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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/>

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

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

[Crisis Contacts.pdf](#)

**Dundee's children and families' information service**

[Dundee Children and Families Information Service | Dundee City Council](#)

**Aberlour Options - Dundee**

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

01382 313500

<https://www.aberlour.org.uk/service/options-dundee>

## **Helpful information for young people with Autism in Dundee**

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

## **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](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](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](https://www.facebook.com/nasdundeeandangus/?locale=en_GB)

## **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](https://www.facebook.com/nasdundeeandangus/?locale=en_GB)

## **Barnardo's Child and Family Support service**

<https://www.barnardos.org.uk/get-support/services/child-family-support-service-dundee>

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.

## **Carers of Dundee**

<https://carersofdundee.org/>

## **CEA Card**

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

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

## **Dundee Science Centre Sensory friendly Sessions**

<https://www.dundeesciencecentre.org.uk/sensorysessionblog>

Dundee Science Centre is introducing sensory-friendly hours to make science accessible to all.

## **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**

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

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

0131 6592930

scotland.office@cafamilly.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

### **Dundee United Community Trust**

Para-Sports Club

<https://www.dundeeunitedct.co.uk/para-sports-club>

### **Family Fun Gymnastics**

<https://www.leisureandculturaldundee.com/leisure/mctaggart>

### **Get Out Get Active (GOGA)**

<https://gogatayside.co.uk/>

Get Out Get Active (GOGA) is dedicated to promoting fun & free physical activity opportunities in Tayside and encouraging people of all abilities to be more active together.

### **Inoflate Dundee**

"Relaxed Session" Mondays, 5 pm to 6 pm

<https://innoflate.co.uk/dundee/>

### **Lego Club**

Hub community library and learning Centre

Pitkerro Road, Dundee, DD48ES

01382 438648

## **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/>

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.

## **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

**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>

## **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/>

## **Autism and ADHD Activities Group Dundee and Angus**

<https://m.facebook.com/groups/454917884956104/>

## **The Yard – Dundee**

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

The Yard run drop in sessions in Dundee. Free Taster Session, then membership fees apply. 0131 476 4506

[info@theyardscotland.org.uk](mailto:info@theyardscotland.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](mailto:ambassadors@whizz-kidz.org.uk)

## **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](mailto:enquiries@cornerstone.org.uk)

## **Tayside Deaf Hub**

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

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

01382 201077

[info@taysidedeafhub.org.uk](mailto: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](mailto:headwaytayside@yahoo.co.uk)

## **The Inclusion Group**

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

Run a number of different projects supporting people with disabilities.

01382 322677

[enquiries@inclusiongroup.org.uk](mailto:enquiries@inclusiongroup.org.uk)

## **National Autistic Society (NAS) - Dundee and Angus Branch**

<https://www.autism.org.uk/what-we-do/branches/nas-dundee-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.

## **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

## **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**

<https://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

## **Boomerang**

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

Boomerang exists to provide facilities and activities to benefit the Stobswell community.

## **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

## **Scottish Autism**

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

They provide supported living and outreach support to adults who have autism.

01382 226769

autism@scottishautism.org

## **Uppertunity**

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

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.

## **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](mailto:centremanager@brae.org.uk)

## **Dundee City Disability Sport**

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

Dundee City Disability Sport is a local voluntary organisation for athletes with a disability and coaches, volunteers in Dundee.

## **Dundee Dragons – Wheelchair Sports**

<https://dundeedragons.net/>

Offers basketball, rugby, tennis, badminton, rugby league and curling. All Welcome!

[contact@dundeedragons.net](mailto:contact@dundeedragons.net)

## **Benefits, funding, financial support**

Financial help if you're disabled, Scottish Government website:

<https://www.gov.uk/financial-help-disabled>

## **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.

## **Blue Badge Scheme Dundee**

<https://www.dundee.gov.uk/service-area/social-work/blue-badge-scheme>

## **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)**

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

Helping the children that need it most across Tayside & Fife. Our grant rounds 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. We also provide a lifeline to many other charities, organisations and community groups, funding much-needed services and life-changing equipment. The value of a grant is typically from £1,000 to £3,000 but we will happily consider applications for larger amounts.

## **Cerebra**

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

Cerebra provide research-driven, high-quality health, legal, financial and social care advice for children with brain conditions and their families.

## **Challenger Children's Fund (CCF)**

<https://www.ccfscotland.org/>

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.

## **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>

## **Cost of Living Payments Scotland 2023 -2024**

<https://www.gov.uk/guidance/cost-of-living-payment#:~:text=If%20you're%20entitled%2C%20you,autumn%202023%20for%20most%20people>

## **Barnardo's Child and Family Support Service Dundee**

<https://www.barnardos.org.uk/get-support/services/child-family-support-service-dundee>

## **Best Start Grant and Best Start Foods Scotland**

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

## **Dundee Independent Living Centre**

Provide information on equipment and other disability related matters

<https://www.disabilityscot.org.uk/organisation/dundee-independent-living-centre/>

<https://dundeecity.gov.uk/sites/default/files/publications/ot1.pdf>

## **Family Fund**

<https://www.familyfund.org.uk/grants/>

You can apply for a Family Fund grant if you are the parent, or carer, of a disabled child and you meet our eligibility criteria. The easiest way to apply is online, through our family portal.

## **Independent living**

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

## **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.](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**

<https://ilf.scot/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!

## **The Maxwell Centre**

Carnegie Street, Dundee, DD3 7EW

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

Their support workers can help with lots of funding ideas and applications, amongst other support!

## **React**

<http://reactcharity.org/>

React – Rapid Effective Assistance for Children with potentially Terminal illness is a charity working to improve the quality of life for children with life-limiting illnesses living in financially disadvantaged households throughout the UK.

## **Self Directed Support/Direct Payments**

<https://directpayments.org/>

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.

**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>

**Take a Break (Family Fund)**

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

Take a Break is Scotland's short breaks fund for carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outings; sports equipment and more.

**Universal Credit Scotland**

<https://www.gov.uk/universal-credit>

**Winter Heating Payment**

<https://www.mygov.scot/winter-heating-payment>

**Whizz Kidz**

<https://www.whizz-kidz.org.uk/wheelchairs-and-equipment/>

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.