



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

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

<https://www.dundeecc.gov.uk/costofliving>

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

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.dundee.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

<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.

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

<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.

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

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

Offer support, advice, and help to people with stomas.

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/>

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.leisureandculturaldundee.com/leisure/health-and-wellbeing>

Contact

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

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

0131 6592930

scotland.office@cafamily.org.uk

Dundee and Angus ADHD support group

<https://adhdsupport.org/How-We-Help>

To raise awareness and support families with ADHD.

01382 456873

Unit 12 Manhattan Works Dundonald Street

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.leisureandculturedundee.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 (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

<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

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>

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

<https://theyardscotland.org.uk/get-support/our-centres/dundee/>

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

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

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

The Corner

<https://www.thecorner.co.uk/about/about-us/>

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.

Drop in: 13 Shore Terrace, Dundee, DD1 3DP

Office: 18 Dock Street, Dundee, DD1 3NP

Phone: [01382 20 60 60](tel:01382206060)

Email: tay.office.corner@nhs.scot

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

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

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

Freedom for Kids

Not a charity, but they sell wheelchairs and buggies for children, young people, and adults with disabilities (something we are often asked about). DDCA are not recommending this company above any other, but their website is detailed and extensive (they have lots of information and links to possible funders), so it might be a good place to start if you're looking for a wheelchair or buggy.

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

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://inclusiongroup.org.uk/>

Run a number of different projects supporting people with disabilities.

01382 322677

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

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

<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

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

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.

AFK

Helps children and young people who are disabled or neurodiverse to live more independent, fulfilling lives.

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

The Archie Foundation

<https://archie.org/what-we-do/>

Provide a range of support, including financial.

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/>

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)

[Apply for a Cash for Kids Grant | Info - 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.

Caudwell Children

From birth into early adulthood, we provide practical and emotional support for thousands of disabled and autistic children every year.

If you need further information about our services please contact our Family Services team on [0345 300 1348](tel:03453001348) or at familyservices@caudwellchildren.com
<https://www.caudwellchildren.com/changing-lives/apply-for-support/>

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.

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

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>

Elifar

Aims to help improve the quality of life mainly of profoundly disabled children and young adults.

<https://www.elifarfoundation.org.uk/apply-for-a-grant/>

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

<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.

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/how-to-apply/>

Freedom for Kids

Dedicated to helping families with disabled children find the right specialist pushchairs and mobility equipment and access financial assistance through NHS or charity funding.

<https://freedomforkids.co.uk/charity-funding-for-special-needs-equipment/charity-funding-for-specialist-pushchairs/>

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/>

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/apply-for-a-grant/>

Independent living

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

Independence at Home

If you have a long-term illness or disability – or a member of your family has – and you need financial help towards the cost of specialist equipment or home adaptations, we may be able to help.

We only accept grant applications from health or social care professionals, or advisors or support workers from other organisations or charities.

<https://independenceathome.org.uk/how-to-apply>

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.

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

A completely voluntary organisation with no paid staff. They provide equipment to help improve the quality of life for children with disabilities and special needs.

<http://www.lifeline4kids.org/application/>

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

Carnegie Street, Dundee, DD3 7EW

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

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

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/apply-for-help/>

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/>

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>

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)

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

[Apply online | Take a Break](#)

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.

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

<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.