

Going Forward—Preparing parents for transition

Planning for transition

24 February 2018

TouchBase Ayrshire, Ardrossan

Information for parents, carers and families



Things you need to know



Education/training

All universities and most colleges now have Disability Officers. Contact them before deciding where to apply, as how well they meet a young person's needs can make a big difference to completing a course successfully.

There are many options for community based learning as an adult, including open learning, skills based learning and certificated programmes. These are helpful if young people leave school without formal qualifications or with qualifications that do not reflect their abilities. LEAD Scotland can advise on options and funding for disabled learners. See list for details.

Education Maintenance Allowance is a means-tested grant for young people with a Learning Agreement through their school to stay on in 5th and 6th year.

Disabled Student's Allowance is not income assessed: funds can be used towards for example equipment, personal help or special dietary needs.



Work

Skills Development Scotland offers career planning support alongside information about courses, community learning, work experience and volunteering opportunities. See list for details.

Many disability organisations can also help with broader based person centred life planning.



Money and benefits

Check you are receiving all your entitlements. Contact your local Citizens' Advice Bureau (see list) or call Contact's helpline on 0808 808 3555.

Child benefit ends at 16 but may continue to 19 if someone is in full time education – check if this applies to you. Other options, e.g. a work placement, mean child benefit stops.

Personal Independence Payment has replaced Disability Living Allowance for over 16s. If your child is receiving DLA you should get a letter from the Department of Work and Pensions about how to claim PIP. If you don't receive DLA, you'll have to request a PIP form: find out how at www.gov.uk/pip/how-to-claim. Many disability organisations offer help to complete this, so ask.

Universal credit will shortly replace a range of other allowances including Income Support, Jobseeker's Allowance, Employment and Support Allowance, Housing Benefit and Child Tax Credit.



Legal matters

Under Scottish law a young person becomes an adult at 16, after which parents can no longer take decisions on their behalf without appropriate legal authority. Talk to a solicitor well before your child's 16th birthday about any legal steps you should consider – the process can be lengthy. Many solicitors offer an initial discussion free of charge but if you appoint them to act for you the costs can be high, so plan for this before beginning any legal proceedings.

Guardianship allows you to represent someone who cannot make decisions for themselves – that is, they lack capacity. “Incapacity” is a defined legal term and will not apply to everyone with a learning difficulty or disability.

Power of Attorney allows you to act on behalf of someone who can make their own decisions, but may require support to do so – including support to communicate them.

Making a Will/Trust Funds can be important in ensuring your young person is cared for when you are no longer able to. Setting up a Trust to manage money and decision making on their behalf can help make sure they have the right support around, for example, accommodation or healthcare. Many solicitors offer legal advice and will manage Trusts.

You can also contact Enable Scotland’s Legal Service, the Govan Law Centre, or the Scottish Child Law Centre for advice or signposting to organisations with experience of young people with special needs.



Social services

You’re legally entitled to an assessment of needs for your child and yourself, but you have to request this. Ask social services for a Section 23 assessment for under 16s, a Community Care Assessment for over 16s and a Section 24 assessment for carers’ needs. Social worker involvement is essential for referral to many services, including respite.



Health

If your child can’t make decisions for themselves it is likely you will need guardianship when they are 16 so you can be involved in healthcare decisions.

You can get a **Section 47 certificate** from GPs and other health professionals, which lists routine treatments that someone can’t agree to – e.g. dental care. This is linked to incapacity and may not be available to everyone with a learning difficulty or disability.



Getting around

Concessionary travel: if your young person receives certain benefits they – and an accompanying carer – may qualify for free or reduced rate bus travel; cheap rail fares (with a Disability Railcard); and possibly access to taxi card schemes or Dial-a-bus schemes. Contact your local council or transport company for details.

The **Blue Badge scheme** provides parking concessions for people with walking difficulties, either as drivers or passengers. Details from your local council.

Driving: young people with physical disabilities can apply for a driving licence at age 16. Funding for lessons can sometimes be obtained through Motability.



Useful publications

Principles of Good Transition 3 (www.scottishtransitions.org.uk)

Scotland – Opportunities at 16 (www.lead.org.uk)

Leaving School and Deciding What to Do at 16+ (www.enquire.org.uk)

Getting ready to leave school (www.enquire.org.uk)

Post School Learning Choices in Scotland (www.lead.org.uk)

An Easy Guide to Direct Payments in Scotland (www.sclld.org.uk)

Services that can help

NB This listing is for information only and is not an endorsement of any service or organisation

National organisations

Enquire—the Scottish Government’s advice service for additional support for learning

Factsheets/guides, including relevant topics such as legislation, Co-ordinated Support Plans and the Additional Support Needs Tribunal process.

Helpline: 0345 123 2303 **W:** www.enquire.org.uk

Skills Development Scotland—the national skills body for Scotland

National careers and skills agency offers face to face career guidance, explores options and provides referrals to specialist sources of support. The website www.myworldofwork.co.uk allows you to see jobs in action, build a CV and learn interview techniques, search for vacancies and explore training opportunities. Information about Modern Apprenticeship training programmes is available at www.apprenticeship.scot. There are local offices in Irvine, Ardrossan and Kilbirnie.

Contact: Uuganaa Ramsay, Ayrshire ASN Lead **T:** 01563 527165/0300 013 3874/07917 214728

Helpline: 0800 917 8000 **W:** www.skillsdevelopmentscotland.co.uk

Citizen’s Advice Scotland

Free advice on benefits, including benefits calculations and sources of funding. Information on legal and consumer rights, health, housing and a range of other topics.

Advice line: 0808 800 9060 **Local Citizen’s Advice Bureau (Saltcoats):** 0808 169 5075

W: www.nacasadvice.org.uk

Contact

Provides guidance and information to families of disabled children through their helpline, website and published resources; links families together to support one another through parent support groups and an online transitions forum; and encourages families to campaign, volunteer and fundraise for improved services.

Helpline: 0808 808 3555 (UK-wide—a Scottish advisor can call you back) **W:** www.contact.org.uk

Lead Scotland

Free guides to download on education and disability including support at college and university, understanding your rights in education as a disabled student and arranging educational support workers. *Post School Learning Choices in Scotland* covers all options including community learning, distance learning, short courses, further education at college and vocational and employment programmes. Download guides at: www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/downloadable-guides/

The helpline advises on everything related to accessing post school education, including funding; getting the right support; and dealing with disability discrimination.

Information helpline: 0800 999 2568 **Email information service:** info@lead.org.uk

In Ayrshire

Local Area Coordinators

A Local Area Coordinator supports people of all ages with a disability who are not using formal services. They offer information on activities and events, and support with tasks, e.g. filling in forms.

East Ayrshire Council

T: 01292 552900 (Dalmellington)/01290 427720 (Cumnock)/01563 503400 (Galston)/01563 554200 (Kilmarnock) **E:** social.work@east-ayrshire.gov.uk

South Ayrshire Council

Contact: John Higgins **T:** 01465 716612/07976 069516 **E:** John.Higgins@south-ayrshire.gov.uk

East Ayrshire Council

Buzz Guide – online magazine providing information on activities for children, adults and older people. <https://www.east-ayrshire.gov.uk/Resources/PDF/B/Buzz-Activity-Guide-for-Children-Adults-and-Older-People.pdf>

Disabled Go East Ayrshire—Information on the accessibility of venues across East Ayrshire:

<https://www.disabledgo.com/organisations/east-ayrshire-council/main>

Guide to Self Directed Support —T: 01563 503333 E: SDS@east-ayrshire.gov.uk

www.east-ayrshire.gov.uk/SocialCareAndHealth/Support-available-in-East-Ayrshire/Self-directed-support/Self-directed-support.aspx

North Ayrshire Council Activity Agreements

Support for young people (without a positive destination) to transition from school. Programmes focus on employability, life and personal development through activities as part of a group and/or individually, dependent on need.

T: 01294 324495 (Developing Our Young Workforce team) E: dyw@north-ayrshire.gov.uk

South Ayrshire Council

Information on learning disabilities and care services:

www.south-ayrshire.gov.uk/care/learning-disabilities

Information on accessibility services including Talking Books, RADAR Keys for accessible toilets and accessible taxis:

www.south-ayrshire.gov.uk/disability-resources/accessibility-resources

Disabled Go – information about accessibility of venues within South Ayrshire:

www.disabledgo.com/organisations/south-ayrshire-council

Advice and support for carers: www.south-ayrshire.gov.uk/carers

Money and benefits

Child Poverty Action Group Scotland

Online factsheets about social security benefits.

W: <http://www.cpag.org.uk/scotland/factsheets>

East Ayrshire Money

Money, debt, benefit and employment support advice as well as advocacy and representation for benefit appeals.

T: 0800 3897750 W: www.eamoney.co.uk

Family Fund

The UK's largest provider of grants to low-income families raising disabled and seriously ill children and young people. Can help with essential items, e.g. washing machines, fridges and clothing, but also consider grants for sensory toys, computers and family breaks.

T: 01904 550055 W: www.familyfund.org.uk

Partners in Personalisation

Complete payroll service for people employing their own personal assistant. Support individuals with additional support needs, their families and/or carers, including families who want to take some control over their Individual Budget by means of a Direct Payment.

T: 07917 652872 /07712 703733 E: partnersinpersonalisation@gmail.com

W: www.partnersinpersonalisation.org

Self Directed Support

Information, advice and support on using a social care budget.

W: www.sdsinfo.org.uk

Turn2Us

Supports people to access benefits, grants and support services. Offers an online benefit calculator, with help to research grants, trusts and other sources of funding and to find local advice services on benefits and financial support. Turn2Us has advice on trusts and sources of funding to meet extra costs associated with studying for anyone at a disadvantage.

W: www.turn2us.org.uk/

► Education/training/employability

Access to Employment Ayr

Supports local residents to gain and retain employment by providing training, employability support, childcare and access to opportunities.

T: 01292 283935 **E:** admin@acctoemp.org.uk **W:** www.acctoemp.org.uk

Adult Literacy Group

Free and confidential service across East Ayrshire for adult learners who need help with reading, writing and number skills. Support on a one-to-one basis or as part of a small group.

T: 01563 573757 **E:** pamela.beck@east-ayrshire.gov.uk

Ayrshire College

Short courses, evening courses and full and part time accredited courses in a range of subjects and levels. Life skills and employability courses for people with additional support needs, in a range of subjects. School link courses available for pupils still at school.

Campuses in Ayr, Kilmarnock, Kilwinning and a Skills Centre of Excellence in Irvine.

General Enquiries: 0300 303 0303 **E:** enquiries@ayrshire.ac.uk **W:** www.ayrshire.ac.uk

CEIS Ayrshire (based in Irvine)

Personal development training, vocational training and support to get a job. Traineeship programme available for 16-29 year olds who have been unemployed for 6 months.

T: 01294 322707 **E:** enquiries@ceisayrshire.co.uk **W:** www.ceisayrshire.co.uk/

East Ayrshire Works

A partnership of organisations offering support to find work, from creating a CV to developing skills and experience with work placements and training. Located throughout East Ayrshire.

T: 01563 503000 **E:** employability@east-ayrshire.gov.uk **W:** www.eastayrshireworks.co.uk

East Ayrshire Woodlands

Provides opportunities for unemployed young people in Ayrshire to gain the skills and experience needed to work in grounds maintenance and forestry.

T: 01290 426973 **W:** www.eastayrshirewoodlands.co.uk

East Ayrshire Project Search

Project SEARCH is a 1-year transition programme providing onsite training and education for people with disabilities in businesses that are committed to appropriate support in the workplace.

T: 01563 826244 **E:** elaine.wright@east-ayrshire.gov.uk

Essentials Plus

Work experience, accredited training, and support to work in horticulture or childcare for residents in Ayrshire.

T: 01294 601974 **E:** info@essentials-plus.com **W:** www.essentials-plus.com

Girvan Opportunities Day Service

A range of holistic and personalised learning opportunities for adults with learning disabilities.

T: 01465 712730 **E:** careen.rennie@south-ayrshire.gov.uk **W:** www.south-ayrshire.gov.uk/girvan-opportunities

Impact Arts Employability Fund (based in Irvine)

A 10-week programme focusing on core employability skills and work-related learning through creative activities. Programmes include: Environmental Design, Product Design, and Fashion and Theatre Arts. All are SQA/Arts Awards accredited.

T: 01294 273051 **W:** www.impactarts.co.uk

Input Community Works

Prepares people with learning difficulties and disabilities for work through recycling and upgrading donated IT equipment and offering IT services for the local community. Trainees are school age and upwards.

T: 01294 441404/07591 530679 **E:** contact@inputcw.com **W:** www.inputcw.com

One Giant Leap Ayrshire

Provides social, educational and development opportunities for young people through group work, skills development and a range of activities including art, music, woodwork, horticulture and more.

T: 0300 330 9292 **E:** oglayrshire@sensescotland.org.uk

Princes Trust (locations in Kilmarnock, Ayr and Kilwinning)

A 12-week programme of personal development, helping young people develop confidence, motivation and life skills through community engagement.

T: 0141 243 5368 (ext 4680)/07956 708478 **E:** ewan.miller@princes-trust.org.uk

Rathbone (based in Irvine)

Assistance to young people with multiple barriers to build confidence, develop skills and prepare for employment. Activities, work placements and training.

T: 01563 555010 **W:** www.rathboneuk.org

Remploy

Employment information, support, advice, training and placements for disabled people.

T: 0300 456 8052 **E:** info@remploy.co.uk **W:** www.remploy.co.uk

Rosie's Retro

A social enterprise gift shop run by Turning Point Scotland and offering training and work placement opportunities for people with learning disabilities.

T: 01292 886589 **E:** julieannemcghee@turningpointscotland.com **W:** www.facebook.com/tpsrosiesretro

Salus Occupational Health & Return to Work Services

Wellbeing and health condition management service to support people to build structure, routine, manage pain, overcome barriers, address skills gaps and increase confidence and motivation.

Contact for referral: Joyce Houston (01294 322707, joyce.houston@ceisayrshire.co.uk) **For more information:** Fiona Kennedy (01698 206362, Fiona.kennedy1@nhs.net) **W:** <http://www.salus.co.uk/Pages/default.aspx>

South Ayrshire Council Employability & Skills Team

South Ayrshire Council's Employability and Skills team provide flexible services to support young people's transitions to the world of work.

T: 01292 612301 **E:** employability.skills@south-ayrshire.gov.uk

U Can Learn.Work.Live

Innovative training service helping individuals who have been disadvantaged and/or excluded from education and the employment market, as well as those keen to move towards greater independence. Offers work experience and learning opportunities within a social enterprise in a range of areas: individuals can use their Self-Directed Support budgets to attend up to 3 days per week. Based in East Ayrshire but open to people across the region.

T: 01563 533000 **W:** www.ucanlearnworklive.co.uk

University of West of Scotland, Ayr Campus

Full and part time undergraduate and postgraduate courses as well as short courses. Disability Advisors and services to arrange flexible and adjusted support for disabled students.

T: +44 (0)1292 886 000 **W:** www.uws.ac.uk

Yip World

Job search support, training and youth centre drop in and activities, with a recording studio for young musicians, outdoor excursions and life skills classes.

T: 01290 422364 **E:** info@yipworld.org **W:** www.yipworld.org

The Zone

Offers childcare, youth, training and employment services in East Ayrshire.

T: 01292 551888/551183 W: www.thezone-online.co.uk

And further afield...

The New School (Dunkeld)

An independent residential school for young people aged 11-19, who find mainstream education difficult to access. Specialises in education for young people with Aspergers/Autistic spectrum conditions, ADHD, Tourette's syndrome and Foetal Alcohol syndrome.

T: 01350 724216 E: info@thenewschool.co.uk W: <http://www.thenewschool.co.uk/>

Camphill School (Aberdeen)

Services for children and young people with additional support needs including young adult programmes for 16 - 25 year olds (day and residential), craft and land workshops, individual therapies, nursery provision, respite and external training.

T: 01224 867935 E: office@crss.org.uk W: www.camphillschool.org.uk

Applied Care and Development Residential Transitional Services (Dumfries)

A residential service for 18 to 24 year olds to assist steps towards independence.

T: 01387 760260 E: info@appliedcare.co.uk W: www.appliedcare.co.uk/our-services.aspx

► **Legal advice**

Enable Scotland

Legal help for those with a learning disability

W: www.enable.org.uk/enableme/Pages/Legal-help.aspx

Govan Law Centre

An independent, charitable, community controlled law centre with a particular focus on tackling discrimination, promoting human rights and the rights of disabled pupils and pupils with additional support needs.

T: 0141 445 1955 E: advice@edlaw.org.uk W: www.edlaw.org.uk

The Scottish Child Law Centre

Free legal advice for and about children and young people.

Advice line: 0131 667 6333 (Mon-Fri, 9.30-4.00) E: enquiries@sclc.org.uk W: www.sclc.org.uk

► **Housing and accommodation**

CHAP

Provides free, confidential, independent advice, information and advocacy support on housing and housing related issues to all residents of North Ayrshire.

T: 01294 475636 W: www.chap.org.uk

Housing Options Scotland

Information and advice on housing and practical support sourcing suitable/adapted homes.

T: 0131 247 1400 W: <https://www.housingoptionsscotland.org.uk/>

Quarriers – East Ayrshire Supported Living Services

For adults aged 16+ with a learning disability (including autistic spectrum disorders) and/or physical disabilities. Service is within the home and local community and can range from small packages to full 24-hour care including a sleepover or waked nightshift.

T: 01563 532930 E: colin.hedley@quarriers.org.uk W: www.quarriers.org.uk/services/east-ayrshire-supported-living/

The Richmond Fellowship

Housing support for multiple client groups including young people in transition covering South and East Ayrshire.

T: 01563 530442 E: lmcclymont@trfs.org.uk W: www.trfs.org.uk

► Health, wellbeing and support

Aberlour Options - Ayrshire

Aberlour Options Ayrshire provides overnight respite care, out of school care, outreach support and specialist playscheme services to children, young people and families affected by complex learning and physical disabilities in South Ayrshire.

Contact: Aberlour Child Care Trust T: 01292 671971 E: options.ayrshire@aberlour.org.uk

Access Ability Support Service

A registered charity providing information, support, advice and services to adults with varying disabilities in North Ayrshire.

T: 01294 470480 E: elizcooke@yahoo.co.uk

Action for Children

Residential breaks and support for young people with disabilities from childhood into their twenties, and their families.

T: 01324 633772 E: tayavalla@actionforchildren.org.uk W: <https://www.actionforchildren.org.uk/in-your-area/services/disability/falkirk-tayavalla-short-breaks/>

Ayr Action for Mental Health

Events, activities and support groups for people experiencing mental health issues.

T: 01292 619600 W: www.aamh.org.uk

Ayrshire Independent Living Centre (Ardrossan)

Free information and advice about using social care budgets for Self-Directed Support.

T: 01294 475685/6 W: www.ailn.org

Ayrshire Kinship Care Service (Children 1st)

The Kinship Care Service offers support by staff and trained volunteers to empower families and increase their resilience and ability to care for and support their children. Includes befriending, advocacy, mediation, practical support, individual and group work, parenting support, financial inclusion advice, family group conferencing, and direct intensive therapeutic support working with loss, harm and trauma.

T: 01294 214884 E: ayrshire@children1st.org.uk

Ayrshire One-Stop Shop (National Autistic Society Scotland)

'All under one roof' autism support and information services for people with autism, their families and professionals throughout Ayrshire. Meetings, groups and activities in a variety of local community spaces.

T: 07500 974323 E: ayrshireoss@nas.org.uk W: www.autismnetworkscotland.org.uk/ayrshire-one-stop-shop

Bipolar Scotland

Information, advice and support for people with Bipolar Disorder, their friends, relatives, carers and interested professionals.

T: 0141 560 2050 E: info@bipolarscotland.org.uk W: www.bipolarscotland.org.uk

Breathing Space

Free confidential phone and web based service for people in Scotland experiencing low mood, anxiety or depression. Breathing Space is a COSCA recognised counselling skills organisation. It has a British Sign Language (BSL) service which can be accessed through the website.

Helpline: 0800 83 85 87 (weekday: Mon – Thurs 6pm – 2am, Weekend: Fri 6pm – Mon 6am)

British Red Cross

Staff and volunteers work individually with people aged 16-25 who have disabilities in their home communities to build confidence and self esteem.

T: 01292 263946 W: www.redcross.org.uk

CKUK

Glasgow based organisation offering innovative learning, peer education, drama and safe social networking for people with learning difficulties. CKFriends provides a secure social network and online community for people with learning difficulties aged 16 and over.

T: 0141 556 5301 W: www.ckuk.org.uk

Cornerstone

Community care and supported living for disabled people across North, East and South Ayrshire.

T: 01294 311723 E: michelle.dunn@cornerstone.org.uk W: www.cornerstone.org.uk

Counselling and Psychotherapy in Scotland (COSCA)

Scotland's professional body for counselling and psychotherapy provides information and support in finding and accessing suitable therapy.

T: 01786 475140 E: info@cosca.org.uk W: www.cosca.org.uk

Dirrans Centre

Personalised support services to adults with physical disability, brain injury, neurological, or long term conditions. Provides an activity and community base with facilities including gym, kitchen, lounge, quiet room, multi-purpose activity rooms, computer/IT room and a fully accessible garden with greenhouse.

T: 01294 552771/07824 837078

Dyslexia Scotland

Support and advice to people of all ages about dyslexia.

T: 0844 800 8484 E: info@dyslexiascotland.org.uk W: www.dyslexiascotland.org.uk

East Ayrshire Carer's Centre

Advice, support, respite and social/leisure opportunities for unpaid carers in East Ayrshire.

T: 01563 571533 W: <https://www.eastayrshirecarers.org.uk/>

East Ayrshire Council - Smart Supports

Services provided by East Ayrshire Health & Social Care Partnership using technology to support people within their homes and communities. WG13 is a social enterprise and community space in Kilmarnock with a restaurant and coffee shop, and a digital hub used by the Smart Supports team to demonstrate assistive technology is on offer.

T: 01563 503371 E: smartsupports@east-ayrshire.gov.uk

ENABLE Direct

Enquiry service for people with learning disabilities, their carers and family members. ENABLE provides tailored support to find work, access social opportunities and manage everyday tasks.

T: 0300 0200 101 W: www.enable.org.uk

Family Mediation West of Scotland (Relationships Scotland)

Supports individuals, couples and families throughout the west of Scotland experiencing relationship difficulties. Services include family mediation, counselling and supervised contact.

T: 01563 572429 E: fmayr@btconnect.com W: www.relationships-scotland.org.uk/find-a-local-service/family-mediation-services/relationships-scotland-family-mediation-west

Hansel

Support and services for disabled people including a community hub for groups, clubs and learning; an enterprise programme for people with learning disabilities and autism who want to set up their own business or group; an employability support service and self directed support/care services.

T: 01563 830340 E: info@hansel.org.uk W: www.hansel.org.uk

Intandem & Peer Mentoring Service (Barnardo's)

A range of support for children and young people including individual and group work (including for those identifying as LGBTQ), personal development, skills development and supporting transitions.

T: 01292 610479 E: southwestscotlandservices@barnardos.org.uk

Kindred

Emotional and practical support to families of children and young people with disabilities. National helpline and advocacy service for parents/carers. Free events and one to one coaching sessions related to transitions: Edinburgh based but open to people across Scotland.

Helpline: 0800 031 5793 **E:** enquiries@kindred-scotland.org **W:** <http://www.kindred-scotland.org>

LGBT Youth Scotland

Groups for Lesbian, Gay, Bisexual and Transgender young people aged 13-25. Young people can also access 1-2-1 support.

T: 0131 555 3940 **E:** info@lgbtyouth.org.uk **W:** www.lgbtyouth.org.uk

No Panic

National helpline and information service supporting people with anxiety disorders including panic attacks. Youth helpline service available.

Helpline: 0844 967 4848 (youth helpline for 13 - 20 year olds, open 3.00-6.00 Monday to Friday)

T: 0330 606 1174 **W:** www.nopanic.org.uk

North Ayrshire Carer's Group

T: 01294 311333 **E:** northayrshire.carers@unity-enterprise.com

North Ayrshire Council—Carers

Support and advice for carers.

W: www.north-ayrshire.gov.uk/health-and-social-care/carers

Peace of Mind

Offers a range of supports and services to people with 10 or less hours of self-directed support per week throughout North, South and East Ayrshire. Support to employ personal assistants or care agencies, or to create a flexible support package that suits you; and to build local support networks.

T: 01290 430323 **E:** info@peaceofmind.scot or info@respitenow.org.uk

Place2Be

Works in some primary and secondary schools in North Ayrshire, offering therapeutic and emotional support to children and families. Check their website to see if they are working in your child's school.

W: www.place2be.org.uk/what-we-do/where-we-work/our-work-in-scotland

Richmond Fellowship

Tailored support for people with learning disabilities and mental health problems, most of whom have their own tenancies. Includes practical tasks, community involvement, counselling services and crisis services.

T: 0845 013 6300 **W:** www.trfs.org.uk

RNIB Scotland Joint Sensory Services

Practical help and assistance to people experiencing sight and/or hearing loss, in partnership with voluntary hearing loss organisations, health boards and local authorities. Teams provide advice on the aids and adjustments that can make life easier, help for people to retain their job or retrain for new work, and information on financial benefits.

T: 01563 526011 **E:** ayrshireproject@rnib.org.uk

Salvesen Mindroom Centre

Committed to raising awareness of all types of learning difficulties, and to providing practical advice, essential information and tailored support as appropriate.

T: 0131 475 2330 **W:** <http://www.mindroom.org/>

Scottish Autism

Information, advice and support services in relation to autism spectrum disorders. Day, vocational and residential services across Scotland including two residential transition services for young people in Lanark and Biggar and an independent day/residential school in Alloa.

T: 01259 720044 **E:** autism@scottishautism.org **W:** www.scottishautism.org

SNAP (North Ayrshire Council)

SNAP (Stop Now And Plan) helps children and parents learn how to manage their emotions and 'keep problems small'. Staff work with each family to assess challenges and problems and develop an action plan. Children and families may participate in interventions that aim to prevent future anti-social behaviour and reduce the chances of conflict with family, peers and authority figures.

T: 01294 310325/01294 310406 E: smowat@northayrshire.gcsx.gov.uk

South Ayrshire Befriending Project

Supports socially isolated and excluded young people aged 8-18 who have no or limited adult support to access recreational activities. Often work with young people affected by issues such as child protection procedures, drugs/alcohol, mental health problems and disabilities. Young people are matched with an adult volunteer on a one-to-one basis with the aim of improving access to local activities and increasing confidence and self-esteem.

T: 01292 264000 E: info@bfriend.org.uk W: www.bfriend.org.uk

South Ayrshire Carer's Centre

Support, information, advice, wellbeing services and social activities.

T: 01292 263000 W: <https://carers.org/partner/south-ayrshire-carers-centre>

South Ayrshire Family Resource Service (Barnardo's)

Flexible, community-based support services to children and families including individual and group work support for children; practical and emotional support for parents/carers; support groups for parents/carers; therapeutic services for children and parents/carers; intensive support for families where required; specific support for fathers/male carers; and a befriending service for children and young people.

T: 01292 610479 E: southwestscotlandservices@barnardos.org.uk

South Ayrshire Women's Aid - Children & Young People's Service

Provides an outreach and follow-on service that offers emotional and practical support to children and young people up to the age of 18 who experience domestic abuse through one-to-one, peer and drop-in sessions. Children and young people can contact workers at a time that suits them via phone, text or email.

T: 01292 266482 (main contact)/01292 267067 (children & young people service)

E: support@sawamail.org.uk W: southayrshirewomensaid.org.uk

The Spark Counselling Irvine

Provides couples counselling, marriage counselling, individual counselling and family counselling. In Irvine they are based in the Woodlands Community Centre, where they offer face-to-face, online and telephone appointments.

T: 0808 802 0050 E: appointments@thespark.org.uk W: www.thespark.org.uk/relationship-support-for-couples-individuals/local-counselling-locations/spark-counselling-irvine

Steps & Stages Childcare (Quarriers)

Works in partnership with North and East Ayrshire local authorities to provide childcare at home and within a mobile crèche, seven days a week from 7.00 am to 10.30pm. Care can cover getting children up and ready for school, taking children to activities, nursery or school, assisting children with disability, or accessing social activities within their own community.

T: 01294 605740 E: stepsandstages@quarriers.org.uk

Stepping Stones for Families

A childcare service delivered in the family home or place of residence. Experienced childcare workers offer a tailored service to families, agencies and businesses and cover all areas of Ayrshire.

T: 01292 521055 E: elaine.paca@ssff.org.uk W: www.ssff.org.uk/services

Turning Point Ayr

Supports people with learning disabilities in their own tenancies with individualised care packages.

T: 01292 886589 E: Ayr@turningpointscotland.com W: www.turningpointscotland.com/what-we-do/learning-disability/ayr

Turning Point Prestwick

Supports people with learning disabilities and Huntington's disease across South Ayrshire to develop independence and take up education and employment opportunities.

T: 01292 671396 **E:** Prestwick@turningpointscotland.com **W:** www.turningpointscotland.com/what-we-do/learning-disability/prestwick

Your Options Understood

Y.O.U. offers tailored advice on independent living to parents, carers and those living with a disability. Founder and managing director Dr Danielle Farrel shares her own experiences of having a disability and still achieving your dreams.

T: 07938 998091 **E:** danielle@youoptionsunderstood.co.uk **W:** www.youoptionsunderstood.co.uk

Support to speak up

Circles Network Advocacy (Ayr)

Advocacy service for people aged 16 and over with mental health problems, learning disability, chronic illness, physical disability, acquired brain injury and/or autistic spectrum disorders. People who are unable to safeguard their own well being, rights, care or their own interests.

T: 01292 264396 **E:** info.southayrshire@circlesnetwork.org.uk **W:** www.circlesnetwork.org.uk

Hear 4U South Ayrshire (Barnardo's)

Advocacy for children and young people, helping them to have their say in decisions that affect them. In South Ayrshire, they prioritise children who are aged under 18 and struggling with emotional health and wellbeing, children who have a learning disability, and children aged 5-15 who are involved in the child protection process.

T: 0141 884 7896 **E:** hear4u@barnardos.org.uk

Activities and interests

Accessible Sports

Details of accessible sports classes and clubs in Ayrshire.

W: www.kaleisure.com/activities/other/sports-for-people-with-disabilities

Disability Snowsport UK (Aviemore)

Access to snow sports for people with any disability in the Highlands and throughout the UK.

T: 01479 861272 **E:** admin@disabilitysnowsport.org.uk **W:** www.disabilitysnowsport.org.uk

Hit the Road (Glasgow and touring)

Gives young people across Scotland a chance to learn about the music industry through training, workshops and rehearsals before hitting the road to tour. The project is for musicians of any genre aged 14-19 and those interested in behind the scenes work/sound production/engineering.

T: 0141 552 5222 **E:** info@hittheroad.org.uk **W:** <http://hittheroad.org.uk>

Music Plus +

Offers young people aged 14-19 a chance to take part in music activities from instrumental and technical tuition to song-writing, new technology, DJ and rapping skills, sound engineering and entrepreneurship.

T: 0141 552 5222 **E:** musicplus@scottishmusiccentre.com **W:** www.musicplus.org.uk

Riding for the Disabled

Ayrshire Equitation Centre in Ayr.

T: 01292 312061 **E:** brian@threesandilands.co.uk **W:** <http://www.rda.org.uk>

Scottish Disability Sport

Information on participation in a range of sports including football, swimming, tennis, athletics and curling.

T: 0131 317 1130 **E:** admin@scottishdisabilitysport.com **W:** www.scottishdisabilitysport.com

Street League

Confidence building and skills development for young people through a programme of football, sports and fitness. Locations in Ayr, Kilwinning and Kilmarnock.

T: 07808 855261 E: ross.gilmour@streetleague.co.uk W: www.streetleague.co.uk/ayrshire

Vibrant Communities

Accessible sports, leisure, arts, drama and cycling in East Ayrshire.

T: 01563 576354/01563 578104 E: vibrantcommunities@east-ayrshire.gov.uk W: www.east-ayrshire.gov.uk/CommunityLifeAndLeisure/SportsDevelopment/Disability-Sports
FB: www.facebook.com/eavibrantcommunities

► Transitions projects and services

Glasgow Caledonian University – Summer Transition Programme

The Disability Team at Glasgow Caledonian University, with the National Autistic Society (Scotland), has a Summer Transition Programme for students with autism or Asperger's syndrome. It aims to provide a smoother transition to incoming students; improve take up of course places; assist with assessment of needs before the start of the academic session; and improve retention among students with autism.

W: <http://www.gcu.ac.uk/student/disability/prospectivestudents/summertransitionprogrammeautismaspergers/>

National Autistic Society Transition Support Service

Information and advice on the transition to adulthood for young autistic people aged 14 and over, and their parents and carers. Includes confidential information and advice by phone or email, an explanation of rights and entitlements, and guidance and support on specific issues such as engaging the young person, making a complaint, or appealing a decision.

T: 0808 800 0027 (leave a message and you will be called back)

E: transitionsupport@nas.org.uk W: www.autism.org.uk/transition

RNIB – Looking to the future

Helps blind/partially sighted people aged 15 to 25 move from school to college, university, training or work through one to one transition support. Includes exploring options, making a plan, making useful links, developing confidence, group work, events and introduction to other RNIB services.

Free online elearning course for young people experiencing barriers to transitions: register here <https://rnib.enetlearn.com/Lookfuture>

Contact: Ellen Verth T: 07872 111165 E: ellen.verth@rnib.org.uk W: <http://www.rnib.org.uk/scotland/rnib-scotland-looking-future>

Young People's Support & Transition Service (South Ayrshire Council)

Works with young people aged 15-21 who are/were looked after or accommodated by the local authority, and young homeless people requiring assistance. Offers individual support, group work opportunities and information on a range of issues.

T: 01292 612721 E: lizette.vanzyl@south-ayrshire.gov.uk

contact For families
with disabled children



GILLESPIE MACANDREW
HUNTERS RESIDENTIAL



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