

Admin/Clerical: Elma Yeaman

Scottish Charity No: SC022596



*Voice of the elderly*

