



Helping you take control of your Self-Directed Support



Get to Know Your Care Provider St Andrews Church Hall, Ralston Road, Barrhead on Wednesday 22nd April 2pm till 6pm

Along with the Carers Centre and Talking Points we have organised another event for you to come along and find out about care in the home, transport, shopping supports, residential care options and much more

The event is open to carers and anyone managing their own care who lives in East Renfrewshire. There will be lots of local care agencies in attendance so its a great opportunity to find out about them all in one go.

We look forward to seeing you on the day. You can pop in anytime between these hours

Give it a Go at Barrhead Foundry!

Come along and join our friendly community sessions organised by SDS Forum and East Renfrewshire Carers Centre. We have two lined up for April in the Foundry, Main St Barrhead with more to follow in May and June.

- **Wednesday 15th April 6:30pm – 8:00pm** Crochet with Vicky
- **Tuesday 21st April 1:15pm – 2:45pm** Crochet with Vicky

Sessions are free and open to all – no experience needed! Refreshments will be provided.

Its a great chance to meet people, learn new skills, and have fun.

For more details or to book a space please just contact us.

Personal Assitant Hourly Rate Increase 2026

The minimum hourly pay for social care workers will increase from £12.60 to £13.45 starting on April 1st. This represents a 6.75% increase.

This change enables SDS option 1 recipients to raise their Personal Assistants' pay to at least £13.45 per hour for all hours worked, including overnight support. For those using a payroll agency, you may need to inform them to apply the new hourly rate for Personal Assistants from 01 April 2026.

Updates and Reminders

The HSCP Charging Policy for non residential care is set to come into place on June 1st

If you need more information about this please contact them at

HSCPPA@eastrenfrewshire.gov.uk or call **0141 800 7850**

SDS Drop in Redhurst Hotel Giffnock Tuesday 7th April 10.30am till 12 pm -

No need to book just pop in for any questions or chat about SDS.

We are still available for evening online appointments on Tuesdays. Just get in touch



Meet Lorraine!

Each month we feature someone we have supported and tell their SDS story.

This is to help explain how SDS can really help people.

This is Lorraine with her boys



I have three boys, two of which have autism and additional support needs and are aged 6 and 8. My oldest is about to become a teenager. Both boys have the same diagnosis but are very different in terms of need and care.

I went to CAB for help with children disability forms last July. Through that visit I was put in touch with Social Work regarding SDS and then became aware of the Forum and the help they could offer. Up until that point we had just been going day to day as a family without any real knowledge of support available.

My youngest started primary school last August and struggled to adapt. He is doubly incontinent and requires personal care at all times. My middle child can have difficulty walking and sometimes has to use a wheelchair. We found it very difficult to get out and about for community/family activities like swimming or even just going to the park

We got our SDS budget a few weeks ago and have Option 1 for both boys. We are currently in the process of recruiting Personal Assistants. The Forum are helping us with this as we want to make sure we get this part right. They will also provide a brokerage service so will be managing the financial side of things for us.

We have had enormous support from the team since last July. They have been able to help explain what can be a daunting process at times, follow up things for us, and keep things on track. The Forum have helped us with school/medical matters and also by being with us physically at meetings. They have always been there for practical and emotional support.

It has been difficult. The challenges of looking after the boys leaves very little time for anything else. It is hard to find out what kind of support is available but once over that hurdle it can make such a positive difference.

We are now really looking forward to the benefit SDS will give the family. We are hoping this will really open up the boys` world to new interests and hobbies, allow more of their personalities to come through and give them a better quality of life. Depending on the activity there might be 2:1 care. It will help so much with family activities now too.

The Forum have been great at keeping us linked in and informed and I attend information sessions and drop in events when I can. We are now very much focused on how seeing how SDS will impact positively on the whole family but the boys in particular.

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