



9 Lawton Road Dundee DD3 6SZ
support@ddcaok.com
www.ddcaok.com
01382 826888

Here are some other activity and support 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 running.

Dundee's child protection line: 01382 307999

<http://www.dundeeprotects.co.uk/>

<https://www.dundee.gov.uk/socialwork/childcareandprotection>

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

Operating Hours - Weekdays 8.45am to 5.00pm

The Childcare and Protection Service is the first point of contact for any concerns you may have about children living in the Dundee area. The service works in close co-operation with other agencies such as health, education and police.

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

[Crisis Contacts.pdf](#)

Dundee's children and families' information service is a great resource for local and national services, activities, groups and grant funding:

<https://www.families.scot/LocalCategoryDetail.aspx?chisid=21&sort=0&bbcId=1>

Aberlour Options - Dundee

http://www.aberlour.org.uk/how_we_help/services/232_aberlour_options_-_dundee

Aberlour provides support for children who have a disability and their families.

01382 313500

options.dundee@aberlour.org.uk

Barnardo's Family Support Team

<http://www.barnardos.org.uk/familysupportdundee.htm>

To support children and young people, from birth to 19, with learning disabilities and their families in Dundee.

01382 224924

dundee.familysupport@barnardos.org.uk

Carers of Dundee

<https://carersofdundee.org/>

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/>

Contact a Family

<http://www.cafamily.org.uk/advice-and-support/in-your-area/offices/edinburgh/?s=&t=rg&r=1279>

Provides support, advice and information for families with disabled children.

0131 6592930

scotland.office@cafamily.org.uk

Dundee and Angus ADHD support group

<http://adhddasupport.org/>

To raise awareness and support families with ADHD.

01382 456873

ac@adhddasupport.org

Down's Syndrome Scotland

<http://www.dsscotland.org.uk/>

To provide local information, support and activities for families who have a child with Down's Syndrome.

01738 860819

PAMIS

<http://www.pamis.org.uk/>

Provides information, support and advice to parents, families and professionals working with someone who has profound and multiple learning disabilities (PMLD).

01382 385154

tayside@pamis.org.uk

Parentline Scotland

<http://www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland/>

Parentline is Scotland's free helpline, email and web chat service for anyone caring for or concerned about a child.

08000 28 22 33 (Monday to Friday: 9am - 9pm)

parentlinescotland@children1st.org.uk

Parent to Parent Tayside

<http://parent-to-parent.org/>

Supports families caring for a child with additional needs living in Angus, Dundee and Perth & Kinross.

01382817558

Partners in Advocacy

<http://www.partnersinadvocacy.org.uk/advocacy-services/dundee>

Offers independent advocacy across Dundee to children and young people who are aged 21 and under.

01382 229110

dundee@partnersinadvocacy.org.uk

Spectrum Dundee

<http://www.spectrumdundee.co.uk/>

Provides after school clubs, youth groups and school holiday play schemes for children with an Autistic Spectrum Disorder (ASD) diagnosis in Dundee.

01382 812166

info@spectrumdundee.co.uk

Tayside Deaf Children's Society

http://ndcs.org.uk/family_support/support_in_your_area/local_groups/find_a_local_group/scotland/tayside_dcs.html

A group of parents, professionals, and friends of deaf children and young deaf adults who meet monthly to organise events, plan fundraising activities and to discuss relevant issues such as health, education and technology.

07824099312

The Yard – Dundee

<http://www.theyardscotland.org.uk/the-yard-dundee>

The Yard run drop in sessions in Dundee, currently at the weekend, for children with additional support needs. Membership fees apply.

0131 476 4506

info@theyardscotland.org.uk

Youth Link Dundee

<http://www.youthlinkdundee.org.uk/>

One-to-one befriending for children and young people aged 5-18 who are experiencing difficulties in their lives.

01382 630063

admin@youthlinkdundee.org.uk

Whizz Kidz

<http://www.whizz-kidz.org.uk/>

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

ambassadors@whizz-kidz.org.uk

XPlore Dundee

<http://www.dundee.gov.uk/orgs/group?id=2839>

Helps young people who are finding it hard to cope at school, home, work or within their community.

01382 435863

info@xplore-dundee.com

Capability Scotland

<http://www.capability-scotland.org.uk/>

[Campaigns](#) with, and provides [education](#), [employment](#) and [care services](#) for disabled children and adults across Scotland.

01382 737238

0131 337 9876

Cornerstone

<https://www.cornerstone.org.uk/>

Provides care and support services for adults, children and young people with disabilities and other support needs.

01382 220238

enquiries@cornerstone.org.uk

Cornerstone's "Stepping Stones" group. enquiries@cornerstone.org.uk

Dundee Access Group

<http://dundeeaccessgroup.co.uk/>

Dundee Access Group aims to ensure that people with disabilities can enjoy as many of the facilities of Dundee as possible.

dundeeaccessgroup.org@hotmail.co.uk

Deaf Action Dundee

<http://www.deafaction.org.uk/>

Delivers a range of services to people in Scotland with sensory support needs, including those who are blind, partially sighted, deaf, deafblind and hard of hearing.

01382 221 124

taysideadmin@deafaction.org

Deaf Links

<http://www.taysidedeafhub.org.uk/id3.html>

Provides a wide range of activities and learning opportunities for deaf, deafened, hard of hearing and deafblind people.

01382 201077

info@taysidedeafhub.org.uk

Dundee Blind and Partially Sighted Society

<http://www.dundeeblindsociety.org.uk/>

Provide a range of services for blind and partially sighted people in Dundee.

01382 227101

Headway Tayside

<https://www.headway.org.uk/>

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.

01382 423176

headwaytayside@yahoo.co.uk

The Inclusion Group

<http://www.inclusiongroup.org.uk/>

Run a number of different projects working towards supporting people with disabilities within mainstream activities, and also providing much needed support to the family as a whole to help them plan for the future.

01382 322677

enquiries@inclusiongroup.org.uk

The Link Club

<http://www.dundeemethodist.org.uk>

A group for people who have learning difficulties.

01382 221319

National Autistic Society (NAS) - Dundee and Angus Branch

www.autism.org.uk/directory/resources/2780.aspx

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.

NASDundee&AngusBranch@nas.org.uk

Autism Support Dundee and Angus<https://autismsupportangusdundee.wordpress.com/>

The purpose of the group is to be a place where parents and families can share experiences with one another, chat online, share any helpful tips and hopefully provide friendship and support to one another.

If you are interested in joining our group please request to join through the facebook page (You will then need to respond to the private message you are sent before you can access the group).

Dundee Autism Support Hub

<https://www.dundeeautismsupporthub.co.uk/>

Dundee Autism Support Hub (DASH) is a not for profit agency providing support programs, social events and an information source for children and adults with an ASD (Autistic Spectrum Disorder) diagnosis, who are awaiting assessment for autism or who have a diagnosed sensory processing or social communication disorder.

Ninewells Community Garden

<https://www.facebook.com/ninewellsgarden>

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.

facilitator@ninewellsgarden.org.uk

Ozanum Club

<http://www.ssvpscotland.com/special-works/>

Ozanam Clubs are social groups for people of all ages with disabilities and special needs.
0141 2268833

<http://www.ssvpscotland.com/special-works/>

Sense Scotland

<http://www.sensescotland.org.uk/>

Promoting independence for people who have a sensory impairment. Provides residential group homes, respite care (children) and day care (adults).

01382 883520

info@sensescotland.org.uk

Spina Bifida Hydrocephalus Scotland

<https://www.sbhscotland.org.uk/>

Aims to support all of those affected by spina-bifida and associated conditions to identify their needs and to empower them to make informed choices and decisions.

03455 211 300

mail@sbhscotland.org.uk

Advocating Together Dundee

<http://www.advocating-together.org.uk>

Supports people who have learning difficulties or autism by providing self-advocacy groups, supported employment and volunteer opportunities.

01382 666601

Art Angel

<http://artangeldundee.org.uk/>

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.

01382 228383

art-angel@btconnect.com

Barnardos – Growing Up Project

http://www.barnardos.org.uk/familysupportdundee/sc_dundee_family_support_team-newpage.htm

Aims to provide young people with employment skills in horticulture. The project supports young people aged 18 – 25.

01382 224924

dundee.familysupport@barnardos.org.uk

Boomerang

<http://www.boomerang110.co.uk/home>

An inclusive organisation that welcomes people of all ages and abilities. They run the No1 Youth Cafe on Pitkerro Road and the Pavilion Cafe.

01382 455656

boomerang110@btinternet.com

Dundee Rep Creative Learning

<http://www.dundeerep.co.uk/creative-learning/community-and-wellbeing1/>

The Community and Wellbeing strand engages with young people and adults of all backgrounds and abilities.

01382 342660

Employment Support Service

<http://www.dundee.gov.uk/socialwork/employmentsupportservice>

Supports people who have a disability or a health issue to gain or sustain employment.

01382 436377

employmentsupportservice@dundee.gov.uk

Fairmuir Adult Association

Provides evening groups for people over 16 who have a physical disability or learning difficulties.

01382 436453

kirktonadmin@dundeecity.gov.uk

Friends of Lead

<http://friendsofleaddundee.org.uk/Index.html>

Aims to enable people with a disability, as well as people who care for disabled people, to access learning opportunities in a way that will match their specific needs.

01382 669532

MacKinnon Centre

<https://www.dundee.gov.uk/socialwork/skillscentre/>

Offers recreational and rehabilitation activities for adults who have a physical disability or a progressive illness. They also offer a respite service.

01382 431970

mackinnon.centre@dundeecity.gov.uk

Scottish Autism

<http://www.scottishautism.org/>

Aims to help those diagnosed with autism to lead full and enriched lives and become valuable members of the community they live in. In Dundee they provide supported living and outreach support to adults who have autism.

01382 226769

autism@scottishautism.org

Tayberry Enterprise

<http://www.tayberryenterprise.org/>

Provides creative art activities, volunteer opportunities and training placements in catering for people with significant health barriers to employment.

01382 836863

admin@tayberryenterprise.org

Turning Point

<http://www.turningpointscotland.com/dundee-angus/>

Turning Point Scotland provides person centered support to adults with a range of complex needs. 0800 6523752

Uppertunity

<https://uppertunity.org.uk/>

"Uppertunity is a community interest company, providing a personal development service and inclusive social opportunities for adults with additional needs. We aim to provide opportunities to individuals from vulnerable and isolated groups to better themselves and their lives, leading to long term self-reliance. We do this by offering weekly social and creative groups, a skill development program and meaningful volunteer opportunities."

07544984289

Sports Clubs

The Brae Riding for the Disabled

<http://www.brae.org.uk/>

Providing horse riding therapy for disabled adults and children since it opened in 2008.

01382 776880

centremanager@brae.org.uk

Dundee Boccia Club

<http://dundeebocciacub.com/>

The club welcomes people of all ages and abilities to play boccia. The club competes locally and nationally and has pathways to compete internationally.

07516771911

craig.macmaster@btinternet.com

Dundee City Disability Sport

<http://www.dundeedisabilitysport.co.uk/>

Aims to offer a variety of sessions and opportunities for adults and children with a disability to try sport and physical activity in a fun and safe environment with professional staff to assist.

01382 436962

gordon.quinton@leisureandculturaldundee.com

Dundee Dragons – Wheelchair Sports

<https://dundeedragons.net/>

Offers basketball, rugby, tennis, badminton, rugby league and curling. All Welcome!
contact@dundeedragons.net

Heart Space Yoga – Young Yogis Project

<http://yoga.heartspacedundee.co.uk/young-yogis/>

A charitable programme offering free kids yoga classes. They provide specialist services for toddlers aged 2-4, children aged 5-11, special needs yoga sessions (please email about these) and are currently fundraising for a programme for 12-18 year olds.

yoga@heartspacedundee.co.uk

Special Olympics - Tayside

<http://www.specialolympicsgb.org.uk/region/42/4330>

Special Olympics GB is the largest provider of a year-round, all ability, sports programme in Great Britain and supports over 10,000 athletes with intellectual (learning) disabilities on a continued basis.

[01307 437860](tel:01307437860)

Tayside Dynamos – Powerchair Football

<http://taysidedynamos.org/>

The club is open to powerchair users of **all** ages to come and try the sport for themselves. The club caters for all abilities, from beginners to those who have some experience of playing competitive sport.

Financial Support

Adamson Trust

<http://theadamsontrust.co.uk/>

Financial help with the cost of holidays or respite breaks for youngsters up to the age of 17 with physical, mental or emotional difficulties.

Cash for Kids (Tay FM)

<http://www.tayfm.co.uk/charity>

A helping hand to disabled and disadvantaged children aged 0 to 18 years across 21 areas in the UK by means of our grant giving process. Grants awarded go towards buying specialist equipment for children to enhance their quality of life.

01382 423263

Cerebra

<http://w3.cerebra.org.uk/help-and-information/grants/>

Cerebra's grant scheme funds up to 80% of the cost of equipment and services to help make life easier and more enjoyable for children with neurological conditions. 0800 328 1159 grants@cerebra.org.uk

Challenger Children's Fund (CCF)

<http://ccfscotland.org/index.html>

CCF benefits physically disabled children and young people (aged under 18). Funding is usually for specialised equipment not provided by social work or NHS, for example, mobility aids, computers, clothing, education.

0131 475 2343

info@ecas-edinburgh.org

Family Fund

<http://www.familyfund.org.uk/>

Provides grants for families raising disabled or seriously ill children and young people. They provide grants for a wide range of items, such as washing machines, sensory toys, family breaks, bedding, tablets, furniture, outdoor play equipment, clothing and computers.

01904 550055

React

<http://reactcharity.org/>

Provides support for children who have a life-limiting condition. They will consider requests that are of a basic, essential need and unavailable from any other source. However, requests that do not fall into this bracket may still be considered provided they benefit the child's quality of life in some way.

020 8940 2575

react@reactcharity.org

Roald Dahl's Marvellous Children's Charity

<https://www.roalddahl.com/charity>

Marvellous Family Grants are for families facing financial hardship while caring for a seriously ill child. They provide support (up to £500) to help families cope, from respite breaks and counselling to hospital travel expenses.

01494 890465

Take a Break (Family Fund)

<https://takeabreakscotland.org.uk/>

Scotland's short break fund for disabled children, young people and their families. Grants can be used for a break away, towards leisure activities or outings; sports equipment and much more.

info@takeabreakscotland.org.uk

Whizz Kidz

<http://www.whizz-kidz.org.uk/get-our-help/equipment/how-to-apply>

Whizz-Kidz can provide children and young people who have a physical disability with mobility equipment (if they are unable to get it through the NHS).

0800 151 3350

kidzservices@whizz-kidz.org.uk