

Going Forward—Preparing parents for transition

Planning for transition

6 March 2018

Dewars Centre, Perth

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 listing 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. See listing for details.



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.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

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 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

Local service in Perth

All age career planning service with target groups of school pupils (S4–S6), unemployed 15–19 year olds and adults in transition.

Contact: Helen Davidson **T:** 01738 637639 **E:** helen.davidson@sds.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

Perth Citizens’ Advice Bureau

Helpline: 01738 450580 **W:** www.perthcab.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

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/

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

In Perth & Kinross

Perth & Kinross Council Transitions Services Guide

A child or young person with Additional Support Needs/Learning Disabilities or Autism who has been formally assessed as requiring additional support is eligible for this Transitions Service to aid moving from children’s to adult’s disability services. Supports young people to make choices such as college, employment and housing. May include guidance on money matters, job hunting, healthcare or support at home.

T: 01738 475000 **W:** http://www.pkc.gov.uk/media/30036/A-Short-Guide-to-Transitions/pdf/Transitions_Services_Short_Guide

Perth & Kinross Council directory of services

For unpaid carers: www.pkc.gov.uk/unpaidcarers

For mental health: www.pkc.gov.uk/mentalhealth

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. The Perth & Kinross service supports people to develop their digital skills including how to use the accessibility features of a device and learning how to use social media. A device loan scheme ensures learners can continue to practice their new skills in their own time. Lead also provides information about local learning and volunteering opportunities.

Contact: Amulree Welch T: 07775 851507 E: awelch@lead.org.uk W: <http://www.lead.org.uk/aboutlead/contact-lead-scotland/perth-kinross-learning-co-ordinator/>

▶ **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

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/employment**

AbilityNet

IT support for people with disabilities, including tailored advice on getting the best from technology at home or at work.

T: 0800 269 545 (Helpline) E: enquiries@abilitynet.org.uk W: www.itcanhelp.org.uk

Barnardo's Works

Supports young unemployed people aged 16-24 to learn new skills, experience the work place and move into positive destinations. Small group work and 1:1 interventions.

T: 07917 544212 E: lesley.bollan@barnardos.org.uk

Breathe (Aberfeldy Parish Church)

Employability assistance for young people not yet accessing training, further education or employment. An opportunity to learn new skills, build confidence and expand career choices. 1:1 sessions available. Volunteering opportunities and close links with employers.

T: 07557 676094 E: frannymcgrath@yahoo.com W: www.breatheaberfeldy.co.uk/home

CATH (Churches Action for the Homeless)

Employability skills training to enable homeless people and others who are disadvantaged in the workplace to develop practical, social and life skills. Numeracy and literacy courses.

T: 01738 580188 E: b.cowie@cath-org.co.uk W: www.cath-org.co.uk

CheckIN Works and Giraffe Trading

Work placements in catering, retail, hospitality and gardening plus 1:1 support to overcome barriers and develop skills for work. The service is available for individuals with learning difficulties, autism, physical disabilities, sensory impairment and mental health issues.

T: 01738 449227/633887 E: info@checkin-giraffe.uk W: www.checkin-giraffe.uk

ECLIPS

Specialist support to young people with experience of substance misuse to move into employment, training, education or voluntary work. Mentoring and individual personalised planning.

T: 01738 451594 E: richard.lister@cairscotland.org.uk W: www.cairscotland.org.uk

ENABLE Works

Part of ENABLE Scotland. Supports people who have learning disabilities and other barriers to employment to get a job by helping develop new skills for work. Includes writing CVs, confidence building, independent travel, interview skills, work experience and work tasters, and team working.

T: 07867 179044 E: keri.johnson@enable.org.uk W: www.enable.org.uk

LOGOS Youth Project (based in Crieff)

Promotes the physical, emotional and spiritual wellbeing of teenagers in the Strathearn area. Offers a wide range of activities for young people including an employability programme for school leavers aged 16 to 19.

T: 01764 655365 E: logosyouthbms@hotmail.co.uk

Mentor M.A. (Scotland) Ltd

Provides courses throughout Scotland, delivering salon based Modern Apprenticeships, and pre-employment programmes/work experience/tasters for school leavers interested in hairdressing.

T: 0131 220 4499 E: richard@mentor.org.uk W: www.mentor.org.uk

MoveAhead

Supports people with mental ill health to participate in community based activities and opportunities. Individual support focuses on helping people link into a wide range of activities such as voluntary work, work preparation, leisure, recreation, education and social opportunities.

T: 01738 413075 E: Pam.lamond@nhs.net

Perth College UHI

Part time, full time, evening, distance learning and blended learning (a combination of online and face to face teaching) courses in a wide range of subjects at levels from SCQF Level 4 up to post graduate, as well as continuing professional development and leisure courses.

Pupils with additional support needs can attend a college link course on a part time basis while they are still at school to support with the transition to college. The college offers supported programmes for students with additional support needs to develop life skills, literacy, numeracy, employability and core skills for further learning.

T: 01738 877609 W: www.perth.uhi.ac.uk

Perth & Kinross Council

Work experience/apprenticeships/trainee programmes for young people aged 16-24 and 'The Hub' – a job seeking employability service.

T: 01738 459609 E: thehub@pkc.gov.uk W: <http://www.pkc.gov.uk/article/17367/Youth-employment-action-plan>

Perth & Kinross Employability Network

The Employment Support Team supports people aged 16+ facing additional challenges to prepare for, find and maintain employment.

T: 01738 477638 E: hccemploymentsupport@pkc.gov.uk W: www.pkemploy.net

Rathbone Training

Training, life skills, employability, activities, and apprenticeships for young people not in education requiring support to move forward.

T: 01738 643361 W: www.rathboneuk.org

Scott Street Activity Agreements

Information, counselling and activity agreement/employability support for young people aged 16–19 not currently in education, employment or training and requiring extra support to move forward.

Contact: Toni Day (01738 474580)/James Boyle (01738 474575) E: tday@pkc.gov.uk or jjboyle@pkc.gov.uk or opportunitiesforall@pkc.gov.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.

T: 0800 269 453 **E:** recruitment@sruc.ac.uk **W:** www.sruc.ac.uk

Stepping Stones Project (Perth)

Moving people with chaotic lifestyles towards employability, training, and practical voluntary work for 16-17 year olds. 12 week training for an accredited SVQ Level 2 Machinery & Maintenance course, coupled with practical work. Available during college terms.

Contact: Matthew Rose (07496 955548) or Colin Beaton (07496 955553) **E:** m.rose@regenforce.co.uk or c.beaton@regenforce.co.uk

The Learning Curve

Adult learning, literacy, numeracy, IT skills, confidence building, employability support. Age 16+.

T: 01739 477092 **E:** learningcurve@pkc.gov.uk

Westbank Enterprises – Shaw Trust

Support for disabled people or people with barriers to employment to develop skills and undertake a placement within a horticultural setting.

T: 07753 309253/0300 790 0528 **E:** carolinhethomas@shaw-trust.org.uk **W:** www.shaw-trust.org.uk

▶ **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**

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/>

▶ **Health, wellbeing and support**

APPAWS for Autism

A charity providing assistance/therapy dogs to autistic families.

T: 07854 659568 **E:** appawsforautism@gmail.com **W:** www.appawsforautism.org

Autism Initiatives Scotland (Perth)

Supported living services for people with an autistic spectrum disorder. Provides the Number 3 One Stop Shop, a service for adults (16+) with an autism spectrum diagnosis in the region, offering social groups and activities, scheduled drop in times and 1:1 advice and support.

T: 01738 449327 **W:** www.perthoss.org.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 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 (Mon – Thurs 6.00 pm – 2.00 am; Fri 6.00 pm – Mon 6.00 am)

Centre for Inclusive Living Perth & Kinross

Disabled people's membership organisation promoting equality, access and independent living.

T: 01738 587282 W: www.cilpk.org.uk

CHAS (Rachel House Children's Hospice)

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

T: 01577 865777 E: Rah.admin@nhs.net W: 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

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

CLIC Sargent

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

Advice line: 0300 330 0803 W: www.clicsargent.org.uk

Community Integrated Care (CIC)

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

T: 0131 657 0730 E: scotland.services@c-i-c.co.uk W: www.c-i-c.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 W: 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 W: www.dyslexiascotland.org.uk

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

Gowrie Care Ltd

Housing support and care at home services for adults with profound and complex needs, or autism and learning disabilities, and living in their own homes. Support with all aspects of daily living including budgeting, cooking and cleaning. Also an active service user group called the Superstars.

T: 01764 654190 E: cbellshaw@hillcrestha.org.uk

Headway Perth & Kinross

Support, services and information for brain injury survivors, their families/carers, and professionals in the health and legal fields. Includes information and advice, counselling, college/education links, an emergency fund, training courses, access to brain injury solicitors, groups and branches.

T: 07826 519567 E: maria.burnett@headway.org.uk W: <https://www.headway.org.uk/supporting-you/in-your-area/groups-and-branches/scotland/headway-perth-and-kinross/>

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. Offers 1-2-1 support.

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

Mindspace

Self-help group for people recovering from mental illness who meet for mutual support. Provide the Mindspace Counselling Service and Mindspace Young People's Recovery College where 15–18 year olds can learn more about living with and managing mental health. Sessions on life skills, employability and supporting others through peer mentoring.

T: 01738 631639 E: info@mindspacepk.com W: www.mindspacepk.com

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 W: www.getconnected.org.uk

No Panic

National UK 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

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: 01382 385154 E: tayside@pamis.org.uk W: www.pamis.org.uk

Parent to Parent

Open to all families of all children who have a diagnosis of additional needs or are awaiting or undergoing assessment, and living in Dundee, Perth & Kinross or Angus. Services include 1:1 support, emotional support, information about local services, advocacy at appointments and meetings, challenging behaviour course, communication and expectations course, support groups, links to other parents and links to organisations.

T: 01382 817558 E: admin@parent-to-parent.org W: www.parent-to-parent.org

Perth Autism Support

Supports children up to 18 who have been diagnosed with autism, and their families. Services include a transition service for young people moving on from school.

T: 01738 451081 E: pam@perthautismsupport.org.uk W: www.perthautismsupport.org.uk

Perth and Kinross ADHD Support Group

Support, understanding and services for parents, carers, young people, siblings and their families in Perth and Kinross who are affected by ADHD (Attention Deficit Hyperactivity Disorder) and other neurodevelopmental disorders.

E: adhdperth@aol.co.uk W: https://www.facebook.com/pg/PerthKinrossAdhdSupport/about/?ref=page_internal

Perth & District YMCA

Youth activity, mentoring, employability, skills and personal development services.

T: 01738 630121/07988 878621 E: franny@ymcaperth.com W: www.ymcaperth.com

Perth & Kinross Council Independent Travel Training

Support and training for people to develop confidence and skills to travel independently.

T: Perth 01738 477638/Blairgowrie 01250 871932 E: HCCEmploymentSupport@pkc.gov.uk W: www.pkc.gov.uk/est

Perth & Kinross Council

Kinnoull Community Day Opportunities

Community based social care service for adults with a learning disability (16+). Service operates in and around Perth, Crieff, Comrie and Errol, and is for those who need help and support to join in activities and community life.

T: 01738 472340 E: KinnoullCDO@pkc.gov.uk

Gleneagles Community Day Opportunities

Specialist community service in a purpose built centre in the Craigie area of Perth.

Supports adults with a learning disability who need assistance with a range of health and social care needs. In addition to the centre staff, community nurses, healthcare professionals (e.g. speech therapy), social workers and agencies such as PAMIS offer services on site.

T: 01738 472345 E: EJohnstone@pkc.gov.uk

Blairgowrie Day Opportunities

A community service serving the Blairgowrie and Strathmore area. Offers a range of services and activities for adults with a learning disability who require support with aspects of community life.

T: 01250 871919 E: MStratton@pkc.gov.uk

Perth & Kinross Council Supported Living Team

Specialist housing support services for adults with a learning disability who live in their own tenancies.

T: 01738 477637 E: BSKinnear@pkc.gov.uk

PKAVS Carers Hub

Support, information, advice, events and services for unpaid carers in Perth & Kinross.

T: 01738 567076 W: www.pkavscarershut.org.uk

Princes Trust

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

T: 01382 448110 E: info@princes-trust.org.uk W: www.princes-trust.org.uk

PUSH

Promotes independence, self-direction and employment opportunities for people with learning disabilities. Planning, training, work experience, support, mentoring, social opportunities and creative classes available. Warehouse and shop upcycle items and sell on. Moving On project develops independent living skills.

T: 01738 621929 E: manager@pushinfo.org W: www.pushinfo.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

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

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 W: www.scottishautism.org

Spina Bifida Hydrocephalus Scotland

Supports children, young people and adults.

Helpline: 03455 211300 E: mail@sbhscotland.org.uk W: www.sbhscotland.org.uk

Sense Scotland

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

T: 0300 330 9292 E: info@sensescotland.org.uk W: www.sensescotland.org.uk

S.H.I.P

Support, Help and Integration in Perthshire for young people with additional support needs. Youth clubs, play schemes, sports and activities.

T: 07713 565120 W: www.ship-perthshire.co.uk

The Spectrum Club (Blairgowrie)

For those aged 16+ with Asperger syndrome or higher functioning autism. Free courses available covering life skills, social skills, money management, interview techniques, working with others and personal relationships.

T: 01250 874730 E: info@spectrumclubscotland.co.uk W: www.spectrumclubscotland.co.uk

Strathmore Centre for Youth Development (SCYD) (Blairgowrie)

Offers information and support to young people in a rural setting. Supports young people to reach their potential and work within the community to organise events and projects, integrating all generations.

Contact: Theresa Donaldson T: 01250 872121 E: admin@scyd.org.uk W: www.facebook.com/profile.php?id=100001105573896

Still Waters Perth

Supports those with addiction or on the fringes of society. Services include assisting with mental health problems, mentoring programmes, skill development/educational programmes and encouraging clients with social interaction issues.

T: 01738 628153 E: info@stillwatersperth.co.uk W: www.stillwatersperth.co.uk

Turning Point Scotland

Support for people with complex needs and challenging behaviour to improve quality of life and participate in the community. Works in partnership with agencies like health and social services to ensure as fulfilling and independent as life as possible in a safe and stable environment.

T: 0800 652 3757 W: www.turningpointscotland.com/perth-kinross/

The WEB Project

Assessment, treatment and intervention services for young people aged 10–24 and having problems with their substance use (alcohol and legal and illicit drugs).

T: 01738 451594 E: kirstie.howell@cairscotland.org.uk W: www.cairscotland.org.uk

Woodlea Cottage

Support programmes tailored to the needs of families finding it difficult to manage due to the complex needs of their child's disability.

T: 01738 474700 E: woodleacottage@pkc.gov.uk

▶ **Support to speak up**

Independent Advocacy Perth & Kinross (IAPK)

Advocacy for children and young people, unpaid carers and people with learning disabilities and mental health problems. Advocates support people to express their views, access and understand information and explore their options. Support with meetings at school including meetings related to additional support for learning.

T: 01738 587887 E: info@iapk.org.uk W: www.iapk.org.uk

Who Cares? Scotland

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

T: 0141 226 4441 E: enquiries@whocarescotland.org W: www.whocarescotland.org

▶ **Activities and interests**

Disability Snowsport UK (Aviemore)

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

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

Disabled access holidays in Perth & Kinross

List here: <http://www.disabledaccessholidays.com/disabled-holidays/disabled-accessible-resorts/UK-County/Perth-&-Kinross.asp>

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 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

Perth & Kinross Disability Sport

Promotes sport and physical activity for people with physical, learning or sensory disabilities at a local level. Activities, events and programmes for disabled people of all ages.

T: 07716 628454/628452 E: enquiries@perthandkinrossdisabilitysport.com W: www.perthandkinrossdisabilitysport.com/

Riding for the Disabled Association

Riding opportunities for riders with physical and learning disabilities.

W: www.rda.org.uk/rda-groups/

Scottish Disability Sport

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

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

Thistle Assistance Card

For anyone who has difficulty using public transport because of age, disability or illness. Quickly and easily tells the bus driver about any extra help you may need. Available free of charge with no application necessary.

Contact: Pullar House Reception T: 01738 475000 E: enquiries@pkc.gov.uk or
Centre for Inclusive Living Perth and Kinross T: 01738 500001 E: info@cilpk.org.uk

► 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 W: www.appliedcare.co.uk/our-services.aspx

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 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>

contact *For families
with disabled children*



**GILLESPIE MACANDREW
HUNTERS RESIDENTIAL**



We acknowledge the support of the Scottish Government through a CYPFEIF and ALEC Fund Grant

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169). Company limited by guarantee in England and Wales (1633333).