Dianne Theakstone: Hi my name is Dianne and I work for Self Directed Support Scotland I'm the User Experience Research Officer and beside me here is Merlin who is my three year old black lab guide dog, who is an important part of the team too.

Hannah Tweed: Hi I'm Hannah and I work the Health and Social Care Alliance Scotland.I don't come with a beautiful black Labrador I'm afraid but Dianne and I along with the rest of the team are working on a project funded by the Scottish Government which is called 'My Support, My Choice User experiences of Self-directed Support in Scotland'.

Dianne Theakstone: if you use social care or if you use Self-directed Support at the moment or if you have applied in the past year we would love to hear from you to know about your experiences, we would like to know what is working well and perhaps the things that are not working so well you can share your views with our national survey which you can find on our website [www.sdsscotland.org.uk/mysupportmychoice](http://www.sdsscotland.org.uk/mysupportmychoice) we also have a helpline number for the survey which is 0800 170 1321 so you can give us a call if you would prefer the survey in a print format and we can post it out to you or if you would like assistance to complete the survey over the telephone.

Hannah Tweed: We are also as part of this project carrying out a series of interviews across Scotland to go alongside the survey that we are running. We're still looking for people to be a part of that so if anyone would be interested in speaking to us on a one to one basis that would be awesome. All material is completely anonymised before anything will be put forth in reports and no one taking part will be able to be identified. We will then be feeding back the responses and the conclusions we can draw from the material back to Scottish Government, to Local Authorities, to the people who have taken part and to other organisations who are engaged with Self-directed Support and social care. Yeah we really hope that this will actually make some sort of difference.

Dianne Theakstone: Yeah we would love to hear from you