SC010498, a SCIO
9 Lawton Road Dundee DD3 6SZ
support@ddcaok.com
www.ddcaok.com
01382 826888

Here are some other activity, support, and funding ideas that might be helpful to you. We try to keep this information up to date, but groups and services change all the time, so apologies if something is no longer available.

Dundee's child protection line: 01382 307999

If you believe a child is in immediate danger, please contact Police Scotland emergency service on 999. For other concerns about a child / children please use the following numbers:
Child Protection Concerns - Tel: 01382 307999 (24 hr)
All other enquiries - Tel: 01382 307940
http://www.dundeeprotects.co.uk/

Dundee city council's contacts if you are in crisis:

Crisis Contacts.pdf

Dundee city council's help with the cost of living:

https://www.dundeecity.gov.uk/costofliving

Dundee's children and families' information service

Dundee Children and Families Information Service | Dundee City Council

Helpful information for young people with Autism in Dundee

https://www.dundeecity.gov.uk/additional-support-needs/helpful-information-young-people-autism

Aspire

A national charity that provides practical help to people who have been paralysed by Spinal Cord Injury.
https://www.aspire.org.uk/

Autism and ADHD Activities Group Dundee and Angus
https://m.facebook.com/groups/454917884956104/

Autistic Specific Swimming Sessions
Wednesdays 4pm – 6pm, 2 Family Fun Sessions
Kingspark School, Dundee
Visit NAS Dundee and Angus Branch Facebook for more details on this and lots of other activities!
https://www.facebook.com/nasdundeeandangus/?locale=en_GB

Autistic Adults Group
Visit NAS Dundee and Angus Branch Facebook for more details on this and lots of other activities!
https://www.facebook.com/nasdundeeandangus/?locale=en_GB

Youth Clubs
Visit NAS Dundee and Angus Branch Facebook for more details on this and lots of other activities!
https://www.facebook.com/nasdundeeandangus/?locale=en_GB

Blue Badge Scheme Dundee
https://www.dundeecity.gov.uk/service-area/social-work/blue-badge-scheme

Coffee and a catch up
Visit NAS Dundee and Angus Branch Facebook for more details on this and lots of other activities!
https://www.facebook.com/nasdundeeandangus/?locale=en_GB

Barnardo's Child and Family Support service
Dundee Child & Family Support Service works in partnership with children, young people and their families, who experience a range of additional support needs, including disability, providing a holistic range of supports to promote wellbeing, safety and inclusion.
https://www.barnardos.org.uk/get-support/services/child-family-support-service-dundee

Child Brain Injury Trust
Providing emotional and practical support, information and learning opportunities for families and professionals affected by childhood acquired brain injury across the UK.
https://childbraininjurytrust.org.uk/about/

The Children's Trust for children with brain injury
The UK's leading charity for children with brain injury. They deliver rehabilitation, education and community services through skilled teams who work with children and young people, and their families.
https://www.thechildrenstrust.org.uk/

Carers of Dundee
https://carersofdundee.org/

CEA Card
The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.
https://www.ceacard.co.uk/

Cerebra
Cerebra provide research-driven, high-quality health, legal, financial and social care advice for children with brain conditions and their families.
https://cerebra.org.uk/

Colostomy UK
Offer support, advice, and help to people with stomas.
https://www.colostomyuk.org/

Dundee Science Centre Sensory friendly Sessions
Dundee Science Centre is introducing sessions to make science accessible to all.
https://www.dundeesciencecentre.org.uk/visits/accessibility/

Dundee Carers Centre
Dundee Carers Centre aims to improve the lives of unpaid carers and disabled people by giving help, advice, and access to learning.
https://dundeecarerscentre.org.uk/
https://dundeecarerscentre.org.uk/services/locality-work/
https://dundeecarerscentre.org.uk/services/group-work/

Community Health Team Dundee
The Community Health Team support people living in the North East, East End, Maryfield, Coldside, Lochee and Strathmartine wards to develop skills, knowledge and confidence to improve health and wellbeing at an individual, community and city-wide level.
https://www.dundeehealth.co.uk/whats

Leisure and Culture Dundee Health and Wellbeing

Leisure & Sport's Health & Wellbeing Hub delivers a wide range of supported programmes to improve access for those people who are facing challenges to become more active.
https://www.leisureandculturedundee.com/leisure/health-and-wellbeing

Contact

Provides support, advice and information for families with disabled children.
0131 6592930
scotland.office@cafamily.org.uk
https://contact.org.uk/

Dundee and Angus ADHD support group

To raise awareness and support families with ADHD.
01382 456873
Unit 12 Manhattan Works Dundonald Street
https://adhddasupport.org/How-We-Help

Down's Syndrome Scotland

To provide local information, support and activities for families who have a child with Down's Syndrome.
01738 860819
http://www.dsscotland.org.uk/

Dundee United Community Trust

Para-Sports Club
https://www.dundeeunitedct.co.uk/

Family Fun Gymnastics

https://www.leisureandculturedundee.com/leisure/mctaggart

Inoflate Dundee

"Relaxed Session" Mondays, 5 pm to 6 pm (this time might change – check their website).
https://innoflate.co.uk/dundee/

Lego Club
Hub community library and learning Centre
Pitkerro Road, Dundee, DD48ES
01382 438648

The Lily Foundation
If you've received a mitochondrial disease diagnosis, The Lily Foundation charity can offer emotional support and practical advice as you navigate your illness.
https://www.thelilyfoundation.org.uk/affected-by-mito/

North East Sensory Services
Delivering support to people who are Deaf or hard of hearing as well as those who were sight impaired or severely sight impaired.
https://www.nesensoryservices.org/

The Newman Holiday Trust
A completely voluntary organisation running annual residential holidays in Perth (Glenalmond School), and across England, to provide a summer camp experience for children with additional needs, special needs and complex needs (ages range from 6-18 years old.)
https://www.newmantrust.org/

PAMIS
Provides information, support and advice to parents, families and professionals working with someone who has profound and multiple learning disabilities (PMLD). 01382 385154
http://www.pamis.org.uk/

Parentline Scotland
Do you feel like you're at the end of your tether? Children 1st Parentline is here for you and your family.
If you live in Scotland call **08000 28 22 33** free, browse our website for advice and support, or start a webchat.
http://www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland/

Parent to Parent Tayside
Supports families caring for a child with additional needs living in Angus, Dundee and Perth & Kinross.
01382817558
https://www.parenttoparent.uk/

Partners in Advocacy
Offers independent advocacy across Dundee to children and young people who are aged 21 and under.
01382 229110
dundee@partnersinadvocacy.org.uk
http://www.partnersinadvocacy.org.uk/advocacy-services/dundee

Shine
Provides specialist advice and support for everyone living with spina bifida, hydrocephalus and related conditions.
https://www.shinecharity.org.uk/

St. Pauls Swim and Sport Centre and Grove Swim and Sport centre run Family Fun Sessions for "all abilities".
https://www.leisureandculturedundee.com/leisure/st-pauls-swim-sports-centre
https://www.leisureandculturedundee.com/leisure/grove-swim-sports-centre

Spinal Muscular Atrophy UK
Providing support for people affected by SMA.
https://smauk.org.uk/

Swan
SWAN is an autistic-led Charity delivering services, information and support for and by autistic women, girls and non-binary people across Scotland since 2012.
https://swanscotland.org/

Voiceability
Voiceability support people to be heard in decisions about their health, care and wellbeing. An independent charity providing of advocacy and involvement services.
https://www.voiceability.org/

The Yard – Dundee
The Yard run drop-in play sessions in Dundee. Free taster session, then membership fees apply.
https://theyardscotland.org.uk/get-support/our-centres/dundee/

Whizz Kidz
Provides disabled children and young people with vital mobility equipment, opportunities to meet and have fun, and training to help them gain skills and look forward to a bright future.
0800 151 3350
http://www.whizz-kidz.org.uk/

Capability Scotland
Campaigns with, and provides education, employment and care services for disabled children and adults across Scotland.
http://www.capability-scotland.org.uk/

The Corner
Advises young people to help them get access to health and wellbeing services. They provide a unique and integrated range of services to young people aged 11 to 19 through their Dundee City Centre Drop-In, work in local communities, schools and media work.
https://www.thecorner.co.uk/about/about-us/

Cornerstone
Provides care and support services for adults, children and young people with disabilities and other support needs.
01382 220238
https://www.cornerstone.org.uk/

Tayside Deaf Hub
Provides a wide range of activities and learning opportunities for deaf, deafened, hard of hearing and deafblind people.
01382 201077
https://www.taysidedeafhub.org.uk/

Dundee Blind and Partially Sighted Society
Provide a range of services for blind and partially sighted people in Dundee.
http://www.dundeeblindsociety.org.uk/

Headway Tayside
To assist anyone who has suffered an injury to the brain, and their carers and family, by providing advocacy, carers groups, drop in's, activities and information.
https://www.headway.org.uk/

The Inclusion Group
Run a number of different projects supporting people with disabilities.
http://inclusiongroup.org.uk/

National Autistic Society (NAS) - Dundee and Angus Branch
NAS branches are run by parent volunteers and offer support to families who have a child or family member with autism or Asperger syndrome. Activities for families are run from time to time as well as talks about a range of subjects for parents.
https://www.autism.org.uk/what-we-do/branches/nas-dundee-angus-branch

Ninewells Community Garden
Aims to promote physical activity and good health through community gardening, in an environment where horticulture supports wellbeing, therapy and rehabilitation. The garden is open at all times for the public to visit and they also run activity sessions throughout the year.
https://www.facebook.com/ninewellsgarden

Safe Place Beds
A reasonably priced portable "safe space" sleeping solution for children aged 3 to 13 (around £400 at time of writing). They also make a very expensive permanent adult version (around £7000!). DDCA aren't recommending this company above any other, but parents often ask about safe sleeping solutions, and this might be a good starting point for your research. There are lots of funding ideas later in this list.
https://www.safeplacebedseu.com/

Sense Scotland
Promoting independence for people who have a sensory impairment. Provides residential group homes, respite care (children) and day care (adults).
http://www.sensescotland.org.uk/

Spina Bifida Hydrocephalus Scotland
Aims to support all of those affected by spina-bifida and associated conditions to identify their needs and to empower then to make informed choices and decisions.
https://www.sbhscotland.org.uk/

Advocating Together Dundee
Supports people who have learning difficulties or autism by providing self-advocacy groups, supported employment and volunteer opportunities.
https://advocating-together.org.uk/

Art Angel
Arts project run by and for people with experience of mental health difficulties in Dundee. They provide a wide range of creative opportunities helping people to work towards recovery and mental wellbeing.
http://artangeldundee.org.uk/

Boomerang
Boomerang exists to provide facilities and activities to benefit the Stobswell community.
https://www.boomerang.org.uk/

Employment Support Service
Supports people who have a disability or a health issue to gain or sustain employment.
http://www.dundeecity.gov.uk/socialwork/employmentsupportservice

Scottish Autism
They provide supported living and outreach support to adults who have autism.
http://www.scottishautism.org/

Uppertunity
A charity, working with individuals (16+) with learning disabilities, autism and mental health barriers to provide creative workshops, group and community work, mentoring, skill development programs, meaningful volunteering roles and social events.
https://uppertunity.org.uk/

The Brae Riding for the Disabled
Providing horse riding therapy for disabled adults and children since it opened in 2008.
http://www.brae.org.uk/

Dundee City Disability Sport
Dundee City Disability Sport is a local voluntary organisation for athletes with a disability and coaches, volunteers in Dundee.
http://www.dundeedisabilitysport.co.uk/

Dundee Dragons – Wheelchair Sports
Offers basketball, rugby, tennis, badminton, rugby league and curling. All Welcome!
https://dundeedragons.net/

Benefits, funding, financial support

Financial help if you're disabled, Scottish Government website:
https://www.gov.uk/financial-help-disabled

Adamson Trust
Financial help with the cost of holidays or respite breaks for youngsters up to the age of 17 with physical, mental or emotional difficulties.
http://theadamsontrust.co.uk/

AFK
Helps children and young people who are disabled or neurodiverse to live more independent, fulfilling lives.
https://www.afkcharity.org/

The Archie Foundation
Provide a range of support, including financial.
https://archie.org/what-we-do/

Boparan Charitable Trust
The Boparan Charitable Trust aims to help children and young people up to the age of 18, throughout the UK, who are disadvantaged either through poverty, disability or life-limiting conditions. What they supply: Grants towards mobility equipment such as wheelchairs, trikes, and buggies, sensory toys and equipment, speech and language therapist, holidays.
https://theboparancharitabletrust.com/

Barchester's Charitable Foundation

Barchester's Charitable Foundation is a registered charity that helps older people and adults with a disability across England, Scotland, Wales and Jersey.
https://www.bhcfoundation.org.uk/

Buttle

Helping children and young people in the UK who have experienced crisis, living in financial hardship and dealing with multiple challenging social issues.
https://buttleuk.org/about/

Carer's Allowance Scotland

https://www.gov.uk/carers-allowance

Carer's Credit Scotland

https://www.gov.uk/carers-credit

Cash for Kids (Tay FM)

Grants to support children from birth up to and including 18 years of age who are vulnerable, come from disadvantaged backgrounds or are living with an illness or disability in Tayside and Fife. Also provide grants for other charities, organisations and community groups.
Apply for a Cash for Kids Grant | Info - Tay FM

Caudwell Children

Provide practical and emotional support for disabled and neurodivergent children.
https://www.caudwellchildren.com/

Challenger Children's Fund (CCF)

Applications for grants up to £500 are accepted when made by a sponsor on behalf of physically disabled children who are resident in Scotland. These can be for anything that is not provided by statutory sources.
https://www.ccfscotland.org/

The Challenger Children's Fund

is a Scottish based charity for providing "aids to, and the maintenance, clothing, education, outfit in life or otherwise for the general benefit and well being" of any disabled person under the age of 18.
Applications for grants up to £750 are accepted when made by a sponsor on behalf of physically disabled children who are resident in Scotland. These can be for anything that is not provided by statutory sources.
https://www.ccfscotland.org/#criteria

Child winter heating payment in Scotland

https://www.mygov.scot/child-winter-heating-payment#:~:text=It%20was%20first%20paid%20in,2023%2D2024%20is%20%C2%A3235.70.

Child Disability Payment Scotland

https://www.mygov.scot/child-disability-payment

Children Today Charitable Trust

Raises funds to provide special equipment for children and young people with disabilities throughout the UK.
https://www.childrentoday.org.uk/

Best Start Grant and Best Start Foods Scotland

https://www.mygov.scot/best-start-grant-best-start-foods

Disability Grants

To help YOU, your family or anyone you're supporting with a disability.
Discover what's available nationally and in your local area.
Grants UK Scotland

The Douglas Hay Trust will

Provide funding for a wide range of items and services which are for the benefit of physically disabled children aged 18 and under that are not provided for by the state or funded elsewhere.
https://douglashaytrust.org.uk/

Dundee Independent Living Centre

https://www.ilda.scot/

Elifar
Aims to improve the lives of children and young adults with severe learning and physical disabilities.
https://www.elifarfoundation.org.uk/

Ergoadaptive Go
Specialist Pushchairs With Charity Funding Support
https://www.ergoadaptivego.co.uk/

Family Action
Family Action has small grants available for medical treatment, services, facilities or equipment (including communication aids) for those who are sick or physically disabled.
https://family-action.org.uk/

Family Fund
The UK's largest grant-making charity for families raising a disabled or seriously ill child, on a low income.
https://www.familyfund.org.uk/

The Florence Nightingale Aid in Sickness Trust
Provides life enhancing grants to help people of all ages in need who are ill, convalescent or disabled to provide medical and household aids.
https://home.fnaist.org.uk/

Gateway Scotland
Provide free holidays for families who have experienced the bereavement of a loved one, or are supporting a family member through a serious illness or disability.
http://www.gateway-scotland.co.uk/

Get Kids Going!
Provides specially built sports wheelchairs.
https://www.getkidsgoing.com/

Handicapped Children's Action Group
Provides specialist equipment for children with disabilities, learning difficulties and other special needs.
http://www.hcag.org.uk/

Help for Kids

Help for Kids is a local children's charity based in the heart of Dundee and Perth. We are facilitated through a partnership with The Evening Telegraph. Our primary aim is to support local children through the provision of individual funding, as well as funding for clubs and organisations.
https://helpforkids.org.uk/apply-for-funding/

The Hospital Saturday Fund

Aims to provide assistance for groups and individuals with a medical condition or disability. We can provide grants for medical projects, care, research or support of medical training. For individuals, we can provide help with the purchase of specialised equipment or forms of treatment.
https://hospitalsaturdayfund.org/

Independent living

https://www.gov.scot/policies/independent-living/

Independence at Home

We award grants to people who have a physical or learning disability or long-term illness and who are in financial need.
https://independenceathome.org.uk/

Independent Living Dundee and Angus

Helping people with disabilities manage everyday tasks
https://www.ilda.scot/

Independent Living Fund Scotland

https://www.mygov.scot/organisations/independent-living-fund-scotland#:~:text=Independent%20Living%20Fund%20(ILF)%20Scotland,transitional%20stage%20in%20their%20lives.

Independent Living Transition Fund

Are you a young disabled person aged 16-25, and living in Scotland? You could be eligible for up to £4,000 in funding, for 1 year, from the Transition Fund.
https://ilf.scot/transition-fund/

Just 4 Children
Just4Children provides support for families to help their sick and disabled children. They provide and assist in the provision of grants to enable them to obtain medical treatment, therapies, living environments, equipment and holidays which would not otherwise be available to them.
https://just4children.org/

Lifeline 4 Kids
They provide equipment to help improve the quality of life for children with disabilities and special needs.
http://www.lifeline4kids.org/

Make a Wish Foundation
Make-A-Wish Foundation UK is a charity with a single purpose: to grant magical wishes to children and young people aged 3-17 fighting life-threatening conditions.
https://www.make-a-wish.org.uk/

The Maxwell Centre Dundee
Their support workers can help with lots of funding ideas and applications, amongst other support!
https://maxdundee.org.uk/

The Mobility Trust
Provides powered wheelchairs and scooters for UK residents who have severe disabilities and who cannot obtain such equipment through other means.
https://mobilitytrust.org.uk/

Newlife
Provides grants for equipment for disabled children. The equipment can vary from a wheelchair or a bed through to a communication aid and therapy equipment sheds. They have also funded equipment such as replacement clothing and braille machines.
https://newlifecharity.co.uk/

Promise Dreams
A national charity that aims to make a real difference to children who are seriously or terminally ill.
https://www.promisedreams.co.uk/

React
Helping children with life-shortening illnesses, supplying a wide range of equipment from specialist wheelchairs, beds, baths and mobility aids, to essential everyday homecare items like pushchairs and domestic appliances.
https://reactcharity.org/what-we-do

Ready – Sport Without Boundaries
Helping young people with disabilities play sport and take part in healthy activities for fun and fitness. We are run completely by volunteers.
https://readycharity.org/

Self Directed Support/Direct Payments
Self-directed Support (SDS) enables people, carers and families across Dundee and Angus to make informed choices about what their social care support is and how it is delivered.
https://directpayments.org/

Social Work Assessment (Section 23), info from Kindred, an organisation supporting parents of children with complex needs.
https://kindred-scotland.org/how-we-help/advice-and-information/benefits/social-work-assessment-section-23/

Scottish Child Payment
https://www.mygov.scot/scottish-child-payment

The Scottish Welfare Fund
https://www.mygov.scot/scottish-welfare-fund

Strong Bones
Providing financial , emotional & practical support to enable disabled children with bone conditions/cancers to lead more independent lives.
https://www.strongbones.org.uk/

Take a Break (Family Fund)
Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. Grants can be used for a break away, towards leisure activities or outings, sports equipment and more.
https://takeabreakscotland.org.uk/

Tree of Hope
Supporting families as they navigate their child's healthcare journey by offering a fundraising service.
https://www.treeofhope.org.uk/

Trefoil
Helps children, families, small groups, and organisations that support children and young people with special needs.
https://www.trefoil.org.uk/

Turn 2 Us
Turn2us is a national charity providing practical help to people who are struggling financially.
https://www.turn2us.org.uk/
Turn2us Grants Search

Universal Credit Scotland
https://www.gov.uk/universal-credit

Variety
Provides practical help that makes an immediate difference to disabled and disadvantaged children & young people.
https://www.variety.org.uk/

Winter Heating Payment
https://www.mygov.scot/winter-heating-payment

Whizz Kidz
Whizz Kidz supplies made-to-measure wheelchairs to some of the 75,000 young people in the UK who need them to be fully mobile when they don't meet the NHS criteria for this type of equipment.
https://www.whizz-kidz.org.uk/wheelchairs-and-equipment/