



**Self Directed Support  
ILA Forth Valley**

*Forth Valley*

**FOCUS**

**The SDS Forth Valley Newsletter**

July 2023

## **Welcome to our brand new newsletter**

### **An introduction from our CEO**



March 23rd 2020, is a date that has been firmly etched in the minds of all citizens of the UK and the staff of SDS Forth Valley were certainly no exception. Overnight, our organisation had to completely change the way it worked.

And we haven't really stopped changing!! From those initial tentative steps of working out how to keep the service running during the lockdown, we have completely embraced the digital model of delivery and have continued to evolve and develop how we provide our information to you.

We now have a library of over 60 handouts and booklets and a suite of over 10 videos and presentations that can all be shared with you via email attachments and hyperlinks, giving extremely in-depth and detailed information on Self Directed Support, the 4 options and becoming an employer of personal assistants, as well as information on numerous related topics.

From our service evaluations, we have found it is not only us that think this is a great idea, but you do too. Having the information in digital format for you to go through at your own pace and at a time that suits you, has been incredibly well received. And so you don't get overwhelmed, we developed a "staged process" where you receive only the relevant information to your circumstances, and it is delivered in manageable steps and completely facilitated at all stages by our highly skilled case managers.

Talking of which.... The staff at SDS Forth Valley has seen some changes too, since 2020. Although they have been around for a while now, the team now consists of myself (CEO), Paul Barrowman (SiRD Project Lead), Lauren Urquhart (Case Manager) and Kevin McGoldrick (Case Manager).

And there's still lots more to come. We are involved in many exciting strategic projects, which will hopefully lead to further developments, streamlining and cohesive linking of our services as well as enhanced partnership working with other local third sector organisations.

The name is the same, Self Directed Support is the same, but three years down the line, everything else has changed..... and definitely for the better.

Violet M Keenan  
Chief Executive Officer

## Meet the team



### **Violet Keenan** (CEO).

Ensuring that there is day to day service provision and staff have the required training, Violet is also responsible for the strategic direction of the organisation, liaising with service partners and the board of directors. With a post graduate diploma in employment law and over 14 years of direct experience with SDS, Violet is the driving force behind SDS Forth Valley.

### **Paul Barrowman** (SiRD Project Lead).

The SiRD project focuses on raising awareness of SDS and for those who haven't yet had a social work assessment. Paul delivers our "introduction to SDS presentation" and facilitates our "outcomes and support planning" workshop and can also be found raising awareness of SDS with other organisations. He also helps out on the tech, video and design side of things for the organisation. With a background in Welfare Rights, and numerous other "bit's and bobs" picked up along a varied career path, Paul brings a range of knowledge to the table that can be useful for the "curved ball" questions.



### **Lauren Urquhart** (Case Manager) and **Kevin McGoldrick** (Case Manager).

Directly liaising with supported people, carers, families and professionals, Lauren and Kevin are the front line of our service. Providing all the required information through our digital model is only part of the service. The follow up conversations with Lauren and Kevin are the most important part of the process. Being able to ask questions and talk situations through, will better help you understand the information and for you to be able to make an informed decision on how to best implement your support in the way that's right for you.



With a masters degree in psychology and a background in the care sector, Lauren brings invaluable knowledge in this area, and helps us develop our ideas to make sure they work for people. She is also our job advert person and posts and updates all the PA job vacancies on behalf of PA employers. She can also be found facilitating our peer support group online sessions.

Originally from a construction industry supply background, where customer service is top priority, Kevin has also had a professional and personal interest in health and social care for many years. Kevin has served as a board member of carer and SDS organisations in his local area, and this in-depth knowledge and person centered focus is an immeasurable asset to SDS Forth Valley.



## **Clackmannan & Stirling Health and Social Care Partnership Carer Consultation**

Clackmannanshire & Stirling Health and Social Care Partnership currently have a live Carer Consultation ongoing until 1st August 2023.

This consultation is the wider consultation of the 'Carer Support Framework' which replaces the carers eligibility criteria has now been published on the HSCP website.

The framework proposes the removal of thresholds of eligibility for support, widening the support available for carers. Where a carer requires support, this would be provided by the local carers centres however where care is required then they would access social work as a supported person and existing eligibility would apply.

This provides an excellent opportunity for you to have your voice heard, so please take part and express your views.

<https://clacksandstirlinghscp.org/get-involved>

## **Visit our new website**

The SDS Forth Valley website has had a complete redesign and provides information about Self Directed Support and what we do. Why not pop online and have a look at [www.sdsforthvalley.org](http://www.sdsforthvalley.org)

## **Getting in touch**

If you need to speak with us you can contact us by email or telephone

[Info@sdsforthvalley.org](mailto:Info@sdsforthvalley.org)

Lauren: 07767 715 541  
Kevin: 07554 023 977  
Paul: 07748 806 026  
Violet: 07748 050 168

We may already be on a call, so leave a voicemail with your contact details so we can get back to you or send an email

## **Online Peer Support Group**

We are looking to restart our online peer support group in September, which may be of particular interest to people who use Option 1 to employ personal assistants. If you would like to take part, please email [info@sdsforthvalley.org](mailto:info@sdsforthvalley.org) and we will add you to our email mailing list and send you further information and a joining link nearer the time.

## **SDS Improvement Plan 2023 - 2027**

The Scottish Government and COSLA have published a new plan to improve Self Directed Support over the four years.

The SDS Improvement Plan 2023 – 2027 sets priorities for work that will take place across the sector.

The Plan is supported by around £7.5 million in Scottish Government funding in its first year.

[www.gov.scot/publications/self-directed-support-improvement-plan-20232027](http://www.gov.scot/publications/self-directed-support-improvement-plan-20232027)

## **National Care Service**

The Scottish Government is introducing the National Care Service to future proof the care sector so that everyone can have access to consistently high quality social care support across Scotland.

As people and communities are at the heart of planning the new service, a diary of regional forums have been set up, including online forums in August.

Further details can be found by accessing the following links:

[www.gov.scot/policies/social-care/national-care-service](http://www.gov.scot/policies/social-care/national-care-service)

[www.eventbrite.com/cc/national-care-service-regional-forums-2023-2199769](http://www.eventbrite.com/cc/national-care-service-regional-forums-2023-2199769)