

# Take Ctrl South Lanarkshire

Winter 2020 Newsletter



## Home working and open for business!



As we come towards the end of another year, we wanted to give you an update on how Take Ctrl have adapted to home working to continue to support people in South Lanarkshire around Self-directed Support.

The staff team are still working from home to provide a full range of services including:

- ◆ Self-directed Support awareness sessions
- ◆ Explanations of the four options
- ◆ Supporting people to request an assessment or re-assessment
- ◆ Helping people complete their assessment
- ◆ Accessible information about service providers, and
- ◆ Support to recruit and employ Personal Assistants including completing necessary paperwork.

Unfortunately, we are unable to host meetings at the office or provide home visits due to current restrictions, however we can still support you by phone, email or video call. If you have not used video calling software before, don't worry – we can talk you through the whole process. All you need is an internet connection and a smart phone, tablet or computer with a camera and microphone.

You can contact the team in the usual ways –

**by Telephone on 01698 892372 or by email: [infosl@takectrl.org.uk](mailto:infosl@takectrl.org.uk)**

If you would like a video call with us, please get in touch and we can arrange it for you.

### **STOP PRESS—LIVING WAGE UPDATE!**

The Scottish Living Wage has now increased to £9.50 an hour.

For more information about the Living Wage, click here:

<https://scottishlivingwage.org/what-is-the-real-living-wage/>

# [Self-directed Support - What's it all about?](#)

## **Awareness Sessions for Supported People and Carers**

The Development Team across the 3 areas are working together to provide regular SDS awareness sessions using Zoom. Anyone living in Glasgow, South Lanarkshire and East Dunbartonshire can book a place using the Eventbrite link here: <https://www.eventbrite.co.uk/e/126575076461>

Once you've booked your place, one of the team will email you with details of how to access the session and a guide to setting yourself up with Zoom.

## **Awareness Sessions for Professionals**

Helen, our Development Worker in South Lanarkshire, is running regular Self-directed Support awareness sessions on Microsoft Teams for Health and Social Care professionals and Third Sector staff. This covers the basics of Self-directed Support, the laws underpinning it, and the support and advice provided to Supported People and their Carers by Take Ctrl.

If you would like a separate session for your staff team, Helen will be happy to arrange this using either Teams or Zoom. Please contact Helen directly to arrange.

## **New videos**

Thanks to funding from Inspiring Scotland, the Development Team across Glasgow, South Lanarkshire and East Dunbartonshire were able to produce two short videos with Media Co-op to explain some basics around SDS. The first video, 'Self-directed Support – What's it all about?' explains what SDS is and how it can be used, and the second 'Requesting Self-directed Support' explains how to access it from your Local Authority. Links for the two videos are below:

**Self-directed Support – What's it all about?**     <https://youtu.be/BR1RIb0UPr4>

**Requesting Self-directed Support**     <https://youtu.be/XaUOCzHTixM>

If you'd like any further information regarding any of the sessions and a hard copy of the videos sent directly to you, then please contact:

**Helen Tel: 01698 892 372 or email [helen@takectrl.org.uk](mailto:helen@takectrl.org.uk)**

You may also access these on Vimeo by clicking the icons below:



**Self-Directed  
Support**

**What's it all about?**



**Requesting  
self-directed  
support**

# COVID-19 UPDATE

This has been an extremely challenging year so far and looks like it may get worse before it gets better. The Team at Take Ctrl have responded well to the additional challenges this has brought to us as we endeavour to support you as best we can under the circumstances.

We have assisted Personal Employers with many issues they have faced since we first went into Lockdown. Some of these have been around Personal Assistants having to shield themselves or requiring to self-isolate, which has brought about an additional cost to the person managing the budget.

Letters of verification can be issued to the Personal Assistants if they required this to access shops, and for travelling to work etc. Please contact us if this is required.

Access to PPE has been challenging all round and we have been working in partnership with the Local Authority to ensure Emergency supplies are available for anyone who requires PPE.

***Further information is available on back page or by contacting the office.***

Covid-19 information is available following the link below to those Employing Personal Assistants. This includes information about Covid-19 Testing for Personal Assistants/Care Support Workers.

<https://www.skillsforcare.org.uk/Employing-your-own-care-and-support/Working-as-a-personal-assistant/COVID-19-personal-assistants.aspx>

Scotgov have also produced a leaflet about free flu immunisation for Personal Assistants, click here to see it: <http://ow.ly/xCKh50Cs2Ue>



## Free Period Products

**We are part of the Free Period scheme for provision of free sanitary products – Please call Louise on 01698 892 372 for more information and arrange to pick up a supply from the office.**

## Face mask exemption cards

**Scotgov has set up a website and Freephone helpline for people who are exempt from wearing a facemask to get a digital or physical card to show their exemption. Go online at [www.exempt.scot](http://www.exempt.scot) or call 0800 121 6240**

## Remember **FACTS** for a safer Scotland



## PPE arrangements over Christmas holidays

We have been working closely with the South Lanarkshire Health and Social Care Partnership to provide emergency supplies of a week's worth of PPE (**aprons, facemasks, face shields and gloves**) for Personal Employers who have been unable to access them through their usual suppliers. As the office will be closed over the Christmas period, please get in touch with us well beforehand to arrange to pick up extra supplies.

**The office will close at the end of the day on Wednesday 23<sup>rd</sup> December and re-open on Monday 4<sup>th</sup> January.**

Please call Louise on 01698 892 372 to arrange additional supplies to cover this period, which can be picked up from the office by arrangement.



### **Take Ctrl Virtual Christmas Party**

We would like to invite you to our Christmas Party this year, with a bit of a difference as we're going online!!!

Join us on Zoom on **Friday 18<sup>th</sup> December at 1pm** for festive fun, music and a quiz.

Wear your loudest Christmas jumper!

Bring your own refreshments!

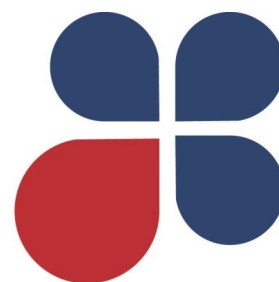
Contact: [infosl@takectrl.org.uk](mailto:infosl@takectrl.org.uk) for your personal link to join in the fun and festivities!

Take Ctrl South Lanarkshire

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01698 892372

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**take ctrl**

Your Self Directed Support Service  
in South Lanarkshire

\*Click the logo pictures to follow the relevant links\*