

**Disabled
Persons
Housing
Service**



SDS OPTIONS (FIFE)

Volume 1, Issue

hello
AUGUST

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Special points of interest:


- New Independent Living Project
- Calendar of events
- Peer groups
- Focus groups
- Get to know us sessions

New! Independent Living Project (Fife)

Disabled Persons Housing Service (Fife) as part of the SDS Options Fife service are running a brand new independent project which will be able to answer queries you have and assist you with managing your direct payment including providing all necessary independent information, advice and support to assist you in employing your own Personal Assistants or support/care staff. Access to a training programme will be available to guide you through becoming an employer (or exploring if it is the option for you).

Drop in Clinics for those times when it's best to get advice, information and support quickly to assist you in steps to take should you face difficult times with your P.A. The project can help with finding new staff through the recruitment service should you wish to use it (advertising PA vacancies and assisting you with short-listing for example). We can put you in touch with other services who may also be of assistance at this time including payroll, PA training services, etc.

If you are not sure yet and wish to discuss all of your options then of course Claire at SDS Options Fife can go over all the options with you as can our SDS Volunteers.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 	8	9 Volunteer Meeting 2-4pm	10	11
14 New ILO starting today	15	16 Office expansion	17 Office expansion	18 Office expansion
21 PAMIS open day 12-4pm	22	23	24 Get to know us, Rothes Hall 2-4pm	25
28 Focus group, DPHS Office 10:00—4pm	29	30 Get to know us DPHS Office 9:30—11:30	31 Get to know us DPHS Office 2—4pm	

SCHEDULE OF EVENTS

- * 16th - 18th August - Our office is expanding into next door. SDS options Fife will remain where it is and housing will move next door.
- * 7th August - We are closed for Bank holiday Monday.
- * 14th August - is the start date for our newest Team Member, Julia Walker Independent Living Officer for the new project!
- * 21st August - Pamis open day. All are welcome! Families with children for the morning session / adult and staff session in the afternoon.
- * 28th August—The Focus group is on all day (in two sessions, morning and afternoon with lunch break in between) The Volunteers can join any part of the day but individuals who need the training will join one session or both if possible.

Peer Support Groups

As part of the new project we would like to introduce peer support groups. Peer support is when people use their own experience to help others. This group will be made up of Volunteers mainly and they will be able to talk about their lived experience around option 1 and option 4 and answer any questions customers may have. A problem shared is a problem halved as they say and for new customers having that someone to talk too who has gone through the same thing is such a relief for them. You never know it may benefit yourself too.



FOCUS GROUPS

Thinking of becoming
an employer of your
own P.A?

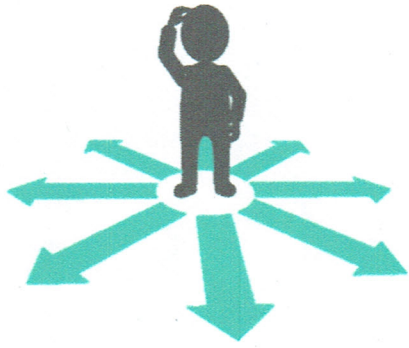
We will be running courses for people who choose option 1. This will help them to become more knowledgeable and confident in employing their own P.A. Firstly though we need to run focus groups to

help develop the course, it's content and ensure it is co-produced with people's lived experience being included into the sessions. This is where we need the help of the Volunteers who have been part of the Option 1 journey.

Get to know us

We are holding Get to know us sessions so you can find out more about the new project. We will be showing a short presentation to explain our services then will look forward to having a chat with you. Individuals, support staff and any other staff are all welcome.

Thursday 24th August	2 - 4pm	Roths Halls, Glenrothes
Wednesday 30th August	09:30—11:30	DPHS Office, Kirkcaldy (Services)
Thursday 31st August	2—4pm	DPHS Office, Kirkcaldy (Services)
Friday 1st September	10 - 12 noon	The Centre, Leven
Monday 4th September	9:30—11:30	DPHS Office, Kirkcaldy (Services)
Tuesday 5th September	2—4pm	DPHS Office, Kirkcaldy (Services)
Wednesday 6th September	2 - 4pm	Holiday Inn Express, Dunfermline
Monday 11th September	10 - 12 noon	Kirkcaldy, To be confirmed



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We are on the web!
www.sdsoptionsfife.org.uk

ON THE SPOT!

YOUR HINTS & TIPS!

What do you wish someone had told you/ explained? Let us know so we can share!

Use the contact details below or come along to our **NEXT VOLUNTEER MEETING** **ON THE 14TH SEPTEMBER 2017**

You can find us on **FACEBOOK,**
TWITTER AND OUR WEBPAGE:



www.facebook.com/sdsoptions/



@SDS_Options OR @SDSVolunteers



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

Email SDS Options (Fife) for more
info: enquiries.sds@dphsfife.org.uk

YOUR CONTINUED SUPPORT IS APPRECIATED

There are exciting times ahead which brings expansion to the SDS project and Team.

From all of us at Disabled Persons Housing Service (Fife) and SDS Options (Fife) we would like to say a big thank you to our customers and Volunteers for your continued support and hard work!



ANY SUGGESTIONS:

If you have suggestions / stories or ideas for newsletters in the future please contact Victoria or Claire on 01592 803 280 or via Facebook, twitter or email using the details above.