

*Going Forward—Preparing parents for transition*

# Planning for transition

11 October 2017

St Mary's Church Centre, Inverurie

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 5<sup>th</sup> and 6<sup>th</sup> 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](http://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 16<sup>th</sup> 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](http://www.scottishtransitions.org.uk))

*Scotland – Opportunities at 16* ([www.lead.org.uk](http://www.lead.org.uk))

*Leaving School and Deciding What to Do at 16+* ([www.enquire.org.uk](http://www.enquire.org.uk))

*Getting ready to leave school* ([www.enquire.org.uk](http://www.enquire.org.uk))

*Post School Learning Choices in Scotland* ([www.lead.org.uk](http://www.lead.org.uk))

*An Easy Guide to Direct Payments in Scotland* ([www.sclد.org.uk](http://www.sclد.org.uk))

# Services that can help

*NB This is for information and is not an endorsement of any service or organisation listed*

## National organisations

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

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

**Helpline:** 0345 123 2303 **W:** [www.enquire.org.uk](http://www.enquire.org.uk)

### **Skills Development Scotland—the national skills body for Scotland**

Advisors provide face to face career guidance and help explore options. The website [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) allows you to see jobs in action, build a CV, search for vacancies and explore training opportunities. Local offices across Scotland.

**Helpline:** 0800 917 8000 **W:** [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)

### **Citizen’s Advice Scotland**

Free advice on benefits, legal and consumer rights, including benefits calculations and sources of funding.

**Advice line:** 0808 800 9060 **Find your local Citizen’s Advice Bureau at:** [www.cas.org.uk](http://www.cas.org.uk)

### **Contact**

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

**Helpline:** 0808 808 3555 (UK-wide—say you’re in Scotland and a Scottish advisor will call you back)

**W:** [www.contact.org.uk](http://www.contact.org.uk)

### **Lead Scotland**

#### **National Information Service**

Free national helpline and information service for disabled people and the people who care for them, offering information and advice related to disability and education. Free downloadable guides 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/](http://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. <http://www.lead.org.uk/support-for-disabled-people-to-learn/how-we-support-your-learning/free-telephone-helpline/>

**Information helpline:** 0800 999 2568 **Email information service:** [info@lead.org.uk](mailto:info@lead.org.uk)

## In Aberdeenshire

### **Lead Scotland Local Services**

One-to-one and group support to disabled people to develop and achieve learning goals, either in their own homes or a community setting. A device loan scheme allows learners to borrow iPads/ laptops and practice using accessibility features with Lead support.

Also deliver Activity Agreements to young disabled people aged 16+ who are not in education, employment or training (up to their 20<sup>th</sup> birthday) to develop skills and confidence by trying different activities to encourage progression to further education/work/training.

<http://www.lead.org.uk/aboutlead/contact-lead-scotland/aberdeenshire-learning-co-ordinator/>

**Contact:** Mags Joseph **T:** 07768 917504 **E:** [mjoseph@lead.org.uk](mailto:mjoseph@lead.org.uk)

Lead has another local service, providing direct support to disabled adult learners 16+ who want to develop their core skills in literacy and numeracy.

**Contact:** Barbara Taylor **T:** 07768 917248 **E:** [btaylor@lead.org.uk](mailto:btaylor@lead.org.uk)

### **Local Area Co-ordination—Aberdeen**

Works alongside people with learning disabilities to help them build independent lives.

T: 01224 576848 E: [info@aberdeenlac.co.uk](mailto:info@aberdeenlac.co.uk) W: [www.aberdeenlac.co.uk](http://www.aberdeenlac.co.uk)

### **Aberdeen Action on Disability Ltd**

Promoting equality and integration for people with physical and sensory disabilities.

T: 01224 641355 E: [office@aad-online.com](mailto:office@aad-online.com) W: [www.aad-online.com](http://www.aad-online.com)

## ► **Money and benefits**

### **Child Poverty Action Group Scotland**

Online factsheets about social security benefits.

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

### **Self Directed Support**

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

W: [www.sdsinfo.org.uk](http://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/](http://www.turn2us.org.uk/)

## ► **Education/training/employment**

### **Aberdeen Academy of Performing Arts College**

Professional dance school offering HNDs in musical theatre, professional dance and acting and performance.

T: 07753 766113 E: [aapacollege@gmail.com](mailto:aapacollege@gmail.com) W: [www.aapacollege.co.uk](http://www.aapacollege.co.uk)

### **Aberdeenshire Council**

Offers a range of learning, development and employability support services to young disabled people across the region including:

**Community, Learning & Development.** Personal development, core skills for life and active citizenship for adults of all ages as well as specific programmes for young people transitioning from school. Across the region.

E: [cld@aberdeenshire.gov.uk](mailto:cld@aberdeenshire.gov.uk) W: <https://www.aberdeenshire.gov.uk/schools/cld/young-people/>

### **Employability Services**

Employment support, guidance, skills, training and work placements. Also funds six places on the Project Search Programme at the University of Aberdeen, primarily for young people with learning disabilities, autism or Asperger's syndrome. The programme provides an employability course with three work placements at the university over a period of 12 months every year with follow on support to get into employment.

**Contact:** Carol Balcombe T: 01261 819343/07810 831212 W: <https://www.aberdeenshire.gov.uk/jobs-and-careers/employability-support/>

### **Barnardo's Works**

Employment and learning development support for young people including Activity Agreements.

**Contact:** Cliff Graham T: 07920 087951 E: [Clifford.graham@barnardos.org.uk](mailto:Clifford.graham@barnardos.org.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](mailto:office@crss.org.uk) W: [www.camphillschool.org.uk](http://www.camphillschool.org.uk)

### **Computers and Integration**

Provides learning opportunities and accredited training for people in the community. They have helped people into meaningful employment and developed expertise in assistive technology.

E: [cai.inverurie@btconnect.com](mailto:cai.inverurie@btconnect.com) W: <http://www.computersandintegration.org.uk>

### **Grampian Autistic Society Employment Service**

Offers guidance on recognising individual skills and strengths, completing CVs, practicing interview skills and finding suitable employment.

W: <https://grampianautisticsociety.co.uk/services/employment-service/>

### **Grampian Opportunities**

Life skills, social skills, personal development, mentoring, training, volunteering and work placements for disabled people/people with mental health problems over the age of 18.

Contact: Tricia McLean T: 01467 629675 E: [info@grampianopportunities.org.uk](mailto:info@grampianopportunities.org.uk)

W: [www.grampianopportunities.org.uk](http://www.grampianopportunities.org.uk)

### **Inspire Academy**

Empowers the life choices of adults and young people with learning disabilities and additional support needs by providing a range of over 50 services in Aberdeen City, Aberdeenshire and Moray including residential care, supported accommodation, social support, training for employment initiatives (including Project Search) and respite.

T: 01224 280005 E: [info@inspiremail.org.uk](mailto:info@inspiremail.org.uk) W: [www.inspireptl.org.uk](http://www.inspireptl.org.uk)

### **ITCA Training**

Training, practical experience and work placements for adults aged 18+ in the area of engineering. The Skills for Engineers (S4E) course is a practical skills programme for school leavers in a work-like environment. Apprenticeships, graduate training and SVQs available.

T: 01224 772709 E: [info@itca-training.com](mailto:info@itca-training.com) W: [www.itca-training.com](http://www.itca-training.com)

### **ITCH Network**

Free computer repairs and lessons for people with disabilities.

T: 0800 269 545 (Helpline) E: [enquiries@abilitynet.org.uk](mailto:enquiries@abilitynet.org.uk) W: [www.itcanhelp.org.uk](http://www.itcanhelp.org.uk)

### **Momentum Skills**

Provides disability related employment, training and wellbeing support services across Aberdeenshire to help disabled people get or keep a job, develop confidence and improve skills.

T: 01224 625 580 CHECK W: [www.momentumskills.org.uk](http://www.momentumskills.org.uk)

### **North East College Scotland (NESCOL)**

Learning centres across Aberdeenshire offer part time, full time, evening, distance learning and blended learning (a combination of online/face to face teaching) courses. S4—S6 pupils with additional support needs can attend a college link course while still at school, to support transition. Supported programmes for students with additional support needs include developing life skills, literacy, numeracy, employability and core skills for further learning.

#### **OPEN DAYS IN 2017**

Saturday 4 November, 10.30 am—3.00 pm, Fraserburgh Campus

Saturday 11 November, 10.00 am—2.00 pm, Aberdeen City Campus

T: 0300 330 5550 E: [enquiry@nescol.ac.uk](mailto:enquiry@nescol.ac.uk) W: [www.nescol.ac.uk](http://www.nescol.ac.uk)

### **The Pitscurry Project**

Training and day services for adults with learning disabilities. Facilities include sensory gardens, polytunnels and greenhouses, art and craft workshops, and a training cafe.

FB: [https://www.facebook.com/pg/The-Pitscurry-Project-329327363748669/about/?ref=page\\_internal](https://www.facebook.com/pg/The-Pitscurry-Project-329327363748669/about/?ref=page_internal) T: 01467 681773

### **SHMU Train**

Delivers Activity Agreements for young people not in education, training or employment (or at risk of not moving into a positive destination after school) through employability and learning programmes related to media, including TV, radio and music production.

T: 01224 515013 E: [Brian.webb@shmu.org.uk](mailto:Brian.webb@shmu.org.uk) W: [www.shmu.org.uk/train](http://www.shmu.org.uk/train)

### **Robert Gordon University**

Offers subjects from degree level to post graduate. Prospectus: <http://www.rgu.ac.uk/contact-us/prospectuses-and-guides/undergraduate-prospectus-2018>.

The Disability and Dyslexia Centre offers information and advice to support students in their studies.

**T:** 01224 262103/01224 262000 **E:** [inclusion@rgu.ac.uk](mailto:inclusion@rgu.ac.uk) **W:** [www.rgu.ac.uk](http://www.rgu.ac.uk)

### **Scotland's Rural College**

Delivers comprehensive skills and education for land-based industries at all college and university levels in, for example, agriculture, equine and horse care, environment, forestry and biological sciences. Campuses all over Scotland including Aberdeen.

#### **OPEN DAYS IN 2017**

Saturday 28 October from 1.30—4.00 pm.

Wednesday 15 November from 1.30—4.00 pm.

**T:** 01224 711022 **E:** [aberdeen@sruc.ac.uk](mailto:aberdeen@sruc.ac.uk) **W:** [www.sruc.ac.uk](http://www.sruc.ac.uk)

### **University of Aberdeen**

Undergraduate, taught postgraduate, postgraduate research and distance learning courses.

Prospectus: [https://www.abdn.ac.uk/study/documents/UoA\\_PG\\_Guide\\_2017.pdf](https://www.abdn.ac.uk/study/documents/UoA_PG_Guide_2017.pdf)

**OPEN DAY:** 21 October, 10.00 am—3.00 pm (book online <https://www.eventbrite.co.uk/e/university-of-aberdeen-open-day-saturday-october-21st-tickets-32727219996> )

A team of Disability Advisers provide information, advice and support for students and applicants with physical and mobility difficulties, visual impairments, hearing impairments, medical conditions, specific learning differences, and mental health conditions.

**E:** [student.disability@abdn.ac.uk](mailto:student.disability@abdn.ac.uk) **W:** [www.abdn.ac.uk/](http://www.abdn.ac.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 Asperger's/autistic spectrum conditions, ADHD, Tourette's syndrome and Foetal Alcohol syndrome.

**T:** 01350 724216 **E:** [info@thenewschool.co.uk](mailto:info@thenewschool.co.uk) **W:** <http://www.thenewschool.co.uk/>

## **► Legal advice**

### **Enable Scotland**

Legal help for those with a learning disability.

**W:** [www.enable.org.uk/enableme/Pages/Legal-help.aspx](http://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](mailto:advice@edlaw.org.uk) **W:** [www.edlaw.org.uk](http://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](mailto:enquiries@sclc.org.uk) **W:** [www.sclc.org.uk](http://www.sclc.org.uk)

## **Housing and accommodation**

### **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/>

### **Independent Living Centre - Moray Council**

Information and advice services for people with a physical or sensory disability.

**T:** 01343 559461 **E:** [info.ilc@moray.gov.uk](mailto:info.ilc@moray.gov.uk) **W:** [www.moray.gov.uk](http://www.moray.gov.uk)

## ► Health, wellbeing and support

### **Aberdeenshire Council Adult Day Services**

Day services for adults with learning disabilities include a range of community, learning, therapeutic, wellbeing and leisure programmes.

**Banff day services** (for adults with learning disabilities)

**Robertson Road resource services, Fraserburgh** (includes vocational training)

**Willowbank day services, Peterhead** (services include travel training)

**Ellon resource services** (for adults with learning disabilities)

**Inverurie DAYS** (day activity with support)

**Forest View day services, Stonehaven** (for people over 16 with disabilities: support to learn and get more involved in the community)

**Scolty day services, Banchory** (for adults with learning disabilities)

[www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/day-services-for-adults-with-disabilities/](http://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/day-services-for-adults-with-disabilities/)

### **Aberdeen Counselling Forum**

Forum for people involved in counselling, including a list of local counsellors.

**W:** [www.thecounsellingforum.co.uk](http://www.thecounsellingforum.co.uk)

### **Aberlour Child Care Trust**

Support for children and young people with learning disabilities and their families.

**T:** 01343 540013 **E:** [options.moray@aberlour.org.uk](mailto:options.moray@aberlour.org.uk) **W:** [www.aberlour.org.uk](http://www.aberlour.org.uk)

### **APPAWS for Autism**

A charity providing assistance/therapy dogs to autistic families.

**T:** 07854 659568 **E:** [appawsforautism@gmail.com](mailto:appawsforautism@gmail.com) **W:** [www.appawsforautism.org](http://www.appawsforautism.org)

### **Autism Initiatives - North East Scotland Autism Support Service**

Flexible outreach support services.

**T:** 01651 882278 **W:** [www.autisminitiatives.org](http://www.autisminitiatives.org)

### **Bachlaw Projects**

Provides intensive residential support services for 8-18 year olds.

**T:** 01466 771395 **E:** [admin@bachlawprojects.co.uk](mailto:admin@bachlawprojects.co.uk) **W:** [www.bachlawprojects.co.uk](http://www.bachlawprojects.co.uk)

### **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](mailto:info@bipolarscotland.org.uk) **W:** [www.bipolarscotland.org.uk](http://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 (Mon – Thurs 6.00 pm – 2.00 am; Fri 6.00 pm – Mon 6.00 am)

### **CHAS at Home—Aberdeen**

Care and support for children and young people with life-shortening conditions and their families.

**T:** 01224 624858 **E:** [wendyhargreaves@chas.org.uk](mailto:wendyhargreaves@chas.org.uk) **W:** [www.chas.org.uk](http://www.chas.org.uk)

### **Children's Health Scotland**

Information and advice for sick children/young people and their families.

**T:** 0131 553 6553 **W:** [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)

### **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](http://www.ckuk.org.uk)

### **CLIC Sargent**

Support for children and young people diagnosed with cancer, and their families.

T: 01224 288960 E: [holly.taylor@clicsargent.org.uk](mailto:holly.taylor@clicsargent.org.uk) W: [www.clicsargent.org.uk](http://www.clicsargent.org.uk)

### **Community Integrated Care (CIC)**

Home care services for older people and people with disabilities or mental health problems.

T: 01467 627780 E: [aberdeenoffice@c-i-c.co.uk](mailto:aberdeenoffice@c-i-c.co.uk) W: [www.c-i-c.co.uk](http://www.c-i-c.co.uk)

### **Cornfields Scotland**

Support for people affected by an illness, incident, accident or injury.

T: 01464 851539 E: [fiona@cornfields-scotland.co.uk](mailto:fiona@cornfields-scotland.co.uk) W: [www.cornfields-scotland.co.uk](http://www.cornfields-scotland.co.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](mailto:info@cosca.org.uk) W: [www.cosca.org.uk](http://www.cosca.org.uk)

### **Dyslexia Scotland**

Support and advice to people of all ages about dyslexia.

T: 0844 800 8484 E: [info@dyslexiascotland.org.uk](mailto:info@dyslexiascotland.org.uk) W: [www.dyslexiascotland.org.uk](http://www.dyslexiascotland.org.uk)

### **Earth for Life**

Social enterprise committed to transforming people's lives through environmental education and eco-therapy. Provides services for adults with mental health problems as well as programmes, SQA accredited training and self-development for young people with developmental difficulties. Located across Moray, Aberdeenshire and Highland.

T: 07504 946239 E: [hello@earthforlife.org](mailto:hello@earthforlife.org) W: [www.earthforlife.org/young-people](http://www.earthforlife.org/young-people)

### **ENABLE Direct**

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

T: 0300 0200 101 W: [www.enable.org.uk](http://www.enable.org.uk)

### **Foyer Aberdeen**

Wellbeing support, counselling, training, skills development and housing support services for people of all ages with specific programmes for young people, those who are/have been homeless or at risk of homelessness and those with drug/alcohol dependency issues.

T: 01224 212924 W: [www.aberdeenfoyer.com](http://www.aberdeenfoyer.com)

### **Future Choices**

Provides day services, activities, support and opportunities for people with disabilities.

T: 07821 700046 E: [info@future-choices.org.uk](mailto:info@future-choices.org.uk) W: [www.future-choices.org.uk](http://www.future-choices.org.uk)

### **Galaxy Group**

Support for parents/carers of young people with additional support needs approaching leaving school age.

T: 07516 852814 E: [info@galaxygroup.org.uk](mailto:info@galaxygroup.org.uk) W: [www.galaxygroup.org.uk](http://www.galaxygroup.org.uk)

### **Grampian Childrens Respite Care—Charlie House**

Supports babies, children and young people with complex disabilities and life limiting conditions.

T: 01224 218859 E: [info@charliehouse.org.uk](mailto:info@charliehouse.org.uk) W: [www.charliehouse.org.uk](http://www.charliehouse.org.uk)

### **Grampian REMAP**

Aids and adaptations for people with disabilities.

T: 01224 551463 W: [www.remap-scotland.org](http://www.remap-scotland.org)

### **Hyperactive Childrens' Support Group**

Support and information for families affected by a hyperactive child.

T: 01243 539966 E: [hacsg@hacsg.org.uk](mailto:hacsg@hacsg.org.uk) W: [www.hacsg.org.uk](http://www.hacsg.org.uk)

### **Independent Living Centre - Moray Council**

Information and advice services for people with a physical or sensory disability.

T: 01343 559461 E: [info.ilc@moray.gov.uk](mailto:info.ilc@moray.gov.uk) W: [www.moray.gov.uk](http://www.moray.gov.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](mailto: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. Offers 1-2-1 support.

T: 0131 555 3940 E: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk) W: [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

### **Mental Health Aberdeen—ACIS Youth**

Free confidential counselling for young people aged between 12 and 18 years old.

T: 01224 573892 W: [www.mha.uk.net](http://www.mha.uk.net)

### **The Mix**

Free, confidential helpline service for young people under 25 and online information, articles and blogs addressing common issues affecting young people.

T: 0808 808 4994 (Freephone) E: [admin@getconnected.org.uk](mailto:admin@getconnected.org.uk) W: [www.getconnected.org.uk](http://www.getconnected.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](http://www.nopanic.org.uk)

### **North East Sensory Services - Young Peoples Sensory Service**

Support for children and young people up to 18 years old with a sensory loss.

T: 0345 2712345 E: [info@nesensoryservices.org](mailto:info@nesensoryservices.org) W: [www.nesensoryservices.org](http://www.nesensoryservices.org)

### **PAMIS - in partnership with people with profound learning disabilities and their carers**

Supports families, carers and professionals of children/adults with profound learning disabilities.

T: 01569 764221 E: [Grampian@pamis.org.uk](mailto:Grampian@pamis.org.uk) W: [www.pamis.org.uk](http://www.pamis.org.uk)

### **Princes Trust**

Supports young people to develop confidence, motivation and skills in the community.

T: 01224 212924 E: [info@princes-trust.org.uk](mailto:info@princes-trust.org.uk)

W: [www.aberdeenfoyer.com/what-we-offer/training-course-advice/the-princes-trust-team](http://www.aberdeenfoyer.com/what-we-offer/training-course-advice/the-princes-trust-team)

### **Quarriers - Aberdeenshire Carers Support Service**

Support for adult carers in Aberdeenshire.

T: 01467 538700 E: [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk) W: [www.quarriers.org.uk](http://www.quarriers.org.uk)

### **Rape and Abuse Support (RAS)**

Support for any female who has been a victim of rape or sexual abuse.

Helpline: 01224 591342 E: [info@rasane.org.uk](mailto:info@rasane.org.uk) W: <http://www.rasane.org.uk>

### **Real Life Options**

Provides direct support, including residential care, for people with learning disabilities.

T: 01224 874683 E: [info@reallifeoptions.org](mailto:info@reallifeoptions.org) W: [www.reallifeoptions.org](http://www.reallifeoptions.org)

### **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](http://www.trfs.org.uk)

### **Salvesen Mindroom Centre**

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

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

### **The Scottish ADHD Coalition**

Links the voluntary organisations providing support to adults and children with ADHD and their parents, carers and families. Website has information on local support groups.

W: [www.scottishadhdcoalition.org](http://www.scottishadhdcoalition.org)

### **Scottish Autism**

Information, advice and support services in relation to autism spectrum disorders. Day, vocational and residential services across Scotland including 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](mailto:autism@scottishautism.org) W: [www.scottishautism.org](http://www.scottishautism.org)

### **Scottish Spina Bifida Association - Aberdeen and North East Branch**

Supports children, young people and adults.

T: 03455 211300 E: [mail@ssba.org.uk](mailto:mail@ssba.org.uk) W: [www.ssba.org.uk](http://www.ssba.org.uk)

### **Sense Scotland**

Support for children and adults who have complex communication support needs.

T: 0300 330 9292 E: [info@sensescotland.org.uk](mailto:info@sensescotland.org.uk) W: [www.sensescotland.org.uk](http://www.sensescotland.org.uk)

### **Sensory Impairment Services - Aberdeen City Council**

Specialist social work services for people who are blind or visually impaired.

T: 0345 27 12345 E: [info@nesensoryservices.org](mailto:info@nesensoryservices.org) W: [www.nesensoryservices.org](http://www.nesensoryservices.org)

### **Transitions Care Ltd**

Social care provider offering housing support and care at home for adults of all ages.

T: 01467 643896 E: [admin@transitionscareltd.co.uk](mailto:admin@transitionscareltd.co.uk) W: [www.transitionscareltd.co.uk](http://www.transitionscareltd.co.uk)

### **Turning Point Scotland**

Support for people with mental health problems, substance misuse and learning disabilities.

T: 0800 652 3757 W: [www.turningpointscotland.com](http://www.turningpointscotland.com)

### **VSA—Additional Support Needs Advisory Project**

Help to build better relationships with children who have additional support needs.

T: 01224 358595 E: [vicki.youngson@vsa.org.uk](mailto:vicki.youngson@vsa.org.uk) W: [www.vsa.org.uk](http://www.vsa.org.uk)

### **VSA—Carers Centre**

Support and information for carers.

T: 01224 212021 E: [Moira.Hurry@vsa.org.uk](mailto:Moira.Hurry@vsa.org.uk) W: [www.vsa.org.uk/carers-and-support-people](http://www.vsa.org.uk/carers-and-support-people)

### **VSA— Hazlewood Out of School Service**

Daily after-school club for children and young adults with additional support needs.

T: 01224 358571 E: [elaine.michael@vsa.org.uk](mailto:elaine.michael@vsa.org.uk) W: [www.vsa.org.uk](http://www.vsa.org.uk)

### **VSA— Parents Support and Development Services**

Advice and signposting to services for families with disabled children.

T: 01224 358550 E: [elaine.dukes@vsa.org.uk](mailto:elaine.dukes@vsa.org.uk) W: [www.vsa.org.uk](http://www.vsa.org.uk)

## **Support to speak up**

### **Advocacy North East (Aberdeenshire)**

Works with vulnerable adults who are using health or social care services.

T: 01467 651604 E: [advocacyne@btconnect.com](mailto:advocacyne@btconnect.com) W: <http://www.advocacyne.org.uk>

### **Advocacy Service Aberdeen**

Independent advocacy service for people who live in Aberdeen.

T: 01224 332314 E: [asa@advocacy.org.uk](mailto:asa@advocacy.org.uk) W: <http://www.advocacy.org.uk>

### **Integrate Scotland**

Provides support, information and advocacy to people in need in Aberdeen.

T: 01224 608018 E: [info@integratescotland.org](mailto:info@integratescotland.org) W: <http://www.integratescotland.org>

### **Who Cares? Scotland**

Advocacy, advice and support to young people who are or have been looked after.

T: 0141 226 4441 E: [enquiries@whocaresscotland.org](mailto:enquiries@whocaresscotland.org) W: [www.whocaresscotland.org](http://www.whocaresscotland.org)

## ▶ **Activities and interests**

### **dates-n-mates**

Dating and friendship agency run by and for adults with learning disabilities.

T: 01224 974730 E: [dnmaberdeen@c-change.org.uk](mailto:dnmaberdeen@c-change.org.uk) W: [www.dates-n-mates.co.uk](http://www.dates-n-mates.co.uk)

### **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](mailto:admin@disabilitysnowsport.org.uk) W: [www.disabilitysnowsport.org.uk](http://www.disabilitysnowsport.org.uk)

### **Granton Developments**

Day service to promote independence. Includes can recycling, social integration and being supported to volunteer at an animal sanctuary.

T: 07771 346935 E: [grantondevelopments@gmail.com](mailto:grantondevelopments@gmail.com)

### **Hit the Road (Glasgow and touring)**

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](mailto:info@hittheroad.org.uk) W: <http://hittheroad.org.uk>

### **Modo – Circus with Purpose**

Supports young people to develop confidence and life skills using circus skills and performance. Also offers a volunteering/mentoring training programme.

T: 01779 600020 W: [www.modo.org.uk/](http://www.modo.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](mailto:musicplus@scottishmusiccentre.com) W: [www.musicplus.org.uk](http://www.musicplus.org.uk)

### **Riding for the Disabled Association—Aberdeen RDA**

Free riding opportunities for riders with physical and learning disabilities.

T: 01339 885749 E: [info@aberdeenrda.co.uk](mailto:info@aberdeenrda.co.uk) W: [www.aberdeenrda.co.uk](http://www.aberdeenrda.co.uk)

### **Scottish Disability Sport**

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

T: 0131 317 1130 E: [admin@scottishdisabilitysport.com](mailto:admin@scottishdisabilitysport.com) W: [www.scottishdisabilitysport.com](http://www.scottishdisabilitysport.com)

### **Sounds Light Sensory**

Multi-sensory music/light experience for children and adults with disabilities available for hire.

T: 07340 185499 E: [soundslightsensory@gmail.com](mailto:soundslightsensory@gmail.com)

## ▶ **Transitions projects and services**

### **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](mailto:info@appliedcare.co.uk) W: [www.appliedcare.co.uk/our-services.aspx](http://www.appliedcare.co.uk/our-services.aspx)

## Archway

Day, residential and respite services for young people and adults with learning disabilities. Includes a transition service where young people live in accommodation for a month at a time then go home, learning independent living skills in preparation for the future.

T: 01224 643327 E: [admin@archway.org.uk](mailto:admin@archway.org.uk) W: [www.archway.org.uk/services/shared-care](http://www.archway.org.uk/services/shared-care)

## Glasgow Caledonian University—Summer Transition Programme

Programme for students with autism or Asperger's syndrome run by the disability team with the National Autistic Society (Scotland). 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](mailto:transitionsupport@nas.org.uk) W: [www.autism.org.uk/transition](http://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](mailto:ellen.verth@rnib.org.uk) W: <http://www.rnib.org.uk/scotland/rnib-scotland-looking-future>

**contact** *For families  
with disabled children*



**GILLESPIE MACANDREW**  
**HUNTERS RESIDENTIAL**



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