



SDS Options (Fife)

December '17
Newsletter

HELPING YOU TO HAVE MORE CHOICE AND CONTROL OVER YOUR CARE

December 2017

OUR 2017 AGM AT ST.BRYCE KIRK WAS A HUGE SUCCESS!



The speakers for the day included Ann Cowan talking about the new ILF Scotland - Transition Fund, Hospital Housing Options (DPHS), Launch of Short Guide SDS Leaflet by Catherine Harris from Dundee Carers and SDS Options Fife updates on new project work. We also had a range of stalls including housing, social and community supports. Once the talks were over we enjoyed time browsing the stalls and networking while listening to Alan (our DPHS Board Member) playing the piano and Julia (our Independent Living Officer) singing shortly after lunch.

Vacancy opportunities:



Board Members:

Would you like to offer more to others but feel you don't have enough time? Do you feel passionate about housing for Disabled people or Self Directed Support? Do you enjoy being part of a team? If you answered yes then come join us on the board. You don't need any manager experience only an interest in what our organisation does. Meetings are held once a month with a few events a year so time required is minimal. If you are interested, get in touch on 01592 803 280.

Peer Mentors:

We are looking for people who have experience with Self-Directed Support. Perhaps you've gone through the SDS Journey as a Carer, Family member, Personal Assistant or Customer. We would like you to share your own experiences with others, offer support to those just starting the SDS Journey, help people understand SDS better and help others work towards their own outcomes.

Personal Assistants:

We have Employers looking for PAs across Fife. If you are a P.A and looking for work or extra hours then get in touch with David on 01592 803 280.

Fife College training:

Fife College are able to offer moving & handling training as well as First Aid but they operate on a numbers system therefore they need you to register your interest so they can arrange delivery of the courses. Please contact them on 0344 248 0115.

P.A Network training

They hope to run some **training sessions** to meet local demand in Feb-March 2018. Training could include Emergency First Aid at Work, Medication Administration, Dementia Awareness, Autism Awareness, Behaviour Support amongst many others... if you or your PA has a particular need please email us at info@panetworkscotland.org.uk



The Personal Assistants Network Scotland has been created to provide a support network to PAs working directly for the person they support via Self Directed Support. **The PA Network** is Scotland wide funded by Scottish Government and run by the WEA Scotland. The PA Network is a place where PAs can talk about their concerns, get the answers they need and have their voices heard.

They can support PAs by:

- organising free or subsidised demand led training to meet the needs of PAs
- organising informal events for PAs to meet others and gain peer support
- inviting/arranging guest speakers to give talks on a variety of subjects relevant to your role
- providing space both online and offline for PAs to discuss their needs and share experiences
- providing online support, knowledge and information via website and forum

We invite PAs to join us by signing up to the Network by completing the 'Stay Informed' section on the website www.panetworkscotland.org.uk This will ensure you are informed of events local to you and enables you to feed into what happens in your local area.

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if you or your PA has a particular need please email us at info@panetworkscotland.org.uk

Do you know any young carers?

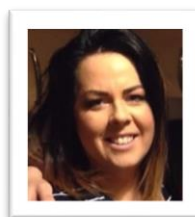
There are Respite Care Officers for Disabilities Fife Carers that are actively looking for families to help.

Do you know of any families that would benefit from their free service? If so this service is for young carers between 8 and 24 years. They can provide support for 2 hours per week and are PVG registered.

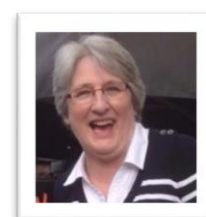
Feel free to contact them anytime by:

Telephone: 01592 203 993

Email: respite@disabilitiesfife.org.uk



Adele O'Donnell



Moira Grey

Did you know?.....

There are approved Accountants in your area who can help Employers of PAs with your payroll and paperwork? Having a payroll service means that you can enjoy all the flexibility of choosing your care and employing your own staff, while leaving the accountants to deal with the day to day tasks including:

- All contact with HMRC on your behalf
- Payslips, sick pay and maternity pay
- Auto enrolment to pensions for your PA
- Annual returns and P60's
- Payment of invoices
- Employer liability insurance on your behalf
- Payment of PVG Checks
- Tax, National insurance and other deductions paid to HMRC

Company name	Town	Tel. No
Quill Account	Auchtermuchty	01337 827 017
Barrie Bookkeeping & Payroll Solutions	Glenrothes	01592 756 713
The Computer Bureau (Fife) Limited	Glenrothes	01592 774 602
Fife Business Services Ltd	Kirkcaldy	01592 572 102
Monteaths Accountants & Tax Consultants	St. Andrews	01334 870 343

UPCOMING

EVENTS

..... 2018

Peer Group Meeting (New)

If you or anyone you know would like to speak to someone who has lived experience and gone through the SDS Journey then this meeting is for you.

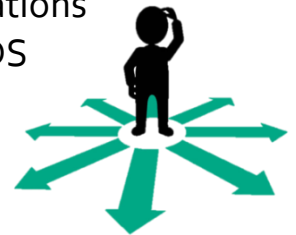
Tuesday 06th February 2018 2pm – 4pm

SDS Options (Fife) Office
339 High Street

Kirkcaldy, KY1 1JN

**Get to know us sessions**

We are considering doing more Get to know us Sessions for organisations and out in the community. These sessions explain about our new SDS Options 1 work, what services we provide and where we fit in with Disabled Persons Housing Service. It also give us an opportunity to have a cuppa and chat with individuals or support staff from all over.



If this is something you would like to hear more about and would like a session in your area please get in touch with David on 01592 803 280.

Crossroads experiences

June from Crossroads has been kind enough to arrange families who she's involved with to share their SDS stories with us. We look forward to sharing them with you via our website and literature. Victoria Guest, SDS Volunteer Co-ordinator will be calling and / or visiting the families in January.

Crossroads
Fife Central

We would like to wish all our Customers, Volunteers, Staff and Board Members a very Merry Christmas and a Happy New Year!

Christmas opening hours

Monday 25th December '17 until Friday 29th December '17 - Closed

Monday 01st January '18 – Closed

Tuesday 02nd January '18 – Closed

*Wednesday 03rd January '18 – Open as normal
9am – 5pm*



**SDS
Options
(Fife)**

West shop


Laws Close


339 High Street


Kirkcaldy

KY1 1JN

Contact us on:

 01592 803 280

 www.facebook.com/sdsoptions/

 @SDS_Options OR @SDSVolunteers OR
SDSoption1

 <http://www.sdsoptionsfife.org.uk/>

 enquiries.sds@dphsfife.org.uk

