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The Bardan Times

The months Talking Point

Self Directed Support

Self Directed Support was relaunched this month. And if properly implemented and funded then this could be of great benefit in helping individuals to tailor a care package just for themselves, taking advantage of what they want to achieve with their care package, who provides that care and help them continue to be cared for in the community.

What is Self Directed Support?

Self Directed Support is a new way of providing social care support that empowers individuals to have informed choice about how support is provided to them with a focus on working together to achieve individual outcomes.

Self Directed Support enables individuals to choose how their support is provided and gives them as much control as they want over their Personal Budget.

The individual's personal budget can be:

- ▶ taken as a Direct Payment (a cash payment),
- ▶ a managed budget (where the Trust holds the budget, but the person is i
- ▶ the Trust can arrange a service, or
- ▶ you can choose a mixture of these options.

How does it work?

The introduction of Self Directed Support means that once a Trust agrees that an individual needs social care support they can work together with their key worker to agree how care is provided, that best meets their assessed needs.

If the person you care for needs help to organize their support they can ask the Trust, family members or a friend to help with this.

What are Self Directed Support's advantages?

The aim of Self Directed Support is to promote independence by offering more flexibility on how services are provided to people who are assessed as being eligible for social care support.

Self Directed Support enables people to take more control over decisions which affect their lives. It is intended to support

*Election time Quotes of
the Month*

*Democracy means
government by
discussion, but it is
only effective if you
can stop people talking*

Clement Attlee

*Democracy is the
worst form of
government, except for
all the others.*

**Winston Churchill
(allegedly)**

Riddles

Poor people have it. Rich people need it. If you eat it your Die. What is It?

What comes down but never goes up?

I'm Tall when I'm young and short when I'm old. What am I?

How can trouser pockets be empty but still have something in them?

What word becomes shorter when you add two letters?

What has four eyes but can't see?

What has two hands but can't clap?

independent living by giving people more choice, control and flexibility over their own care.

How can Self Directed Support benefit you?

Self Directed Support allows you to choose what type of support you receive and where and when you receive it. For example, you might want to:

- ◆ Have your support staff visit at a time that you choose.
- ◆ Employ your own personal assistant.
- ◆ Take an extra day/days at **Bardan Cottage**.

How does it work?

The Self Directed Support Pick 'n' Mix video explains how Self Directed Support could work for you.

Watch the [Self Directed Support Pick 'n' Mix video](#).

You can also view or download the Frequently Asked Question for:

- ◆ [Service Users](#)
- ◆ [Careers](#)

When will Self Directed Support be available?

Self Directed Support is currently being rolled out across all HSC Trusts on a phased approach.

For more information on Self Directed Support in your Trust, please speak with your Key Worker or your Trusts Self Directed Support Implementation Officer.

Details for your Trusts Self Directed Support Implementation Officer are at the bottom of this page.

What if You are happy with your current support arrangements?

You do not have to direct your own support if you prefer not to. You can have support arranged by the Trust, or you can have a mixed package where you direct some of your support.

Self Directed Support offers you more choice, greater control and more flexibility over the way your care and support needs can be met.

More Information on Self Directed Support

For more information on Self Directed Support, speak to your Key Worker or your respective HSC Trusts Self Directed Support Implementation Officer:

Belfast HSC Trust Julie Allen Mount Oriel PSD Office, 53-57 Saintfield Road, Belfast. BT8 7HL T: 028 9504

3596 E: Julie.Allen@belfasttrust.hscni.net

Northern HSC Trust James Harvey Spruce House, Ballymena. BT43 5HR T: 028 2563

5362 E: James.Harvey@northerntrust.hscni.net

South Eastern HSC Trust Veronica Cleland Downshire Estate,

Quiz

Descriptions of famous places in Ireland

Its Older then stone henge and the pyramids of Egypt. Very near to a battle site of William of Orange in 1690?

Arthur started brewing ales here in 1759 he signed a 9,000-year lease at £45 per annum for the unused brewery?

The Giant Finn MacCool built this so he crossed to Scotland for a fight?

A plucky Yank Chose this place to build his dream car with wings for doors?

Percy sung of this place to Mary?

Ardglass Road, Downpatrick. BT30 6RA T: 028 4461

3311 E: Veronica.Cleland@setrust.hscni.net

Southern HSC Trust Aiden McCullagh 9 Russell Drive, Lurgan, Craigavon, Co Armagh. BT66 8HD T: 028 3831

2852 E: Aiden.McCullagh@southerntrust.hscni.net

Western HSC Trust Louise Hunter Riverview House, Abercorn Road, Derry. BT48 6SB T: 028 7127

2125 E: Louise.Hunter@westerntrust.hscni.net

Further Information

Website: [Centre for Independent Living NI](#)

The Centre for Independent Living is an organization which is run by disabled people for disabled

people. They work to promote the principles of independent living and, in particular, to provide a range

of services for people using or considering using Direct Payments and/or Self Directed Support.

Transforming Your Care Website:

- ◆ [Older People's Services](#)
- ◆ [Support for Careers](#)
- ◆ [Mental Health](#)
- ◆ [Learning Disability](#)
- ◆ [Physical Disability and Sensory Impairment](#)

Handy hint – bananarama Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem, they'll ripen faster and go brown quicker. Who knew?!

Handy hint – flexible vacuum To suck up hard-to-reach gunk under your fridge, or behind a bookshelf, insert an empty paper towel roll into the end of your vacuum cleaner and bend, or flatten it, to squeeze into these difficult spots.

Handy hint – fend off weeds Instead of tossing your daily rag in the recycling bin, use the newspaper as mulch and deter noxious weeds. Simply wet the sheets and put the layers around your plants and garden beds, covering with soil as you go. The weeds won't be able to get through the wet newspaper layers.

Bardan Recipe's

Getting to Know us.

PASTA CARBONARA

INGREDIENTS:

400G OF
SPAGHETTI
250G CHOPPED
BACON
4 EGGS LIGHTLY
BEATEN
LARGE HANDFUL
OF GRATED
PARMESAN
CHEESE
FINELY CHOPPED
PARSLEY
(OPTIONAL)
SALT AND PEPPER

METHOD

1. Put pasta on to boil
2. Fry the bacon
3. Once the pasta is cooked, remove from the heat and toss in the beaten eggs
4. Add the remaining ingredients saving a bit of the parmesan cheese to sprinkle on top when serving up the dish.

Enjoy

Ruby was born in the Donegal Road village in Belfast on 4-5-1930. She met and married her husband Arthur who was a sheet metal worker for cars in a garage. Ruby worked as a presser. They married on 24th May 1948 and had seven children, Joyce, Irene, Florence, Joe, Arty, Raymond and Johnny. They lived on the Donegal road while bringing up their children, they moved to live in Seymour hill Dunmurry in Pine Cross in 1988. They lived happily until Arty died in 2006.



Ruby was the first client to attend Bardan Cottage Dunmurry in June 2015, and she admits she was very nervous to begin with. Ruby has now got a new outlook on life and loves coming to Bardan as she now has company and made new friends. She admits that she would not have been one for doing activities, but with the other ladies she now really enjoys making all the different things and looks forward to the next exciting activity. Due to Ruby's mobility problems she is accompanied to the local shops to do her shopping weekly, as she had not been able to for a number of years and this has given her back her independence, she can make a choice of what foods to eat. She also looks forward to getting out to lady Dickson park and local attractions. This has given her things to talk to her family about and she loves her photos on face book, as her careers all know what she has taken part in on her day in Bardan.

Peter Handy Tips

Hammer a Nail— Not Your Hand

There's nothing like hammering a nail perfectly. There's an art to it. Hitting the nail square on the head.

The problem is, it might not happen all the time—just like the idiom suggests.

To assuage your fear of bashing your fingertips while driving a nail into a harder material that requires some force, set the nail in place and hold the rod with pliers as you hammer away. If you don't have pliers, a fine-toothed plastic comb works wonders, too. If you're working with multiple nails in close proximity, you can also use it as a rudimentary straight edge as well. Plus, you can make sure your pompadour stays perfect—it's a win-win-win.

News and upcoming Events/Birthdays

Upcoming birthdays:

Ruby Warren 4th May
 Mary Rice 1st May
 Eileen Norney 7th May
 Mary Leavy 11th May
 Kathleen Flanagan 18th May
 Mary Mullen 19th May
 Patricia Harney 26th May

Spring Time in Newcastle:



Handy hint – so cheesy Wrap cheese chunks in aluminium foil and store in the fridge to keep your cheddar fresher for longer and to keep mould out.

Handy hint – crispy leftover pizza To reheat a pizza so that the base is out-of-the-oven crisp, heat your leftover slices in a fry pan on low-medium heat on the stove until warm and wave goodbye to the days of soggy microwave pizza.

Handy hint – reopening envelopes If you seal an envelope and realise you've forgotten to include something inside, just place it in the freezer for an hour or two and voila, the envelope will unseal without a trace!

Handy hint – the power of garlic Add garlic immediately to a recipe if you want a subtle taste and towards the end to blast it with flavour.

Handy hint - getting rid of ants It may sound cruel, but if you have an ant problem, desperate times call for desperate measures. Put small piles of polenta where you see ants and they'll gobble it up, return 'home' and won't be able to digest it. Your ant problem (and the ants) will soon be dead.

Meet The Team

Bardan Cottage Newcastle would like to introduce their newest member of staff. This is Shona Branagan and she has joined us from Mainstay D.R.P. Although Shona has only been with the team for five weeks, she has proven herself to be a hardworking, well respected team player and well-liked by both staff and clients. Shona is currently taking part in "Strictly Come Dancing" for charity and we will keep you all updated on her performances.

