



Working Together for Change

Programme 2024 - 2025

**For people who want to make real change
to social care in Scotland!**



in  Control[®]
Scotland

What is it all about?

Working Together for Change is one of In Control Scotland's core programmes, which we have delivered annually since 2019 and is about enabling people to be in control through self-directed support. We bring together up to 30 people from across Scotland to make positive change in social care, harnessing the unique skills, insights and knowledge of people using and delivering social care to unlock the potential of self-directed support. The programme is organised by In Control Scotland an independent charity and is fully funded by the Scottish Government as a National Partner to improve self-directed support, so there is no cost to attend for successful participants. The work that In Control Scotland do is driven by a strong belief in social inclusion, equality, human rights and social justice and the view that everyone is entitled to the support they need to be part of and included in their own community.

What is Self-Directed Support?

Self-directed support, sometimes shortened to SDS, is the way that social care is delivered in Scotland. It is our law, through the **Social Care (Self-Directed Support) (Scotland) Act 2013** which states:

Self-directed support is about assisting individuals who may need support to have maximum choice and control over how their support is planned and provided. People can decide what kind of support they want and how, where, and when they want it.

To find out more about self-directed support you can watch this short video from AILN: [What is Self-directed Support - YouTube](#)

Who is this for?

Working Together for Change is open to disabled adults and the families and carers of disabled people, people who work in social work, social care, and health and community services across Scotland. The course is delivered to intentionally encourage the building of new alliances and connections between people across Scotland who can make a difference to how self-directed support works.

"I thoroughly enjoyed the Working Together for Change programme and found the content and delivery very useful. I liked the mix of on-line and in-person sessions and got to meet some wonderful people. The organisers and facilitators from In Control Scotland were all very helpful and approachable with lots of knowledge. I will be recommending that my colleagues attend future sessions! "

2023/2024 Working Together for Change Graduate

Why should I take part?

The only way that change will happen is if everyone works collaboratively and is open to learning from each other. Some of the benefits of taking part include:

- For disabled people and their carers; this means having your voice heard in local and national planning and making improvements not just for yourself but for other citizens.
- For people working in paid roles; this gives an opportunity to make improvements for you and your teams that are in line with the [SDS Framework of Standards](#), and to truly apply the values of social work and social care which put the rights of disabled people at the heart of decisions.
- For everyone; it is a chance to learn from one another, and to make real and lasting change happen.



Objectives of the Working Together for Change Programme

This work is being delivered as part of the [Self-Directed Support National Improvement Plan \(2023-27\)](#) and works towards the priority of 'involvement of supported people in planning'. The objectives of Working Together for Change are:

- To bring together like-minded people from across Scotland to design improvement projects that make change happen. These will improve people's experiences of self-directed support and ultimately result in people living good lives across Scotland.
- Supported people and unpaid carers will be better able to make positive choices and to think, plan and develop how they want to organise and direct their support.
- People in paid roles will be more confident, knowledgeable and skilled in ways to enable and empower people to get the right support.
- All participants will feel better connected and have an increased capacity to make self-directed support work well in their local communities.

We will ensure that there is a balance of participants from different backgrounds working together to share their unique experiences and insights. We aim to build on the skills of all participants to enable them to gain the knowledge and confidence needed to work towards and advocate for a better future.

Content and Programme

Working Together for Change will be delivered through a mixture of in-person, (one residential session) and online sessions, with shorter online reflection sessions. It will run between September 2024 and March 2025. The programme will be delivered by our team of facilitators, including people with both lived and professional experience of making change in self-directed support.

By taking part, participants will:

- Explore the history and context of social care support and an understanding of how the health and social care system currently works
 - Learn about good practice in self-directed support, inclusion, equality, and what works
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- Understand, plan and develop ways to work together to build confidence, influence positive change personally, as well as in systems and the wider community

Some of the topics we will cover:

- *The History of Self-directed Support and the Barriers*
- *Positive Risk*
- *Making Rights Real*
- *How to Make Change*
- *Advocacy*
- *Support Planning*





Facilitators

The programme is facilitated by five members of the In Control Scotland Team and one of our associates:



Brett Rogers – Brett joined the In Control Scotland team in 2023, he started his career working with homeless people in London in the early 90's. Since then, he has worked with people with different support needs including learning disabilities, autism and dementia. He has worked in both Children's & Families and Adult Social Work Teams and worked in the role of Local Area Co-ordinator in Aberdeenshire.



Dr Danielle Farrel – Danielle has been working with In Control Scotland as an associate since graduating from their Partners in Policymaking leadership programme funded by the Scottish Government back in 2018. Most recently, she has undertaken a new role as a Project Co-ordinator within the organisation. Due to living with a disability Danielle has a broad knowledge of the challenges around self-directed support as well as the challenges often faced by disabled people and their families on a regular basis. She has a passion for inclusion and for changing the narrative for disabled people.



Pauline Lunn – Pauline has worked for In Control Scotland since 2021, having started her career as a youth worker and support worker for people with profound and multiple learning disabilities. She worked on a national SDS implementation project in 2012 and then spent time working across the voluntary sector on developing and improving social care services, with people affected by homelessness, disability, and care experienced young people. She has particular interests in option 2 of self-directed support, service commissioning and procurement, and person-centred planning.



Alastair Minty – Alastair has been working with In Control Scotland for 6 years, before this he worked as an associate with In Control Scotland. He has a long history of being unrealistic about the scale of organisational change, and overestimating people's abilities, either that, or a history of being optimistic and positive about what we can achieve together (depending on who you talk to). He has particular interests in how we balance the idea of opportunity and risk with people who get support, and how we can all live a full life (including relationships and a good social life).



Debbie Forsyth – Debbie works with Gig Buddies with Thera, a project that enables adults with a learning disability to have improved social lives. She is a passionate campaigner, a member of the Stay Up Late Scotland Committee, an Ambassador of the No Bedtimes campaign, and the New Routes Home campaign to end hospital and out of area placements for people with a learning disability. Her passion is driven by her personal experience with her son, who is a young man who is autistic and has a learning disability. As a family they have experienced difficulties accessing education, illegal exclusion, mental health crisis, and managing a direct payment during times of crisis. They have experienced first-hand the difficulties accessing and using Self-Directed Support and know how good it can be when it is working as it should. Debbie is on the Board of Trustees for C-Change and has been a member of the Keys to Life Expert Group with SCLD since 2016. She is a Partners in Policymaking graduate from 2016 - 2017 and has been a co-facilitator of the Working Together for Change programme since 2019.



June Dunlop – June is the Administrator with In Control Scotland and has been with the organization for 12 years. Prior to this she worked with a Service Provider for 10 years. June has a vast knowledge of experience both in her professional and personal life as she is also a full-time carer to her Brother, who has a learning disability and autism. June is very passionate about shifting the power balance, so that anyone who requires support are able to be in control and make the right choices for themselves and decide what support they need for them to live their best lives.





"I was so apprehensive when I joined the course - I wasn't sure it was the right place for me being surrounded by social workers, or if I could hack it emotionally... but you encouraged me to continue and I am glad that you did. I have left the course fired up and confident to help change the way people with learning disabilities in Scotland are treated.

Without getting too soppy, you really are an inspirational team - your lived experience, work experience, creativity, openness and just general passion for the 'right' things is contagious. Thank you for being so candid and open about your own experiences, I feel less alone and have got so much confidence from watching you all".

2023/2024 Working Together for Change Graduate

If you would be interested in finding out more about the 'Working Together for Change' programme and how to apply, contact us at:
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