

Helping you take control of your Self-Directed Support

HSCP Eligibility Criteria three years on...next steps

Following on from your feedback at our online information session in June we have organised an online focus group on **Tuesday September 1st @ 6.30 pm till 8pm**

This will look at **communication** - this raised many issues during our discussion. A key finding was that families consistently reported feeling uninformed, excluded from decision-making, and unsupported when significant decisions about their support were made.

The meeting will have different virtual “rooms” and the discussions will be led by senior HSCP and Voluntary Sector staff. You can be in whatever room you are most interested in.

In preparation for this we will also have an online meeting on **Tuesday 25th August @ 6.30pm till 8pm** (without the other senior staff) to give more information/prepare for the focus group meeting and discuss possible ideas for improvement in advance to get the most out of the meeting on the 1st.

Please contact us if you would like to be part of the group and attend one or both of these meetings. If you can't make them we can still keep you informed of developments going forward.

Come and join us.....

New Wellbeing Drop in at Barrhead Foundry: Thursday 20th August 1.30pm till 3pm

We're excited to be launching our first Wellbeing Drop-In in partnership with RAMH and the Carers Centre. If you'd like to take some time for yourself, find out what's available locally, or just enjoy a cuppa and a chat we would love to see you.

The drop-in is open to anyone who wants to look after their wellbeing and mental health. There's no pressure to talk or share anything personal—just come along, meet others, and find out about local support in a friendly, relaxed space. All welcome! If you'd like to know more, just get in touch

Drop in @ Redhurst Hotel Giffnock: Tuesday September 1st 1pm till 2.30pm

We have been struggling a bit with numbers for some time so for September and October we will be moving this to the afternoon to see if that makes a difference/suits people better. We will see how these two go and then make a decision on the future of the drop in. No need to book, just pop in.

We are leading on another **4 week education course** aiming to provide young people aged 14 and over with a special educational need and their parents, guardians, carers, with all the information needed to make the transition to adult social care settings less intimidating and allow the family and young people to feel prepared for the journey ahead. We will have presentations from a range of professionals as well as fun and interactive workshops for the young people.

The course starts on **Wednesday September 9th 6.30pm till 8pm** at **The Foundry, Main Street Barrhead**. Spaces are limited so for more information or to book a place please email **bookings@sdsforumer.org** or phone **0141 638 2525**



Meet Lewis!

Each month we feature someone we have supported and tell their SDS story. This is to help explain how SDS can really help people



I first became aware of Self-directed Support (SDS) when I turned 18. I have cerebral palsy and had received social work support before that, but SDS introduced me to a different way of thinking about support – one that focuses on achieving the outcomes that matter most to the individual.

What appealed to me about SDS was the idea of having greater choice, control and involvement in decisions about my own life. As I learned more, I began to understand that SDS isn't just about receiving support - it's about having a say in how that support is arranged and used to help you achieve your goals.

Over the years SDS has enabled me to take part in the activities that are important to me. SDS helped me to compete for Scotland in both powerchair football and boccia which i am very proud of. Football is a huge part of my life and I am a season ticket holder at Ibrox. I also work as a sports coach. I enjoy being active in my community. Having the right support in place allowed me to pursue these interests and, importantly, gave me the confidence to move from my mum`s house into my own place.

Like many people, my support arrangements have changed over time. Experiencing different approaches to support has helped me appreciate how important it is that people understand their options and feel involved in decisions that affect them. However, I've also found that understanding SDS in practice can be challenging. The legislation and guidance are there, but it can sometimes be difficult to know what your rights are, what choices are available to you, and where to turn when you're unsure about a decision or process.

The Forum has helped me understand SDS in a way that makes sense in real life. They have supported me to better understand my rights and the different options available. They have helped me ask informed questions, explore possible solutions and feel more confident in discussions about my support.

SDS Forum support has been both practical and emotional. There have been times when I have felt uncertain or frustrated, and it has made a huge difference knowing that I can pick up the phone and speak to someone who understands SDS and can help me work through my options. One of the most important things the Forum has given me is confidence to speak up and be involved in decisions about my support.

I think many people find that SDS can feel complicated at times, particularly when circumstances change. My experience has shown me how important it is for people to have access to good information, independent support and opportunities to understand their rights.

The SDS Forum has played a huge part in that journey for me. Debbie has been particularly helpful to me and i would like to thank her for all her support. I would encourage anyone who is considering SDS to reach out and learn more about what is available to them.

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