

## Choice, Independence and Control

Peace of Mind offer an alternative programme to supported individuals who have the capacity to develop new skills, become more independent and to be actively involved in community-based activities, clubs, groups, events, paid employment, supported employment or volunteering, with or without support.

## Personal Assistants

If you are currently working in or are interested in working in the social care sector as a Personal Assistant or Peace of Mind volunteer, please register your interest via the registration form on the Peace of Mind website.

[www.peaceofmind.scot](http://www.peaceofmind.scot)



## For further information

**Peace of Mind Services Ltd**

Telephone: 07824727694

Email: [info@peaceofmind.scot](mailto:info@peaceofmind.scot)

A Registered Social Enterprise Company: SC542606

[www.peaceofmind.scot](http://www.peaceofmind.scot)

 [peaceofmindfife](https://www.facebook.com/peaceofmindfife)

 [PoMScotland](https://www.facebook.com/PoMScotland)

 [PoM\\_Scotland](https://twitter.com/PoM_Scotland)

For information on additional services provided by Fife Health & Social Care Partnership go to:

[www.fifehealthandsocialcare.org](http://www.fifehealthandsocialcare.org)

## Alternative Formats

The information included in this publication can be made available in large print, Braille, audio CD/tape and British Sign Language interpretation on request by calling 03451 55 55 00.

## Language lines

خط هاتف اللغة العربية: 03451 55 55 77

বাংলায় আলাপ করার জন্য টেলিফোন লাইন:  
03451 55 55 99

中文語言熱線電話: 03451 55 55 88

Polskojęzyczna linia telefoniczna:  
03451 55 55 44

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# Peace of Mind Fife

Building new friendships and community connections



Grant funded by:

**Fife Health  
& Social Care  
Partnership**



Supporting the people of Fife together

## Peace of Mind Services Ltd

Peace of Mind is a social enterprise company founded in 2015. They provide innovative and creative local support and assistance to people with disabilities or long-term illness to participate in community activities and meet people with shared interests.

Fife Health and Social Care Partnership have grant funded Peace of Mind to establish a new project in Fife. The project will support individuals from Fife Community Support Service who have low to medium support needs and the capacity to develop new skills and independence.



## Your Plan

Everyone who registers with Peace of Mind is given the opportunity to develop a personal plan using [www.yourplan.org.uk](http://www.yourplan.org.uk) as an online tool.

A member of the Peace of Mind team will meet up with you to explore what you enjoy doing, how you wish to spend your time and the things that matter to you the most. Your Plan will include:

- What you want to do.
- Who you wish to spend time with.
- The assistance you require.
- When you require assistance.
- Where activities will take place.
- Cost of the activities.
- Your personal outcomes or goals.

## You can change your plan at any time.

You can share your plan with people in your life who assist you on a regular basis, such as your family and friends, support worker, personal assistant, or social worker.

## Finding support and making friends

Peace of Mind can assist you to identify other people in your area who use Self Directed Support to arrange their care and support.

They will support the group to recruit support staff and volunteers and will deal with administration and budgeting on behalf of the group.

A private Fife Peace of Mind Facebook group has been created by the team for supported individuals and their families so that they can keep in touch with each other, share ideas and plan activities or events.

## Register with Peace of Mind

If you would like to be involved in the Peace of Mind Fife project you can register your interest using the form on their website:

[www.peaceofmind.scot/register](http://www.peaceofmind.scot/register)